

Founding Support Provided by
HOFFER FOUNDATION

NICU

COMPANION WORKBOOK

A Practical Financial Roadmap
for Life After NICU Discharge



Tammy Simmons

Executive Director | The Funding Project

DEDICATION

In honor of my dad, Dale Honeyman, whose dedication to Hoffer Plastics continues to inspire my work.

This NICU Companion Workbook was made possible through the generous support of the Hoffer Foundation, the charitable arm of Hoffer Plastics.

When this mission was still in its earliest stages, the Hoffer Foundation stepped forward with generosity and belief, helping fund our very first 15 NICU Care Packs and helping make this Companion Workbook possible. That early support did more than fund a program. It affirmed a vision.

On a deeply personal level, this partnership carries meaning far beyond funding. My father, Dale Honeyman, devoted for over 30 years of his life to Hoffer Plastics. When I reached out to share this mission, I will never forget my conversation with Gretchen Hoffer Farb. During our call, she looked out from her office and shared that she could still picture my dad across from her in his office, a moment that spoke to the lasting impact he had on the company and the people around him.



Mom, Dad, Melissa, and Grandson Russell

That moment reminded me that this work is rooted in legacy, integrity, and service.

The Hoffer family has built more than a company. Through Hoffer Plastics and the Hoffer Foundation, they have carried forward a family legacy of generosity, community, and purpose. In many ways, that reflects the same values my father lived every day.

Those values have continued through our own family's commitment to service, through more than 23 years of giving back and the two nonprofits our family has built, Project Mobility and The Funding Project. Like the Hoffer family, we believe legacy is not only measured by what we build, but by the opportunities, support, and hope we make possible for others.

With gratitude and deep respect,
Tammy Honeyman Simmons

WELCOME TO YOUR FINANCIAL ROADMAP

Dear NICU Parents,

Families leave the NICU with a medical care plan, but often no financial roadmap for what comes next. This workbook was created to help close that gap with practical steps, tools, and support you can use during your NICU journey and beyond.

This workbook is designed to be your companion during long hours in the waiting room, during quiet moments at home, or whenever you are ready to take one small step forward for your child and your family.

When everything feels overwhelming, this workbook gives you one place to begin. It is here to help you organize financial next steps, keep important information together, and move forward at your own pace.

Remember: there are organizations, programs, and people who want to help. But in the middle of a NICU journey, it can be hard to know where to start. That is why this workbook exists.

As you have learned from the stories in the main book, you are not alone in this journey. Other families have sat where you are sitting now, and step by step, they found support, answers, and a way forward.

Warmly,

Tammy

//

Just like my Grandma Vaughn taught me, “**Don’t take no for an answer! If you get a No, you keep going until you get a Yes!**”

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THE MOST IMPORTANT THINGS

Before we dive into the process, remember the most important lesson in *The NICU Funding Guide, It's okay to Ask for Help!*

You are not the first family to need support, and you will not be the last. The people, programs, and organizations you may reach out to exist because helping families is part of their mission. They want to help improve your child's quality of life.

QUICK CONFIDENCE BOOSTER:

- I raised over \$12,000 for Jacob's hyperbaric treatments.
- Christopher received \$6,500 for medical bills.
- Melissa Copp raised over \$100,000 for a fully accessible home, and more.
- Thousands of parents have been where you are right now and have found ways to get the funding, equipment, and support their children needed.
- **You can find support, funding, and resources for your family, too.**

This Workbook Is Designed to Help You:

- Break financial advocacy into manageable steps.
- Stay organized during a chaotic time.
- Keep important information all in one place.
- Celebrate each win, no matter how small.

It's OKAY to Ask for Help!

HOW TO USE THIS WORKBOOK

Keep this workbook with you during doctors' appointments, therapy visits, hospital conversations, and quiet moments at home. It is meant to help you capture notes, organize next steps, and keep important details from getting lost.

- **Work through the sections at your own pace.**
- **Use a pencil so you can update information as things change.**
- **Follow this step-by-step financial advocacy process exactly as outlined.**

Some pages may take only a few minutes. Others may take more time. That is okay. You do not need to do everything at once.

Remember: if you do not ask, you will never get a yes.

All the content in this workbook is also available digitally through the QR code.



Do not skip any steps, each one helps build the path forward.

SECTION ONE

WHAT YOUR CHILD NEEDS MOST RIGHT NOW

A practical place to start building your financial roadmap

- Sleep Safe Bed
- Car Seat Rated for 4 lbs.
- Camera System for monitoring
- Smart Oxygen Monitor
- Electronic/Hospital Grade Breast Pump
- Specialized stroller for medical equipment
- Feeding therapy (insurance often denies this!)
- Early intervention services
- Home nursing care
- Medical equipment (ventilators, oxygen, monitors)
- Adaptive bicycles (like Jacob's Freedom Concepts bike!)

Tammy's Tip: Remember, it takes just as should it much effort to put on a small event as it does to put on a big one. GO BIG!

SECTION ONE

WHAT YOUR CHILD NEEDS MOST RIGHT NOW

Your Priority List:

_____ Est. Cost: \$ _____

Timeline:

☐

Critical

(need within 1 week)

☐

Urgent

(need within 1 month)

☐

Important

(need within 3 months)

_____ Est. Cost: \$ _____

Timeline:

☐

Critical

(need within 1 week)

☐

Urgent

(need within 1 month)

☐

Important

(need within 3 months)

_____ Est. Cost: \$ _____

Timeline:

☐

Critical

(need within 1 week)

☐

Urgent

(need within 1 month)

☐

Important

(need within 3 months)

_____ Est. Cost: \$ _____

Timeline:

☐ **Critical**

(need within 1 week)

☐ **Urgent**

(need within 1 month)

☐ **Important**

(need within 3 months)

_____ Est. Cost: \$ _____

Timeline:

☐ **Critical**

(need within 1 week)

☐ **Urgent**

(need within 1 month)

☐ **Important**

(need within 3 months)

_____ Est. Cost: \$ _____

Timeline:

☐ **Critical**

(need within 1 week)

☐ **Urgent**

(need within 1 month)

☐ **Important**

(need within 3 months)

_____ Est. Cost: \$ _____

Timeline:

☐ **Critical**

(need within 1 week)

☐ **Urgent**

(need within 1 month)

☐ **Important**

(need within 3 months)

SECTION TWO

MY 13-STEPS FINANCIAL ADVOCACY ROADMAP

Follow the process one step at a time

STEP 1: Identify what your child needs

What product or service will help your child physically, socially, academically, recreationally, or it will increase their independence?

STEP 2: Get a cost estimate

Get quotes from vendors. Ask about discounts!

STEP 3: Take a picture

The best part of your ask letter will be a photo of your child with the item you're requesting.

STEP 4: Get a Letter of Medical Necessity

From a physician, therapist, or teacher explaining WHY your child needs what you're requesting.

STEP 5: Gather important documents

Use this step to collect the paperwork that helps funders understand your child's needs, your family's situation, and the cost of the support you are requesting.

- ☐ Previous year's W-2
- ☐ Recent pay stubs
- ☐ Insurance information
- ☐ Medical history with diagnostic codes

STEP 6: Submit your request to your insurance company to get a denial letter

Call first to ask the best way to get a denial letter quickly.

STEP 7: Write your Ask Letter — THE MOST IMPORTANT STEP!

Tell your child's story from your heart.

STEP 8: Research funding sources and support options

Find the perfect fit: geography, what they fund, and your child's needs.

STEP 9: Call the funders

Even if you don't have questions, come up with one. Let them hear your name!

STEP 10: Complete required forms

Follow instructions exactly. Never leave blanks, use "N/A" if needed.

STEP 11: Follow up after 30 days

Most funders meet monthly. Check to see if they need anything else.

STEP 12: Send a thank-you letter if your request is approved or supported

Include a photo of your child with the item or service you received support for.

STEP 13: If you get a NO, keep going!

Send a thank you letter if your request is approved or denied.

You don't have to do everything, just take the next step.

SECTION THREE

YOUR NICU STORY

Tell your child's story with clarity, heart, and purpose

My child _____ was born at _____ weeks, weighing _____

OUR CURRENT CHALLENGES:

WHY WE NEED (SPECIFIC ITEM/SERVICE):

HOW THIS WILL CHANGE OUR LIVES:

SECTION FOUR

FUNDING & RESOURCE RESEARCH TRACKER

Find the best-fit support for your child and family

For Step #8: Action Plan Finding Your Perfect Matches

Remember my tip: “Check GEOGRAPHIC LOCATION first! Don’t waste time researching if they don’t fund where you live.

