

Resources for the Heart Mom

These are simply items we've found helpful within the heart community and are not medical advice. Always consult your baby's care team before using new medical tools at home, as every heart baby's needs are different. We hope this list helps you feel a little more prepared and supported—you're not alone in this journey!



Video Monitor

- A video monitor can help parents keep a close eye on their baby during sleep, naps, or while managing medical equipment nearby.
- For a heart baby, it can provide extra reassurance during naps, overnight sleep, and recovery periods by helping parents monitor breathing patterns and movement more closely.

[LINK FOR MONITOR](#)



Oxygen Monitor

- An oxygen monitor helps track oxygen saturation levels and heart rate at home, which can be especially important for heart babies who may have oxygen-related concerns.
- It can give parents peace of mind and help them recognize when something may need medical attention.

[LINK FOR OXYGEN MONITOR](#)



Nebulizer Machine

- Heart babies can be more vulnerable to respiratory illnesses or congestion, and a nebulizer can help support easier breathing during sickness or recovery periods.

[LINK FOR NEBULIZER MACHINE](#)



Humidifier

- A humidifier adds moisture to the air, which can help ease congestion, dry air irritation, and breathing discomfort.
- This can be especially helpful during cold and flu season or after surgeries when respiratory support is important.

[LINK FOR HUMIDIFIER](#)

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Nasal Aspirator

- A nasal aspirator helps clear mucus from a baby's nose, making it easier for them to breathe, eat, and sleep comfortably.
- Since congestion can be harder on heart babies, keeping airways clear can make a big difference.

[LINK FOR HUMIDIFIER](#)



Medicine Pacifier

- A medicine pacifier can make giving liquid medications a little easier and less stressful for both babies and parents.
- Many heart babies take multiple medications daily, so tools that simplify medication routines can be incredibly helpful.

[LINK FOR MEDICINE PACIFIER](#)



Heated Belly Band

- A heated belly band can provide gentle warmth and comfort to help soothe gas discomfort and tummy aches.
- For babies who struggle with feeding or tummy issues, it can be a simple way to help promote comfort and relaxation.

[LINK FOR HEATED BELLY BAND](#)



Air Purifier

- An air purifier can help improve air quality by reducing dust, allergens, and other irritants in the home.
- For heart babies, creating a cleaner environment can help support easier breathing and provide extra peace of mind during recovery or illness season.

[LINK FOR AIR PURIFIER](#)