

FCC TASKFORCE SPOTLIGHT



SAHRA CAHOON, MPPC, PAIL

Founder & Executive Director,
Love for Lily
NICU Parent of Lily



Meet Sahra! She serves as an Executive Council Family Partner and Organizational Partner for the Family-Centered Care Taskforce.

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

My daughter was born at 24 weeks 5 days in 2011 and after walking through the NICU and then the journey home with hospice my heart was called to serve families that came after us.

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

Empower, Support and Connect. We empower families to be part of their baby's care team, support them in accessing the services they need including providing grants, referrals, and education. We work to connect families to themselves, their baby and to other families walking a similar path. When the unimaginable happens and families are left grieving we are there to hold their hands and walk with them. Our support continues after the NICU through discharge and the 2 years post discharge to support processing birth trauma and often a medically complex little human. We celebrate love and hope and grief and fear and welcome families to feel it all because vulnerability is not weakness, it is your heart expanding and creating a safe space. To do that is essential to processing life in the NICU.

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

Psychological safety, financial security, and at least food security and housing while their baby is hospitalized.

What insight or advice do you have for healthcare professionals who want to implement/strengthen FCC practices in their hospital?

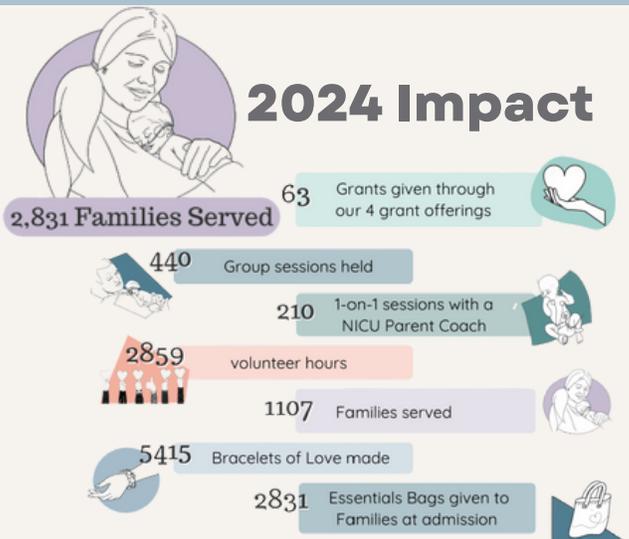
Pause, breathe, and listen; the NICU is busy and taking 5 or 15 minutes to sit with a family will change their entire experience. Welcoming them, answering their questions, that pause. Not being in a hurry to get to the next thing makes people feel seen, important, and allows them to take up just a bit more space in their baby's care and that is the goal. It is so, so very important to carve out that bit of space and listen, truly listen.

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

It means raising up family voices, learning from other organizations and facilities, and collaborating to create sustainable change in the NICU setting.

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

That family-centered care will be the industry standard and there will be research and implementation protocols for all units to follow. Additionally, it is my hope that all hospitals will track their FCC initiatives as part of the QI work they are implementing.



Healthcare partners are... *a gift, thank you for caring for the tiniest among us.*

NICU & bereaved parents are... *whole, complete and human.*



**FAMILY-CENTERED CARE
TASKFORCE**