Organization	Geographic Area	What They Fund	Your Match	Applied?
Friends of the NICU	National	Gas cards, food, hotel vouchers	☐ Yes ☐ No	☐ Yes ☐ No
GLO Preemies	National	Support for Black NICU families	☐ Yes ☐ No	☐ Yes ☐ No
Graham’s Foundation			☐ Yes ☐ No	☐ Yes ☐ No
Lily’s Hope Foundation			☐ Yes ☐ No	☐ Yes ☐ No
Project Sweet Peas			☐ Yes ☐ No	☐ Yes ☐ No
Rae Strong			☐ Yes ☐ No	☐ Yes ☐ No

Your Custom Research:

Organization Found	Contact Info	Requirements	Good Match?	Status
_____	_____	_____	☐ Yes ☐ No	_____
_____	_____	_____	☐ Yes ☐ No	_____
_____	_____	_____	☐ Yes ☐ No	_____

SECTION FIVE

YOUR ASK LETTER

The letter that helps others understand your child's needs

This is THE MOST IMPORTANT STEP. Please take your time here.

Help the reader understand your child's needs clearly and personally.

Key Elements to Include:

- Your child's birth story (weeks early, weight, diagnosis)
- Current challenges and limitations
- Specific item/service needed and cost
- How it will improve quality of life (physical AND social benefits!)
- Your financial situation (be honest!)
- Insurance denial (if required)
- Thank them for considering your request

Before sending, ask yourself:

- Would this letter make someone not want to put it down until they'd read it all?
- Does it clearly explain why my child NEEDS this item/service?
- Did I include both physical AND social benefits?
- Am I being honest about our financial situation?

SECTION FIVE

ASK LETTER TEMPLATE & TIPS

The letter that helps others understand your child's needs

Ask Letter Draft Space:

SECTION FIVE

ASK LETTER TEMPLATE & TIPS

The letter that helps others understand your child's needs

Ask Letter Draft Space:

SECTION FIVE

ASK LETTER TEMPLATE & TIPS

The letter that helps others understand your child's needs

Ask Letter Draft Space:

SECTION SIX

SAMPLE FUNDING RESEARCH PAGE

An example to help you find your best matches

Friends of the NICU

Mission: Help families with sick babies in a NICU spend more time with their babies.

Geographic Area: National

What They Fund:

- ✓ Gas cards for travel to/from NICU
- ✓ Food vouchers
- ✓ Hotel vouchers
- ✓ Travel assistance

Perfect For: Families traveling long distances to the NICU, struggling with daily expenses during the NICU stay.

How to Apply: Visit www.friendsofnicu.org

My Application Checklist:

- ☐ Date initial research completed. _____
- ☐ Confirmed we're a geographic match. _____
- ☐ Reviewed their requirements. _____
- ☐ Prepared our story. _____
- ☐ Application submitted - Date: _____
- ☐ Follow-up scheduled - Date: _____

SECTION SEVEN

COMMUNITY SUPPORT IN YOUR AREA

Local groups that may be able to help your family

These are what I call “The Grand Poobahs” (like Fred Flintstone!)

Call your Chamber of Commerce or scan local papers for organizations that help community members.

Research List:

■ Moose – Contact: _____

Phone: _____

■ Rotary Club – Contact: _____

Phone: _____

■ Kiwanis – Contact: _____

Phone: _____

■ Eagles – Contact: _____

Phone: _____

■ Elks – Contact: _____

Phone: _____

SECTION SEVEN

COMMUNITY SUPPORT IN YOUR AREA

Local groups that may be able to help your family

Research List:

■ Lions Club - Contact: _____

Phone: _____

■ Knights of Columbus - Contact: _____

Phone: _____

■ Local churches - Contact: _____

Phone: _____

■ Hospital auxiliaries - Contact: _____

Phone: _____

■ Jaycees - Contact: _____

Phone: _____

Tammy's Tip: If you know someone who is a member, ask them for help. You always have a better chance of getting help if you personally know an actual member.

SECTION EIGHT

YOUR KEY CONTACTS

Keep the people and phone numbers you need in one place

RESEARCH LIST

NICU Social Worker	Name 	Phone:
Financial Counselor	Name 	Phone:
Case Manager	Name 	Phone:
Insurance Rep	Name 	Phone:
Pediatrician	Name 	Phone:

YOUR ADVOCATES

Primary Support Person	Name 	Phone:
Backup Contact	Name 	Phone:
Family Member Helper	Name 	Phone:

There is nobody who would help you more than your mom!

SECTION NINE

CROWDFUNDING & COMMUNITY SUPPORT

Ideas for raising larger amounts when needed

If You Need to Raise Larger Amounts (like Melissa Copp's \$100,000+)

Tammy's Crowdfunding Success Tips:

- Update followers EVERY day
- Tell your complete story with photos/videos
- Set a goal for what you actually need
- Get the word out in as many ways as possible
- Stay active with fresh content

Crowdfunding Options:

- ☐ Help Hope Live (Tammy recommends them for tax benefits!)
- ☐ GoFundMe
- ☐ Other: _____

Community Fundraising Ideas:

- ☐ Restaurant partnership (like Carrie's Texas Roadhouse lunch)
- ☐ Raffle events
- ☐ School fundraisers
- ☐ Church events
- ☐ Workplace campaigns
- ☐ Other: _____

**If you need a more structured way to raise support,
turn to the next section.**

SECTION TEN

HELP HOPE LIVE SUPPORT

A trusted way to gather support for your child

When your child needs support beyond what your family can manage alone, Help Hope Live can give you a trusted way to bring people together.

Help Hope Live offers structure and guidance so families can share their child's story, organize important details, and invite others to help in a meaningful way.

Why Help Hope Live?

- **They bring trusted experience.** Help Hope Live's 40+ year history speaks volumes and gives families confidence that they are working with an established nonprofit, not starting from scratch.
- **They help families organize support.** Instead of trying to manage everything alone, families can use Help Hope Live to bring relatives, friends, neighbors, and community members together around their child's needs.
- **They provide structure and guidance.** Help Hope Live offers one-on-one support, customizable campaign pages, and bill pay support, which can help families feel less overwhelmed.
- **They help create accountability.** As a 501(c)(3) nonprofit, Help Hope Live provides a more formal way to receive and manage support, which can also help donors feel more comfortable giving.
- **They help turn community care into practical help.** Whether the need is large, ongoing, or hard to explain, Help Hope Live gives families a trusted place to gather support for their child.

Help Hope Live helps you keep going, offering guidance, structure, and steady support as your family gathers help for your child.

SECTION TEN

HELP HOPE LIVE SUPPORT

Getting Started Checklist

- Visit www.helphopelive.org
- Review eligibility and application requirements
- Gather medical and financial documentation

What we are raising funds for:

My Help Hope Live fundraising goal:

TAMMY'S TIP: Start simple. Share your story with the people closest to you first, then build from there.

SECTION TEN

HELP HOPE LIVE
SUPPORT

Our story in 3-5 sentences:

What I need to gather

- Diagnosis or medical summary
- Letter of Medical Necessity, if needed
- Cost estimates or invoices
- Photos that help tell our story
- Short update I can share with supporters

HOW I WILL SHARE	DATE / NOTES
Facebook / Instagram	
Email family and friends	
Text 3-5 people directly	
Church, school, workplace, or community	

TRACK YOUR PROGRESS	
Campaign link:	
Total raised so far:	\$
Number of donors:	
Last update posted:	
Next follow-up step:	

SECTION TEN

FUNDING & SUPPORT TRACKING SYSTEM

Track every application, follow-up, approval, denial, and thank-you note in one place.

Applications Submitted

Organization: _____

Amount Requested: \$ _____

Contact / Email / Phone: _____

Notes/ Next Step: _____

Status:

- ☐ Submitted
- ☐ Need more documents
- ☐ Followed up
- ☐ Approved
- ☐ Denied

Date sent: _____

Organization: _____

Amount Requested: \$ _____

Contact / Email / Phone: _____

Notes/ Next Step: _____

Status:

- ☐ Submitted
- ☐ Need more documents
- ☐ Followed up
- ☐ Approved
- ☐ Denied

Date sent: _____

Organization: _____

Amount Requested: \$ _____

Contact / Email / Phone: _____

Notes/ Next Step: _____

Status:

- ☐ Submitted
- ☐ Need more documents
- ☐ Followed up
- ☐ Approved
- ☐ Denied

Date sent: _____

Organization: _____

Amount Requested: \$ _____

Contact / Email / Phone: _____

Notes/ Next Step: _____

Status:

- ☐ Submitted
- ☐ Need more documents
- ☐ Followed up
- ☐ Approved
- ☐ Denied

Date sent: _____

SECTION TEN

FUNDING & SUPPORT TRACKING SYSTEM

Track every application, follow-up, approval, denial, and thank-you note in one place.

