

# Developmental Follow-up after a NICU Stay

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After being in the Neonatal Intensive Care Unit (NICU), your baby's healthcare team will pay close attention to how your baby grows, gains new skills and learns (development). This is done by a team of providers from different areas (specialties). Here is an overview of these different areas.

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## What is developmental follow-up?

Developmental follow-up is medical care after your baby leaves the hospital that focuses on how your child grows, gains new skills and learns. This care allows doctors to find needs early, so your baby can develop with the support they need.

Most children need developmental follow-up from at least 1 specialty area after leaving the NICU. We will recommend the areas your child needs.

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## Where are the providers?

Your child's developmental follow-up will be with providers in your community, at University of Washington and at Seattle Children's.

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## Community providers

### Primary Care Provider (PCP)

Your baby's primary care provider (PCP) specializes in the general health of your child. They are the center of care for your child (medical home). When getting ready to leave the NICU, you should have an appointment scheduled with your baby's PCP.

My baby's PCP phone number: \_\_\_\_\_

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### Early Intervention (Birth to 3)

The Early Intervention Program (Birth to 3) in your area is for children who could be at risk for missing milestones (developmental delay), like learning how to crawl or talk. They serve children until age 3. These services can often be provided at your home by certified therapists.

Referral does not mean that your child has a developmental delay. They plan and coordinate care from local therapists and services, including:

- Physical therapy
- Occupational therapy
- Feeding therapy
- Nutrition services
- Social work

Birth to 3 phone number: \_\_\_\_\_

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## To Learn More

- Ask your child's healthcare provider
- [seattlechildrens.org](http://seattlechildrens.org)

## Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.



### University of Washington

#### Infant Development Follow-up Clinic (IDFC)

IDFC is at the University of Washington Medical Center. This clinic cares for children from birth to age 5 who are at risk for development delays including: prematurity, very low birth weight, drug exposure during pregnancy or birth asphyxia (sometimes called hypoxic ischemic encephalopathy or HIE).

This team of providers from different areas works together to assess your child and do developmental testing at specific ages. This information can help connect you with additional resources. The first appointment in this clinic is usually when your baby is 3 months old, or 3 months after your expected due date if your baby was born prematurely (corrected age).

University of Washington IDFC Clinic: 206-598-9348

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#### Late and Moderately Preterm Babies Follow-up Clinic (LAMBs)

LAMBs is at the University of Washington Medical Center. This clinic cares for children from birth to 1 year. They see babies who were born 32 weeks to 36 weeks 6 days gestation, and stayed in the NICU for more than 5 days.

Like IDFC, they do developmental testing at specific ages to guide your family to additional resources. The first visit in this clinic is usually 3 months after your expected due date (corrected age).

University of Washington LAMBs Clinic: 206-598-9348

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### Seattle Children's

#### Physical and Occupational Therapy (OT/PT) Clinic

Physical and occupational therapists at Seattle Children's assess and watch your child's developmental skills and motor function. They can help your child's local therapist with assessment and treatment options. They also work closely with the other providers on your child's medical team.

Each therapy session works toward supporting your child's development and teaching you tools to help support your child at home.

Seattle Children's Occupational and Physical Therapy Clinic: 206-987-2113

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#### Neurodevelopmental (NDV) Clinic

The Neurodevelopmental Clinic at Seattle Children's specializes in the care of children with developmental disabilities, cerebral palsy, birth asphyxia or genetic disorders.

Developmental pediatricians, speech and language specialists, as well as occupational and physical therapists assess your child. Nurses, dieticians and social workers also provide and coordinate care.

Seattle Children's NDV Clinic: 206-987-2210

### Neurology Clinic

The Neurology Clinic at Seattle Children's treats babies with disorders affecting the brain, including neonatal stroke, epilepsy and seizures, birth asphyxia (sometimes called hypoxic ischemic encephalopathy or HIE), cerebral palsy, neuromuscular conditions and neurogenetic disorders.

Your neurologist may recommend special tests or imaging to help assess your child over time.

Seattle Children's Neurology Clinic: 206-987-2078

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### Rehabilitation Medicine Clinic

The Rehabilitation Medicine Clinic at Seattle Children's treats babies and children with a broad range of neurologic or developmental conditions that affect muscle tone, including cerebral palsy or neuromuscular conditions. Some newborns are referred to this clinic when they go home from the NICU, while others are referred at a later date.

Seattle Children's Rehabilitation Medicine Clinic: 206-987-2114