



life's little treasures
foundation

Supporting Families of Premature & Sick Babies



Mindfulness tracks especially created for families in NICU and SCN

With many of our team members having the lived experience of welcoming a premature or sick baby into the world, we know how stressful it can be when your baby is in a neonatal unit.

That's why we've created a set of **FREE calming mindfulness tracks** for you to listen to while you're sitting cot-side.

Take a moment to practice some self-care and make your mental health a priority as you support your little treasure in hospital.



Scan the **QR code**
to access our **FREE**
mindfulness tracks



Life's Little Treasures Foundation provides information, products and services to support you during your baby's hospital stay and beyond. Visit: lifeslittletreasures.org.au

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