Applications Submitted

Date Sent: _____
Organization: _____
Amount Requested: \$ _____
Contact / Email / Phone: _____
Follow-Up Date: _____
Notes/ Next Step: _____

Status:

- ☐ Submitted
- ☐ Need more documents
- ☐ Followed up
- ☐ Approved
- ☐ Denied
- ☐ Waiting

Date Sent: _____
Organization: _____
Amount Requested: \$ _____
Contact / Email / Phone: _____
Follow-Up Date: _____
Notes/ Next Step: _____

Status:

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- ☐ Need more documents
- ☐ Followed up
- ☐ Approved
- ☐ Denied
- ☐ Waiting

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- ☐ Need more documents
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- ☐ Approved
- ☐ Denied
- ☐ Waiting

Date Sent: _____
Organization: _____
Amount Requested: \$ _____
Contact / Email / Phone: _____
Follow-Up Date: _____
Notes/ Next Step: _____

Status:

- ☐ Submitted
- ☐ Need more documents
- ☐ Followed up
- ☐ Approved
- ☐ Denied
- ☐ Waiting

SECTION TEN

FUNDING & SUPPORT TRACKING SYSTEM

Record support received and see your progress at a glance.

Funding Received

Organization / Donor: _____

Amount Received: \$ _____

What It Helped Pay For: _____

Notes: _____

Thank-You Sent?

- ☐ Yes
- ☐ Not yet
- ☐ Photo sent

Organization / Donor: _____

Amount Received: \$ _____

What It Helped Pay For: _____

Notes: _____

Thank-You Sent?

- ☐ Yes
- ☐ Not yet
- ☐ Photo sent

Organization / Donor: _____

Amount Received: \$ _____

What It Helped Pay For: _____

Notes: _____

Thank-You Sent?

- ☐ Yes
- ☐ Not yet
- ☐ Photo sent

Organization / Donor: _____

Amount Received: \$ _____

What It Helped Pay For: _____

Notes: _____

Thank-You Sent?

- ☐ Yes
- ☐ Not yet
- ☐ Photo sent

Total Funding Received: \$ _____

Original Goal / Need: \$ _____

Remaining Need: \$ _____

SECTION TEN

FUNDING & SUPPORT TRACKING SYSTEM

Stay on top of next steps, follow-ups, and thank-you notes.

Follow-Up & Thank-You Log

Organization _____

Who I Spoke With _____

What They Said / Next Step _____

Notes _____

Action Taken

- ☐ Called
- ☐ Emailed
- ☐ Left message
- ☐ Need documents
- ☐ Thank-you sent
- ☐ Closed

Organization _____

Who I Spoke With _____

What They Said / Next Step _____

Notes _____

Action Taken

- ☐ Called
- ☐ Emailed
- ☐ Left message
- ☐ Need documents
- ☐ Thank-you sent
- ☐ Closed

Organization _____

Who I Spoke With _____

What They Said / Next Step _____

Notes _____

Action Taken

- ☐ Called
- ☐ Emailed
- ☐ Left message
- ☐ Need documents
- ☐ Thank-you sent
- ☐ Closed

Organization _____

Who I Spoke With _____

What They Said / Next Step _____

Notes _____

Action Taken

- ☐ Called
- ☐ Emailed
- ☐ Left message
- ☐ Need documents
- ☐ Thank-you sent
- ☐ Closed



Tammy's Tip: Most funders meet monthly. If you have not heard back after 30 days, follow up kindly and ask if they need anything else.

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UNITEDHEALTHCARE CHILDREN'S FOUNDATION

NATIONAL

Region: United States

One source. Key information. Tammy's 13-step checklist.

ABOUT THIS FUNDING SOURCE

UnitedHealthcare Children's Foundation (UHCCF) provides medical grants to help children access health-related services and equipment not covered, or not fully covered, by their family's commercial health insurance. Families do not have to be UnitedHealthcare members to apply.

Note _____

WEBSITE & CONTACT

Website: www.UHCCF.ORG

Contact: uhccfcustomerservice@uhc.com
1-855-698-4223

HOW THEY MAY HELP

- ☐ Grants up to \$5,000 annually / \$10,000 lifetime per child
- ☐ Therapies, equipment, prescriptions
- ☐ Eligible medical expenses not fully covered

Good fit: Families with a child age 16 or younger who has commercial insurance and eligible medical needs.

QUICK NOTES

Best contact person: _____

Application link/form: _____

Referral needed from: _____

Question to ask: _____

Dates:

Contacted: _____

Applied: _____

Follow-up: _____

TAMMY'S 13-STEP CHECKLIST

Use this same checklist for each source so nothing gets missed.

- ☐ 1. Identify the product or service needed.

Note _____

- ☐ 2. Get a cost estimate or price quote.

Note _____

- ☐ 3. Take a picture of your child with the item/service.

Note _____

- ☐ 4. Get a letter of medical necessity.

Note _____

- ☐ 5. Gather insurance and financial documents.

Note _____

- ☐ 6. Submit the price quote and submit to insurance for a denial letter.

Note _____

- ☐ 7. Write a strong Ask Letter with your child's story.

Note _____

- ☐ 8. Research funding sources for the best match.

Note _____

- ☐ 9. Choose your top funding source matches.

Note _____

- ☐ 10. Call each funder and ask questions.

Note _____

- ☐ 11. Complete every form required by the funder.

Note _____

- ☐ 12. Follow up after 30 days if you have not heard back.

Note _____

- ☐ 13. Send thank you letters, and if it is a no, keep going until you get a yes.

Note _____

Most important reminders:

Check eligibility, income limits, and timing first.
Gather IRS 1040, insurance card, medical form.

One source. Key information. Tammy's 13-step checklist.

ABOUT THIS FUNDING SOURCE

Friends of the NICU helps families with sick babies spend more time at the NICU bedside. They focus on practical support such as gas cards, food vouchers, and hotel vouchers.

Note _____

WEBSITE & CONTACT

Website: www.FRIENDSOFNICU.ORG

Contact: purkis@friendsofnicu.org

HOW THEY MAY HELP

- ☐ Gas cards
- ☐ Food vouchers
- ☐ Hotel vouchers
- ☐ More time at the NICU bedside

Good fit : Families who need gas cards.

QUICK NOTES

Best contact person: _____

Application link/form: _____

Referral needed from: _____

Questions to ask: _____

Dates:

Contacted: _____

Applied: _____

Follow-up: _____

TAMMY'S 13-STEP CHECKLIST

Use this same checklist for each source so nothing gets missed.

- ☐ 1. Identify the product or service needed.

Note _____

- ☐ 2. Get a cost estimate or price quote.

Note _____

- ☐ 3. Take a picture of your child with the item/service.

Note _____

- ☐ 4. Get a letter of medical necessity.

Note _____

- ☐ 5. Gather insurance and financial documents.

Note _____

- ☐ 6. Submit the price quote and submit to insurance for a denial letter.

Note _____

- ☐ 7. Write a strong Ask Letter with your child's story.

Note _____

- ☐ 8. Research funding sources for the best match.

Note _____

- ☐ 9. Choose your top funding source matches.

Note _____

- ☐ 10. Call each funder and ask questions.

Note _____

- ☐ 11. Complete every form required by the funder.

Note _____

- ☐ 12. Follow up after 30 days if you have not heard back.

Note _____

- ☐ 13. Send thank you letters, and if it is a no, keep going until you get a yes.

Note _____

Most important reminders:

Tell your child's story. Call the funder. Follow up. Send a thank-you note either way.

One source. Key information. Tammy's 13-step checklist.

ABOUT THIS FUNDING SOURCE

GLO Preemies supports Black NICU and post-NICU families through education, healthcare services, family support, and community resources designed for their unique NICU journey.

Note _____

WEBSITE & CONTACT

Website: www.GLOPREEMIES.ORG

Contact: 213-603-7989

HOW THEY MAY HELP

- ☐ NICU family registration
- ☐ Telehealth services
- ☐ Care boxes
- ☐ Blogs and community support

Good fit : Families who need nicu family registration.

QUICK NOTES

Best contact person: _____

Application link/form: _____

Referral needed from: _____

Questions to ask: _____

Dates:

Contacted: _____

Applied: _____

Follow-up: _____

TAMMY'S 13-STEP CHECKLIST

Use this same checklist for each source so nothing gets missed.

- ☐ 1. Identify the product or service needed.

Note _____

- ☐ 2. Get a cost estimate or price quote.

Note _____

- ☐ 3. Take a picture of your child with the item/service.

Note _____

- ☐ 4. Get a letter of medical necessity.

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- ☐ 5. Gather insurance and financial documents.

