

FCC TASKFORCE SPOTLIGHT



ALEX ZAVALA

Founder, The NICU Dad & The NICU Dad Podcast
PFAC Chair, Dell Ascension's NICU Network
Family Advisor, Vermont Oxford Network
Parent of Mia & Emerson

Meet Alex Zavala! He serves as the Co-Chair of our Marketing & Communications Committee and as an Executive Council Family Partner for the Family-Centered Care Taskforce.

How were you personally activated to advocate for and support NICU families?

After our NICU stay with our youngest, we were compelled to give back. We started with bringing baked goods for the NICU staff on holidays. This grew to joining the NICU PFAC. We then became an ambassador family for Ronald McDonald House Charities, March of Dimes, Hand to Hold, and other NICU family support organizations. I later was asked to host NICU Dads Groups in our NICU. This is where I discovered the gap in NICU dad support, and prompted me to create thenicudad.com.

Anything else you want our community to know?

Of all the hats I wear, my favorite hat to wear is my dad hat, but even more than that is my NICU dad hat.

How does your organization/company/hospital support NICU families?

I created The NICU Dad and The NICU Dad Podcast to help fill the gap in NICU dad support. I try to bring information and resources to current and former NICU dads. I am a peer-to-peer mentor for NICU dads. I am an advocate for NICU dad support.

What are the greatest needs of families in maternal-infant health you observe through your work?

One of the main things I observe is the need to close the gap in disparities in the support of birthing and non-birthing parents.

What is your greatest wish in terms of the positive impact the FCC Taskforce members can make together in maternal-infant health?

My greatest wish is that FCC Taskforce members will have a positive impact in always making vast improvements in helping make NICU stays easier and less traumatic for both NICU parents and NICU babies.



What does being part of the FCC Taskforce mean to you personally?

Being a part of the FCC Taskforce is a huge honor for me. The group of NICU All Stars is incredible and it excites me to know that I am part of a group that makes such a difference in NICU family support.



THE NICU DAD

Healthcare partners

are... strangers that later become family.

NICU & bereaved parents are...

some of the strongest people on the planet.



FAMILY-CENTERED CARE
TASKFORCE