

# Neonatal Follow-up Clinic (NFC)

is a clinic where a team of specially trained health care professionals provide detailed developmental assessments.

## Premature babies\* should be seen by a neonatal follow-up clinic. Here's why:

\*Ask your hospital whether Follow-Up is recommended for your child.



Photo by Colin Maynard on Unsplash

The clinic team will check your baby's growth and development, identify strengths and possible challenges so that early interventions can begin, if needed.

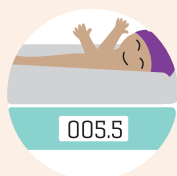
### What should I expect at the clinic appointment?

The clinic team will:

- get to know your baby
- complete a detailed growth and development assessment
- explain your baby's progress
- offer activities to support ongoing development
- refer you to community resources (therapists, other medical specialists) if needed
- share details of the assessment with your baby's doctor

Most clinics have a multidisciplinary team who provide assessments for the **first 2 years or longer** post-discharge from the NICU\*.

Depending on your baby's corrected age\*\*, your assessment may include:



Feeding & Growth



Motor Skills (Muscles)



Language & Communication



Thinking & Problem Solving



Hearing



Vision



Caregivers' Mental Health

### Getting ready for your appointment:

The clinic team will be ready to answer any questions you may have, so this is a great time to ask! It is helpful to write your questions down to bring with you.

CPBF has published tips to help you prepare for your visit, and a full list of what to bring. Find it on our website at [www.cpbf-fbpc.org/neonatal-follow-up](http://www.cpbf-fbpc.org/neonatal-follow-up)

### A note on corrected age\*\*:

Your premature baby's development in the first 2-3 years is based on **their corrected age using YOUR due date** - not the date they were born.

### Important to know

The follow-up clinic does not replace your baby's doctor. Appointments and assessments vary by hospital, province and territories. Your visit will take longer than a usual doctors' appointment. If your baby has a cold or is sick, please call the clinic before coming.



Visit us online for more resources  
[canadianpreemies.org](http://canadianpreemies.org)



CHILD-BRIGHT Network Réseau BRILlEnfant

CPBF Canadian Premature Babies Foundation