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- ☐ 6. Submit the price quote and submit to insurance for a denial letter.

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- ☐ 7. Write a strong Ask Letter with your child's story.

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- ☐ 8. Research funding sources for the best match.

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- ☐ 9. Choose your top funding source matches.

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- ☐ 10. Call each funder and ask questions.

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- ☐ 11. Complete every form required by the funder.

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- ☐ 12. Follow up after 30 days if you have not heard back.

Note _____

- ☐ 13. Send thank you letters, and if it is a no, keep going until you get a yes.

Note _____

Most important reminders:

Tell your child's story. Call the funder. Follow up. Send a thank-you note either way.

Keep it simple: check the website, call if allowed, and use the 13 steps to save time

One source. Key information. Tammy's 13-step checklist.

ABOUT THIS FUNDING SOURCE

Graham's Foundation supports parents through the journey of prematurity with care packages, mentoring, and educational resources for NICU and post-NICU life.

Note _____

WEBSITE & CONTACT

Website: WWW.GRAHAMSFUNDATION.ORG

Contact: 888-466-2948

HOW THEY MAY HELP

- ☐ Care packages
- ☐ NICU parent mentor support
- ☐ Educational resources
- ☐ Premie parent support

Good fit : Families who need care packages.

QUICK NOTES

Best contact person: _____

Application link/form: _____

Referral needed from: _____

Questions to ask: _____

Dates:

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One source. Key information. Tammy's 13-step checklist.

ABOUT THIS FUNDING SOURCE

Lily's Hope Foundation provides resources, aid, and hope to families with premature babies. Their Packages of Hope program helps families with essential items during the NICU stay and transition home.

Note _____

WEBSITE & CONTACT

Website: www.LILYSHOPEFOUNDATION.ORG

Contact: info@lilyshopefoundation.org | 267-776-HOPE

HOW THEY MAY HELP

- ☐ Hospital care packages
- ☐ Transition home care packages
- ☐ Sibling packages
- ☐ Essential items for preemie families

Good fit : Families who need hospital care packages.

QUICK NOTES

Best contact person: _____

Application link/form: _____

Referral needed from: _____

Question to ask: _____

Dates:

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Follow-up: _____

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PROJECT SWEET PEAS

NATIONAL

Region: National

One source. Key information. Tammy's 13-step checklist.

ABOUT THIS FUNDING SOURCE

Project Sweet Peas is a national nonprofit supporting families and caregivers of premature or sick infants, as well as families impacted by pregnancy and infant loss.

Note _____

WEBSITE & CONTACT

Website: www.PROJECTSWEETPEAS.COM

Contact: info@projectsweetpeas.com

HOW THEY MAY HELP

- ☐ Care packages
- ☐ NICU journaling workshops
- ☐ Food and fuel assistance
- ☐ Bereavement support

Good fit : Families who need care packages.

QUICK NOTES

Best contact person: _____

Application link/form: _____

Referral needed from: _____

Question to ask: _____

Dates:

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Follow-up: _____

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One source. Key information. Tammy's 13-step checklist

ABOUT THIS FUNDING SOURCE

The Rae Strong Foundation supports families with micro-preemies and organizations that serve them. They award grants to individual families, hospital NICUs, and preemie-supporting organizations.

Note _____

WEBSITE & CONTACT

Website: www.RAESTRONG.ORG

Contact: Use website contact form

HOW THEY MAY HELP

- ☐ Family grants
- ☐ Hospital NICU grants
- ☐ Micro-preemie support
- ☐ One-page request application

Good fit : Families who need family grants

QUICK NOTES

Best contact person: _____

Application link/form: _____

Referral needed from: _____

Question to ask: _____

Dates:

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One source. Key information. Tammy's 13-step checklist.

ABOUT THIS FUNDING SOURCE

NICU Helping Hands provides education, emotional support, mentoring, family assistance, and bereavement support for families during and after the NICU journey

Note _____

WEBSITE & CONTACT

Website: www.NICUHELPINGHANDS.ORG

Contact: info@nicuhelpinghands.org

HOW THEY MAY HELP

- ☐ In-hospital support
- ☐ One-on-one mentoring
- ☐ Family assistance
- ☐ Bereavement support

Good fit : Families who need in-hospital support.

QUICK NOTES

Best contact person: _____

Application link/form: _____

Referral needed from: _____

Question to ask: _____

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One source. Key information. Tammy's 13-step checklist.

ABOUT THIS FUNDING SOURCE

Silvie Bells donates comfort packages to sick and premature babies in the NICU. The organization was created as a way to pay forward comfort and support to NICU families.

Note _____

WEBSITE & CONTACT

Website: www.SILVIEBELLS.COM

Contact: info@silviebells.com

HOW THEY MAY HELP

- ☐ Comfort packages
- ☐ Preemie and sick baby support
- ☐ NICU family encouragement
- ☐ Pay-it-forward gifts

Good fit : Families who need comfort packages.

QUICK NOTES

Best contact person: _____

Application link/form: _____

Referral needed from: _____

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Dates:

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One source. Key information. Tammy's 13-step checklist.

ABOUT THIS FUNDING SOURCE

Triple Heart Foundation supports parents beginning the NICU journey by providing books and resources that encourage connection, bonding, and hope.

Note _____

WEBSITE & CONTACT

Website: www.TRIPLEHEARTFOUNDATION.COM

Contact: info@tripleheartfoundation.com

HOW THEY MAY HELP

- ☐ Support for NICU families
- ☐ Awareness and community support
- ☐ Resources for heart families
- ☐ Family encouragement

Good fit : Families who need support for nicu families.

QUICK NOTES

Best contact person: _____

Application link/form: _____

Referral needed from: _____

Question to ask: _____

Dates:

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MIGHTY LITTLE GIANTS

NATIONAL

Region: National

One source. Key information. Tammy's 13-step checklist.

ABOUT THIS FUNDING SOURCE

Mighty Little Giants supports mothers and fathers experiencing preterm deliveries and long NICU stays through education, encouragement, support groups, and one-on-one support.

Note _____

WEBSITE & CONTACT

Website: www.MIGHTYLITTLEGIANTS.ORG

Contact: info@mightylittlegiants.org | 213-590-4855

HOW THEY MAY HELP

- ☐ NICU support groups
- ☐ One-on-one support
- ☐ Self-care kits
- ☐ Email support for specific needs

Good fit : Families in California who need nicu support groups.

QUICK NOTES

Best contact person: _____

Application link/form: _____

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Dates:

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Follow-up: _____

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One source. Key information. Tammy's 13-step checklist.

ABOUT THIS FUNDING SOURCE

Miracle Babies supports perinatal mothers and NICU families in need through care packages, meals, mental health support, diaper distribution, and transportation services.

Note _____

WEBSITE & CONTACT

Website: www.MIRACLEBABIES.ORG

Contact: info@miraclebabies.com | 858-633-8540

HOW THEY MAY HELP

- ☐ Care packages
- ☐ Diaper distribution
- ☐ Meals and crafts
- ☐ Transportation services

Good fit : Families in California who need care packages.

QUICK NOTES

Best contact person: _____

Application link/form: _____

Referral needed from: _____

Question to ask: _____

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One source. Key information. Tammy's 13-step checklist.

ABOUT THIS FUNDING SOURCE

Wills Way works to advance family integrated care for preterm babies by supporting parents and caregivers through grants and hospital partnerships.

Note _____

WEBSITE & CONTACT

Website: www.WILLWAYFOUNDATION.US

Contact: hello@willswayfoundation.us | 650-542-9931

HOW THEY MAY HELP

- ☐ Support grants
- ☐ Family integrated care
- ☐ Parent/caregiver support
- ☐ Hospital partner referrals

Good fit : Families in California / Illinois who need support grants.

QUICK NOTES

Best contact person: _____

Application link/form: _____

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One source. Key information. Tammy's 13-step checklist.

ABOUT THIS FUNDING SOURCE

Love for Lily supports families through the NICU journey in the hospital and beyond, offering care, community, and resources for Colorado NICU families.

Note _____

WEBSITE & CONTACT

Website: www.LOVEFORLILLY.ORG

Contact: love@lnicu.org | 720-526-2556

HOW THEY MAY HELP

- ☐ NICU family support
- ☐ Care packages
- ☐ Community events
- ☐ Premie family resources

Good fit : Families in Colorado who need nicu family support.

QUICK NOTES

Best contact person: _____

Application link/form: _____

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NEWBORN HOPE

NATIONAL

Region: National

One source. Key information. Tammy's 13-step checklist.

ABOUT THIS FUNDING SOURCE

Newborn Hope provides resources for Colorado babies and families impacted by prematurity through education, NICU support, and community programs.

