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Nadia's family spent 20 weeks on 4 different neonatal units in the UK following the premature birth of their twin boys in 2012. Since, she has educated HCPs on the importance of Family Integrated Care (FICare), good bereavement care and the impact of poor communication. Nadia continues to advocate for parent and family interests as an expert by experience.

In 2019 Nadia published the book *Surviving Prematurity*. It offers a unique personal perspective on the triggers of stress and trauma that parents may encounter during time on a neonatal unit. *Surviving Prematurity* was written for those working within neonatology and paediatrics.

She has recently undertaken a research PhD at Newcastle University, UK, exploring HCP perspectives on implementing FICare. Findings will inform educational content for HCPs. Nadia believes that a deeper understanding of HCP views on FICare is required to further the paradigm shift towards parents as primary care givers to their babies.