

Therapy After Discharge

In the first year and beyond

Infants who are born preterm, and full-term babies who need intensive care, are at a higher risk for problems in their first year of life. It is important that your baby have regular developmental screenings with a pediatric therapist for at least 1 year after leaving the NICU.

Neurodevelopmental therapists specialize in supporting the ongoing development of babies who have spent time in the NICU. They will watch how your child's feeding, sensory, cognitive, communication, and motor skills develop over time. The therapist you choose may be a physical therapist (PT), an occupational therapist (OT), or a speech language pathologist (SLP) who specializes in pediatrics.

As you and your baby get closer to going home, talk with your NICU therapist about how to support your baby's development in the first year.

Before School

Your child should also be screened at age 4 to 6, before they begin school. Very subtle changes in development can affect the way your child is able to learn in a classroom. Therapists will help your child find ways to succeed.

Resources

When your baby is ready to go home, we will give you a handout that gives basic guidelines for development, what signs to watch for, and some helpful resources.

If you have concerns about your baby's development, it is OK to make an appointment for a screening earlier than we had planned. The earlier you tell us about your concerns, the sooner you and your baby can get the help you need.



Your baby's need for special care will continue after you leave the NICU.