Note _____

WEBSITE & CONTACT

Website: www.NEWBORNHOPE.ORG

Contact: Use website contact form

HOW THEY MAY HELP

- ☐ NICU support
- ☐ Education and resources
- ☐ Family assistance
- ☐ Community support

Good fit : Families in Colorado who need nicu support.

QUICK NOTES

Best contact person: _____

Application link/form: _____

Referral needed from: _____

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One source. Key information. Tammy's 13-step checklist.

ABOUT THIS FUNDING SOURCE

The Tiny Miracles Foundation supports families with premature babies in Connecticut through peer support, mentoring, financial assistance, and family programs.

Note _____

WEBSITE & CONTACT

Website: www.TTMF.ORG

Contact: 203-202-9714

HOW THEY MAY HELP

- ☐ Peer support
- ☐ Financial assistance
- ☐ Mentoring
- ☐ Family programs

Good fit : Families in Connecticut who need peer support.

QUICK NOTES

Best contact person: _____

Application link/form: _____

Referral needed from: _____

Question to ask: _____

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One source. Key information. Tammy's 13-step checklist.

ABOUT THIS FUNDING SOURCE

ICU Baby unites NICU families and provides emotional, financial, and informational support so babies and families can thrive together.

Note _____

WEBSITE & CONTACT

Website: www.ICUBABY.ORG

Contact: director@icubaby.org | 305-908-3823

HOW THEY MAY HELP

- ☐ Transportation assistance
- ☐ Meals and groceries
- ☐ Peer support
- ☐ Mental health support

Good fit : Families in Florida who need transportation assistance.

QUICK NOTES

Best contact person: _____

Application link/form: _____

Referral needed from: _____

Question to ask: _____

Dates:

Contacted: _____

Applied: _____

Follow-up: _____

TAMMY'S 13-STEP CHECKLIST

Use this same checklist for each source so nothing gets missed.

- ☐ 1. Identify the product or service needed.

Note _____

- ☐ 2. Get a cost estimate or price quote.

Note _____

- ☐ 3. Take a picture of your child with the item/service.

Note _____

- ☐ 4. Get a letter of medical necessity.

Note _____

- ☐ 5. Gather insurance and financial documents.

Note _____

- ☐ 6. Submit the price quote and submit to insurance for a denial letter.

Note _____

- ☐ 7. Write a strong Ask Letter with your child's story.

Note _____

- ☐ 8. Research funding sources for the best match.

Note _____

- ☐ 9. Choose your top funding source matches.

Note _____

- ☐ 10. Call each funder and ask questions.

Note _____

- ☐ 11. Complete every form required by the funder.

Note _____

- ☐ 12. Follow up after 30 days if you have not heard back.

Note _____

- ☐ 13. Send thank you letters, and if it is a no, keep going until you get a yes.

Note _____

Most important reminders:

Tell your child's story. Call the funder. Follow up. Send a thank-you note either way.

Keep it simple: check the website, call if allowed, and use the 13 steps to save time

MARK'S MISSION

NATIONAL

Region: National

One source. Key information. Tammy's 13-step checklist.

ABOUT THIS FUNDING SOURCE

Mark's Mission promotes family bonding for parents and children in NICUs and hospital units through education, facilitation, support, and care packages.

Note _____

WEBSITE & CONTACT

Website: www.MARKSMISSION.ORG

Contact: hello@marksmission.org | 904-297-8185

HOW THEY MAY HELP

- ☐ NICU care packages
- ☐ Family support
- ☐ Community resources
- ☐ Parent encouragement

Good fit : Families in Florida who need nicu care packages.

QUICK NOTES

Best contact person: _____

Application link/form: _____

Referral needed from: _____

Question to ask: _____

Dates:

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Follow-up: _____

TAMMY'S 13-STEP CHECKLIST

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One source. Key information. Tammy's 13-step checklist.

ABOUT THIS FUNDING SOURCE

The Little Giraffe Foundation is a national nonprofit based in Chicago that supports NICU parents, babies, and hospital partners with resources and care items.

Note _____

WEBSITE & CONTACT

Website: www.LITTLEGIRAFFEFOUNDATION.COM

Contact: Use website contact form

HOW THEY MAY HELP

- ☐ NICU support
- ☐ Family resources
- ☐ Hospital partnerships
- ☐ Care items

Good fit : Families in Illinois who need nicu support.

QUICK NOTES

Best contact person: _____

Application link/form: _____

Referral needed from: _____

Question to ask: _____

Dates:

Contacted: _____

Applied: _____

Follow-up: _____

TAMMY'S 13-STEP CHECKLIST

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NEST POSTPARTUM

NATIONAL

Region: National

One source. Key information. Tammy's 13-step checklist.

ABOUT THIS FUNDING SOURCE

Nest Postpartum helps change the NICU experience from one of isolation to one of community, support, and practical postpartum resources.

Note _____

WEBSITE & CONTACT

Website: www.THENESTPOSTPARTUM.ORG

Contact: info@thenestpostpartum.org

HOW THEY MAY HELP

- ☐ Postpartum support
- ☐ Parent resources
- ☐ Community support
- ☐ Mental health awareness

Good fit : Families in Illinois who need postpartum support.

QUICK NOTES

Best contact person: _____

Application link/form: _____

Referral needed from: _____

Question to ask: _____

Dates:

Contacted: _____

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Follow-up: _____

TAMMY'S 13-STEP CHECKLIST

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SAUL'S LIGHT

NATIONAL

Region: National

One source. Key information. Tammy's 13-step checklist.

ABOUT THIS FUNDING SOURCE

Saul's Light supports NICU and bereaved families in Louisiana with financial assistance, emotional support, bereavement resources, and emergency help.

Note _____

WEBSITE & CONTACT

Website: www.SAULSLIGHT.ORG

Contact: info@saulslight.org | 504-913-4095

HOW THEY MAY HELP

- ☐ Financial assistance
- ☐ NICU support
- ☐ Bereavement support
- ☐ Emergency family help

Good fit : Families in Louisiana who need financial assistance.

QUICK NOTES

Best contact person: _____

Application link/form: _____

Referral needed from: _____

Question to ask: _____

Dates:

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Follow-up: _____

TAMMY'S 13-STEP CHECKLIST

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COURAGEOUS STEPS PROGRAM

NATIONAL

Region: National

One source. Key information. Tammy's 13-step checklist.

ABOUT THIS FUNDING SOURCE

The Courageous Steps Project provides family and community support for children and families facing special health, developmental, and care needs.

Note _____

WEBSITE & CONTACT

Website: www.THECOURAGEOUSSTEPSPROJECT.ORG

Contact: info@thecourageousstepsproject.org | 207-827-7270

HOW THEY MAY HELP

- ☐ Family support
- ☐ Community resources
- ☐ Special needs support
- ☐ Parent encouragement

Good fit : Families in Maine who need family support.

QUICK NOTES

Best contact person: _____

Application link/form: _____

Referral needed from: _____

Question to ask: _____

Dates:

Contacted: _____

Applied: _____

Follow-up: _____

TAMMY'S 13-STEP CHECKLIST

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Keep it simple: check the website, call if allowed, and use the 13 steps to save time

GIVING IS A FAMILY TRADITION

NATIONAL

Region: National

One source. Key information. Tammy's 13-step checklist.

ABOUT THIS FUNDING SOURCE

GIFT's Destination Home program supports families preparing to bring their infant home after a prolonged NICU hospitalization.

Note _____

WEBSITE & CONTACT

Website: www.GIVINGISAFAMILYTRADITION.ORG

Contact: gift@givingisafamilytradition.org | 314-472-3392

HOW THEY MAY HELP

- ☐ Family support
- ☐ NICU resources
- ☐ Community help
- ☐ Parent encouragement

Good fit : Families in Montana who need family support.

QUICK NOTES

Best contact person: _____

Application link/form: _____

Referral needed from: _____

Question to ask: _____

Dates:

Contacted: _____

Applied: _____

Follow-up: _____

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One source. Key information. Tammy's 13-step checklist.

ABOUT THIS FUNDING SOURCE

Madelyn's Fund supports infant and pediatric patients in the NICU and their families, especially when they are facing urgent needs or unexpected hardship.

Note _____

WEBSITE & CONTACT

Website: www.MADELYNSFUND.ORG

Contact: sarah@madelynsfund.org | 267-776-HOPE

HOW THEY MAY HELP

- ☐ Financial assistance
- ☐ Family support
- ☐ NICU resources
- ☐ Emergency needs

Good fit : Families in North Carolina who need financial assistance.

QUICK NOTES

Best contact person: _____

Application link/form: _____

Referral needed from: _____

Question to ask: _____

Dates:

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Applied: _____

Follow-up: _____

TAMMY'S 13-STEP CHECKLIST

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One source. Key information. Tammy's 13-step checklist.

ABOUT THIS FUNDING SOURCE

Project NICU supports NICU families through parent education, peer community, encouragement, and resources created by families who understand the NICU experience.

Note _____

WEBSITE & CONTACT

Website: www.PROJECTNICU.COM

Contact: hello@projectnicu.com

HOW THEY MAY HELP

- ☐ Parent support
- ☐ NICU education
- ☐ Peer community
- ☐ Family resources

Good fit : Families in Ohio who need parent support.

QUICK NOTES

Best contact person: _____

Application link/form: _____

Referral needed from: _____

Question to ask: _____

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TAMMY'S 13-STEP CHECKLIST

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TODAY IS A GOOD DAY

NATIONAL

Region: National

One source. Key information. Tammy's 13-step checklist.

ABOUT THIS FUNDING SOURCE

Today is a Good Day supports families navigating the NICU by offering care packages, emotional support, education, and community connection.

Note _____

WEBSITE & CONTACT

Website: www.TODAYISAGOODDAY.ORG

Contact: info@todayisagoodday.org

HOW THEY MAY HELP

- ☐ Care packages
- ☐ Emotional support
- ☐ Parent education
- ☐ Community support

Good fit : Families in Pennsylvania who need care packages

QUICK NOTES

Best contact person: _____

Application link/form: _____

Referral needed from: _____

Questions to ask: _____

Dates:

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Follow-up: _____

TAMMY'S 13-STEP CHECKLIST

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BRYCE'S NICU PROJECT

NATIONAL

Region: National

One source. Key information. Tammy's 13-step checklist.

ABOUT THIS FUNDING SOURCE

Bryce's NICU Project shows love and support to NICU babies and families through resources, hospital support, encouragement, and community care.

Note _____

WEBSITE & CONTACT

Website:

Contact: info@brycesnicuproject.org |
210-660-4366

HOW THEY MAY HELP

- ☐ NICU support
- ☐ Family resources
- ☐ Hospital support
- ☐ Parent encouragement

Good fit : Families in Texas who need nicu support.

QUICK NOTES

Best contact person: _____

Application link/form: _____

Referral needed from: _____

Questions to ask: _____

Dates:

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Applied: _____

Follow-up: _____

TAMMY'S 13-STEP CHECKLIST

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FAMILY SUPPORT NETWORK

NATIONAL

Region: National

One source. Key information. Tammy's 13-step checklist.

ABOUT THIS FUNDING SOURCE

Family Support Network offers resources and advocacy for families and children with social, emotional, intellectual, and physical needs.

Note _____

WEBSITE & CONTACT

Website: www.FSN-OC.ORG

Contact: 717-447-3301, 717-447-3302

HOW THEY MAY HELP

- ☐ Parent-to-parent support
- ☐ Family resources
- ☐ Education
- ☐ Community connections

Good fit : Families in California who need parent-to-parent support.

QUICK NOTES

Best contact person: _____

Application link/form: _____

Referral needed from: _____

Questions to ask: _____

Dates:

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Applied: _____

Follow-up: _____

TAMMY'S 13-STEP CHECKLIST

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BRAVE BEGINNINGS

NATIONAL

Region: National

One source. Key information. Tammy's 13-step checklist.

ABOUT THIS FUNDING SOURCE

Brave Beginnings helps ensure ventilators and vital neonatal equipment are available to newborns in critical care through hospital equipment support.

Note _____

WEBSITE & CONTACT

Website: www.BRAVEBEGINNINGS.ORG

Contact: info@wrmail.org | 323-380-5522

HOW THEY MAY HELP

- ☐ NICU equipment funding
- ☐ Respiratory care support
- ☐ Hospital grants
- ☐ Newborn health resources

Good fit : Families who need nicu equipment funding.

QUICK NOTES

Best contact person: _____

Application link/form: _____

Referral needed from: _____

Questions to ask: _____

Dates:

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Applied: _____

Follow-up: _____

TAMMY'S 13-STEP CHECKLIST

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CONNECTED FOREVER

NATIONAL

Region: National

One source. Key information. Tammy's 13-step checklist.

ABOUT THIS FUNDING SOURCE

Connected Forever supports families affected by premature birth and loss, with a focus on remembrance, connection, and bereavement resources.

Note _____

WEBSITE & CONTACT

Website: www.CONNECTED4EVER.ORG

Contact: Use website contact form

HOW THEY MAY HELP

- ☐ NICU loss support
- ☐ Bereavement resources
- ☐ Memory-making support
- ☐ Parent community

Good fit : Families who need nicu loss support.

QUICK NOTES

Best contact person: _____

Application link/form: _____

Referral needed from: _____

Questions to ask: _____

Dates:

Contacted: _____

Applied: _____

Follow-up: _____

TAMMY'S 13-STEP CHECKLIST

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- ☐ 11. Complete every form required by the funder.

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- ☐ 12. Follow up after 30 days if you have not heard back.

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- ☐ 13. Send thank you letters, and if it is a no, keep going until you get a yes.

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Most important reminders:

Tell your child's story. Call the funder. Follow up. Send a thank-you note either way.

Keep it simple: check the website, call if allowed, and use the 13 steps to save time

EMPOWERED NICU PARENTING

NATIONAL

Region: National

One source. Key information. Tammy's 13-step checklist.

ABOUT THIS FUNDING SOURCE

Empowered NICU Parenting is an online resource that helps NICU parents feel informed, supported, and empowered through research-based education and tools.

Note _____

WEBSITE & CONTACT

Website: Check website

Contact: Use website contact form

HOW THEY MAY HELP

- ☐ Parent education
- ☐ NICU coping tools
- ☐ Advocacy support
- ☐ Community resources

Good fit : Families who need parent education.

QUICK NOTES

Best contact person: _____

Application link/form: _____

Referral needed from: _____

Questions to ask: _____

Dates:

Contacted: _____

Applied: _____

Follow-up: _____

TAMMY'S 13-STEP CHECKLIST

Use this same checklist for each source so nothing gets missed.

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- ☐ 3. Take a picture of your child with the item/service.

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- ☐ 4. Get a letter of medical necessity.

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- ☐ 5. Gather insurance and financial documents.

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- ☐ 6. Submit the price quote and submit to insurance for a denial letter.

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- ☐ 7. Write a strong Ask Letter with your child's story.

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FAMILIES BLOSSOMING

NATIONAL

Region: National

One source. Key information. Tammy's 13-step checklist.

ABOUT THIS FUNDING SOURCE

Families Blossoming offers encouragement and resources to help families find joy, purpose, and presence during difficult seasons.

Note _____

WEBSITE & CONTACT

Website: www.FAMILIESBLOSSOMING.COM

Contact: Use website contact form

HOW THEY MAY HELP

- ☐ Family support
- ☐ Pregnancy and infant loss support
- ☐ Community resources
- ☐ Parent encouragement

Good fit : Families who need family support.

QUICK NOTES

Best contact person: _____

Application link/form: _____

Referral needed from: _____

Questions to ask: _____

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One source. Key information. Tammy's 13-step checklist.

ABOUT THIS FUNDING SOURCE

Hope for HIE is a global organization dedicated to awareness, education, and support for families affected by neonatal and pediatric HIE.

Note _____

WEBSITE & CONTACT

Website: www.HOPEFORHIE.ORG

Contact: outreach@hopeforhie.org |
248-574-8099

HOW THEY MAY HELP

- ☐ HIE education
- ☐ Peer support
- ☐ Family resources
- ☐ Awareness and advocacy

Good fit : Families who need hie education.

QUICK NOTES

Best contact person: _____

Application link/form: _____

Referral needed from: _____

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One source. Key information. Tammy's 13-step checklist.

ABOUT THIS FUNDING SOURCE

March of Dimes works to improve the health of moms and babies and provides education, advocacy, and resources related to prematurity and newborn health.

Note _____

WEBSITE & CONTACT

Website: www.MARCHOFDIMES.ORG

Contact: 888-663-4637

HOW THEY MAY HELP

- ☐ Pregnancy education
- ☐ Prematurity resources
- ☐ Advocacy
- ☐ Family support information

Good fit : Families who need hie education.

QUICK NOTES

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One source. Key information. Tammy's 13-step checklist.

ABOUT THIS FUNDING SOURCE

Me Two Books creates books and products that support, encourage, and inform families, especially siblings and families navigating prematurity.

Note _____

WEBSITE & CONTACT

Website: www.METWOBOOKS.COM

Contact: Use website contact form

HOW THEY MAY HELP

- ☐ Sibling books
- ☐ Family communication tools
- ☐ Emotional support
- ☐ Child-friendly resources

Good fit : Families who need hie education.

QUICK NOTES

Best contact person: _____

Application link/form: _____

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One source. Key information. Tammy's 13-step checklist.

ABOUT THIS FUNDING SOURCE

The NEC Society is a nonprofit dedicated to building a world without necrotizing enterocolitis through research, advocacy, education, and family support.

Note _____

WEBSITE & CONTACT

Website: www.NECSOCIETY.ORG

Contact: Use website contact form

HOW THEY MAY HELP

- ☐ NEC education
- ☐ Family support
- ☐ Research and advocacy
- ☐ Awareness resources

Good fit : Families who need nec education.

QUICK NOTES

Best contact person: _____

Application link/form: _____

Referral needed from: _____

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One source. Key information. Tammy's 13-step checklist.

ABOUT THIS FUNDING SOURCE

NICU Alumni supports NICU graduates and their families after discharge by reducing isolation and building community after the NICU journey.

Note _____

WEBSITE & CONTACT

Website: www.NICUALUMNI.ORG

Contact: hello@nicualumni.org

HOW THEY MAY HELP

- ☐ NICU graduate community
- ☐ Family stories
- ☐ Parent support
- ☐ Resources after discharge

Good fit : Families who need nicu graduate community.

QUICK NOTES

Best contact person: _____

Application link/form: _____

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One source. Key information. Tammy's 13-step checklist.

ABOUT THIS FUNDING SOURCE

NICU Parent Club is made up of families with NICU experience who support other parents through the roller coaster of NICU life.

Note _____

WEBSITE & CONTACT

Website: www.NICUPARENTCLUB.COM

Contact: nicuparentclub@gmail.com | 404-500-6152

HOW THEY MAY HELP

- ☐ Parent community
- ☐ NICU resources
- ☐ Peer support
- ☐ Family connection

Good fit : Families who need parent community.

QUICK NOTES

Best contact person: _____

Application link/form: _____

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One source. Key information. Tammy's 13-step checklist.

ABOUT THIS FUNDING SOURCE

NICU Parent Network is a professional organization of NICU parent leaders who represent and advocate for the needs of NICU families.

Note _____

WEBSITE & CONTACT

Website: www.NICUPARENTNETWORK.ORG

Contact: connect@nicuparentnetwork.fax | 601-345-1772

HOW THEY MAY HELP

- ☐ Parent organization network
- ☐ Education
- ☐ Advocacy
- ☐ Peer support

Good fit : Families who need parent organization network.

QUICK NOTES

Best contact person: _____

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One source. Key information. Tammy's 13-step checklist.

ABOUT THIS FUNDING SOURCE

Paradidomi Life highlights stories of selfless giving and provides encouragement, connection, and resources for families and communities.

Note _____

WEBSITE & CONTACT

Website: www.PARADIDOMILIFE.COM

Contact: Use website contact form

HOW THEY MAY HELP

- ☐ Family support
- ☐ Community resources
- ☐ Parent encouragement
- ☐ Life after NICU support

Good fit: Families who need family support.

QUICK NOTES

Best contact person: _____

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PARENT TO PARENT

NATIONAL

Region: National

One source. Key information. Tammy's 13-step checklist.

ABOUT THIS FUNDING SOURCE

Parent to Parent USA connects families of children with special needs to trained, experienced parents for emotional support and practical guidance.

Note _____

WEBSITE & CONTACT

Website: www.P2PUSA.ORG

Contact: Use website contact form

HOW THEY MAY HELP

- ☐ One-to-one emotional support
- ☐ Parent matching
- ☐ Family resources
- ☐ Community support

Good fit : Families who need one-to-one emotional support.

QUICK NOTES

Best contact person: _____

Application link/form: _____

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One source. Key information. Tammy's 13-step checklist.

ABOUT THIS FUNDING SOURCE

Preemie World provides education, advocacy tools, outcomes information, and resources for preemie families and underserved communities.

Note _____

WEBSITE & CONTACT

Website: www.PREEMIEWORLD.COM

Contact: pwfoundation23@gmail.com

HOW THEY MAY HELP

- ☐ Preemie education
- ☐ Parent resources
- ☐ Stories and encouragement
- ☐ Community support

Good fit : Families who need preemie education.

QUICK NOTES

Best contact person: _____

Application link/form: _____

Referral needed from: _____

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One source. Key information. Tammy's 13-step checklist.

ABOUT THIS FUNDING SOURCE

The Iris Fund supports prematurity research, awareness, and education in memory of Iris Crystal Aleman.

Note _____

WEBSITE & CONTACT

Website: www.THEIRISFUND.ORG

Contact: Use website contact form

HOW THEY MAY HELP

- ☐ Preterm birth research
- ☐ Family education
- ☐ Awareness
- ☐ Resources for prevention

Good fit : Families who need preterm birth research.

QUICK NOTES

Best contact person: _____

Application link/form: _____

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THE PPROM FOUNDATION

NATIONAL

Region: National

One source. Key information. Tammy's 13-step checklist.

ABOUT THIS FUNDING SOURCE

The PPROM Foundation provides education, awareness, and family support for those affected by preterm premature rupture of membranes.

Note _____

WEBSITE & CONTACT

Website: www.AAPPROM.ORG

Contact: 740-837-7766

HOW THEY MAY HELP

- ☐ PPROM education
- ☐ Family support
- ☐ Awareness resources
- ☐ Community connection

Good fit: Families who need pprom education.

QUICK NOTES

Best contact person: _____

Application link/form: _____

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- ☐ 12. Follow up after 30 days if you have not heard back.

Note _____

- ☐ 13. Send thank you letters, and if it is a no, keep going until you get a yes.

Note _____

Most important reminders:

Tell your child's story. Call the funder. Follow up. Send a thank-you note either way.

Keep it simple: check the website, call if allowed, and use the 13 steps to save time

THE ZAKY

NATIONAL

Region: National

One source. Key information. Tammy's 13-step checklist.

ABOUT THIS FUNDING SOURCE

The Zaky provides bonding and comfort products designed to support NICU babies, parents, and kangaroo care when families cannot always be bedside.

Note _____

WEBSITE & CONTACT

Website: WWW.THEZAKY.COM

Contact: intouch@thezaky.com | (833) 843-9259

HOW THEY MAY HELP

- ☐ Bonding products
- ☐ Kangaroo care support
- ☐ Comfort items
- ☐ Parent education

Good fit : Families who need bonding products.

QUICK NOTES

Best contact person: _____

Application link/form: _____

Referral needed from: _____

Questions to ask: _____

Dates:

Contacted: _____

Applied: _____

Follow-up: _____

TAMMY'S 13-STEP CHECKLIST

Use this same checklist for each source so nothing gets missed.

- ☐ 1. Identify the product or service needed.

Note _____

- ☐ 2. Get a cost estimate or price quote.

Note _____

- ☐ 3. Take a picture of your child with the item/service.

Note _____

- ☐ 4. Get a letter of medical necessity.

Note _____

- ☐ 5. Gather insurance and financial documents.

Note _____

- ☐ 6. Submit the price quote and submit to insurance for a denial letter.

Note _____

- ☐ 7. Write a strong Ask Letter with your child's story.

Note _____

- ☐ 8. Research funding sources for the best match.

Note _____

- ☐ 9. Choose your top funding source matches.

Note _____

- ☐ 10. Call each funder and ask questions.

Note _____

- ☐ 11. Complete every form required by the funder.

Note _____

- ☐ 12. Follow up after 30 days if you have not heard back.

Note _____

- ☐ 13. Send thank you letters, and if it is a no, keep going until you get a yes.

Note _____

Most important reminders:

Tell your child's story. Call the funder. Follow up. Send a thank-you note either way.

Keep it simple: check the website, call if allowed, and use the 13 steps to save time

SECTION TWELVE

ENCOURAGEMENT & SELF-CARE

Support for you, too.

Daily Reminders from Tammy & NICU Families:

- Don't take no for an answer! If you get a No, you keep going until you get a Yes! – Grandma Vaughn's wisdom
- You are your child's voice because they don't have one yet. – Katelynn
- Never give up. Follow your instincts and challenge the doctors if you feel they're not doing what's in your child's best interests. – Kristi
- Believe in miracles because they happen every day. – Kristi about Jaxon

When You Feel Overwhelmed:

- Remember Jacob's story – from 1.5 pounds to riding adaptive bikes!
- Think about Jaxon – home after 3 years in NICU and thriving
- Remember Ellie – born at 23 weeks, now an energetic 4-year-old
- YOU are building the same strength and resilience

Weekly Goals (Keep It Simple):

This week I will:

- Complete _____ step(s) of the 13-step process
- Research _____ funding organizations or support resources
- Submit _____ applications
- Follow up on applications sent on _____

MAMA'S JOURNAL

A private space for NICU moms to write down their thoughts, feelings, questions, prayers, memories, and small victories along the journey.

Take care of myself by :

Mama's Journal, use this space for anything your heart needs to say today

TODAY I AM FEELING

Mama's Journal, use this space for anything your heart needs to say today

WHAT FEELS HEAVIEST RIGHT NOW IS

Mama's Journal, use this space for anything your heart needs to say today

WHAT I WISH PEOPLE UNDERSTOOD IS

Mama's Journal, use this space for anything your heart needs to say today

ONE THING I'M PROUD OF MYSELF FOR TODAY

Mama's Journal, use this space for anything your heart needs to say today

ONE THING THAT GAVE ME HOPE TODAY

Mama's Journal, use this space for anything your heart needs to say today

WHAT I NEED MOST RIGHT NOW IS

Mama's Journal, use this space for anything your heart needs to say today

CHECK WHAT YOU NEED TODAY

- | | | | |
|----------------------------------|---------------------------------|----------------------------------|--------------------------------|
| ☐ Rest | ☐ Prayer | ☐ Food | ☐ Sleep |
| ☐ Help | ☐ A hug | ☐ Answers | ☐ Quiet |
| ☐ Courage | ☐ Hope | | |

Mama's Journal, use this space for anything your heart needs to say today

ONE SMALL WAY I CAN CARE FOR MYSELF TODAY

Mama's Journal, use this space for anything your heart needs to say today

A NOTE TO MY BABY

Mama's Journal, use this space for anything your heart needs to say today

A NOTE TO MYSELF

Mama's Journal, use this space for anything your heart needs to say today

TODAY'S TINY WIN

Mama's Journal, use this space for anything your heart needs to say today

A NOTE TO MY SPOOSE

Mama's Journal, use this space for anything your heart needs to say today

A NOTE TO MY OTHER CHILDRENS

**REMINDER: You are not failing. You are loving your baby through
one of the hardest chapters imaginable.**

SECTION TWELVE

WHEN YOU FEEL OVERWHELMED

A quick reset for hard moments.

When the day feels too heavy, come back to this page. You do not need to solve everything right now. Start with one breath, one sentence, one small step.

TRY ONE SMALL THING

- ☐ Pause and take one deep breath.
- ☐ Ask for help with one small thing.
- ☐ Write down the next step, not every step.
- ☐ Drink water or eat something simple.
- ☐ Give yourself grace today.

Mama's Journal, Use this space for anything your heart needs to say today.

RIGHT NOW, I CAN CONTROL

Mama's Journal, Use this space for anything your heart needs to say today.

RIGHT NOW, I CAN ASK FOR

Mama's Journal, Use this space for anything your heart needs to say today.

RIGHT NOW, I CAN RELEASE

Mama's Journal, Use this space for anything your heart needs to say today.

WRITE FREELY

SECTION THIRTEEN

CELEBRATE PROGRESS & PAY IT FORWARD

Milestones to Celebrate:

- ☐ Completed my first application for support
- ☐ Received my first approval
- ☐ Built my support team
- ☐ Got all documentation organized
- ☐ Reached an important support goal
- ☐ Paid for my child's needed equipment/service
- ☐ Other: _____

Paying It Forward (When You're Ready):

Just like the parents in my book who started foundations after their success:

- ☐ Share resource lists with other NICU families
- ☐ Mentor new families in the midst of the funding process
- ☐ Volunteer with NICU support groups
- ☐ Help other families apply for support
- ☐ Donate the equipment your child has outgrown to families in need
- ☐ Share your success story to inspire others

Tammy's Tip: If you plan to donate outgrown items, mention it in your application. Funders love to see people paying it forward!

SECTION FOURTEEN

IMPORTANT REMINDER FOR THE ROAD AHEAD

Things TO Do:

- Geographic location matters – Check this FIRST
- Follow instructions exactly – If they ask for 3 pages, give them 3 pages
- Apply to MULTIPLE sources of support
- Take photos – A picture really is worth a thousand words
- Call if you can – Even without questions, let them hear your name
- Always send thank you letters – Whether you get a Yes or a No
- Don't give up – You will get some denials, but you will get a YES

Things NOT To Do:

- Don't apply if you don't meet the funder's requirements
- Don't pay anyone for lists of funding or support resources
- Don't give up after the first "No"
- Don't forget to follow up
- Don't skip sending thank you letters
- Don't assume that a funder knows your child's limitations based on their diagnosis

Every step you take brings you closer to the support your family needs.

CONCLUSION

YOU'VE GOT THIS

Everything I have done to help families, and every lesson I teach, comes from the most important lesson I learned from my grandma:

Don't take no for an answer. If you get a no, you keep going until you get a yes.

You can do it, and it is possible!

Your NICU journey has already proven that you are stronger than you know. Now you have practical tools to help you take the next steps toward support, stability, and a clearer path forward for your child and your family.

- **Every step you complete matters.**
- **Every question you ask matters.**
- **Every resource you discover brings you closer to what your child needs.**

You are not just surviving this experience. You are building knowledge, confidence, and resilience that will serve your family for years to come.

Your child is lucky to have such a dedicated advocate. You are exactly the parent your child needs.

NOTES, CONTACTS & IMPORTANT NUMBERS

Use this space for contact information, important reminders, or additional notes:

[illegible]

NOTES, CONTACTS & IMPORTANT NUMBERS

Use this space for contact information, important reminders, or additional notes:

[illegible]

NOTES, CONTACTS & IMPORTANT NUMBERS

Use this space for contact information, important reminders, or additional notes:

NOTES, CONTACTS & IMPORTANT NUMBERS

Use this space for contact information, important reminders, or additional notes:

[illegible]

THE SUPPORT SYSTEM THAT FITS IN YOUR HANDS

You are already doing the hardest thing, being there for your child through the NICU journey. This workbook was created to help with one of the things families are too often left to navigate alone: the financial realities that continue after discharge.

The **NICU Companion Workbook** is the practical companion to **The NICU Funding Guide**. Together, they are designed to help families organize next steps, gather important information, tell their child's story, track funding opportunities, and move forward with greater clarity.

Everything in this workbook is designed to work with real life right now

- Write your child's story once and use it in more than one place
- Keep medical letters, insurance denials, and quotes organized together
- Track funding sources, contacts, and next steps
- Follow clear checklists so nothing gets missed, even when you are exhausted

Whether you are sitting in the NICU waiting room or have a few quiet minutes at home, this workbook meets you where you are and gives you one place to begin.

Families leave the NICU with a medical care plan, but often no financial roadmap. This workbook was created to help change that.



*All the content in this workbook is also
available digitally through the QR code.*

TAMMY'S PROMISE TO YOU

You do not have to figure this out alone

I cannot take away every hard moment of this journey, but I can promise you this: you now have a place to begin, a path to follow, and words to lean on when everything feels overwhelming.

This workbook was created to carry part of the load. It helps organize the steps, questions, contacts, documents, and resources that can get lost when your focus is where it should be, on your baby.

My promise to you:

- I will show you where to start.
- I will remind you that asking for help is not weakness.
- I will help you take the next step, one page, one call, one application at a time.
- I will remind you to keep going when the first answer is no.
- I will help you believe that support is possible, because it is.

You do not have to do everything today. You do not have to have the whole road figured out. You only need the next step.

Keep going

Keep asking

Keep believing

You can do this. Your family can move forward. And you do not have to figure this out alone.

With you every step of the way,

Tammy

You do not have to figure this out alone. Let this workbook carry some of the load for you.

You Don't Have to Figure This Out Alone

You are already doing the hardest thing:
being there for your child through the NICU journey.

Inside, you'll find simple pages to help you:



Write your child's
story



Gather medical letters,
denials, and cost
estimates



Track funders,
applications, and
follow-ups



Stay organized when
life feels
overwhelming

DO YOU HAVE A FRIEND, FAMILY MEMBER, OR LOVED ONE WITH A BABY IN THE NICU?

Don't know what you can do to help?

HERE'S HOW:



- Download The NICU Funding Guide + Companion Workbook.
- Read them. Rally your people. Start a fundraiser.
- Help lift the financial burden while the family focuses on their baby.

A FEW KIND WORDS...

“With Tammy's guidance and The NICU Funding Guide, we found the confidence to apply for help. What felt impossible became the dream of a lifetime.”

Melissa Copp, mom to Calen and Lawson

“This workbook offers a calm, organized path forward for NICU families facing financial stress.”

Jessica F., RN | NICU Nurse

“You and your books are a gift to humanity.”

Kathi Brummet, Education Specialist, Advocate Children's Hospital



the
**FUNDING
PROJECT**

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