

Developmental Follow-up After a NICU Stay

This handout explains why babies who were in the NICU may need extra check-ups to track their growth and development. It includes information about different providers and programs that are available, such as primary care and special therapy services.

Supporting Your Baby After a NICU Stay

While in the Neonatal Intensive Care Unit (NICU), your baby's care team will closely watch their growth, learning, and development. After leaving the NICU, most babies need follow-up care with a specialist to track their growth and progress.

What is developmental follow-up?

Developmental follow-up means special check-ups after your baby leaves the hospital. These visits help doctors monitor how your baby is growing, learning new skills, and developing. A team of healthcare providers will work together to support your baby's progress.

Most babies need at least one provider to check on their development after leaving the NICU. Your baby's NICU healthcare team might give your baby a referral to see 1 or more doctors who specialize in development. A referral does not mean something is wrong – these visits just help your baby's medical team catch any needs early and provide the best support.



We are here to support you and your baby every step of the way!

Community Providers

Your baby will have developmental check-ups with local providers, which may include a UW Medicine clinic. Below are some community providers the NICU healthcare team might recommend. Depending on your baby's needs, they might also refer you to other specialists.

Primary Care Provider (PCP)

Your baby's main doctor, called a *primary care provider* (PCP), takes care of your child's health. They are like a home for your child's medical needs and will see your baby for regular check-ups. Before you leave the NICU, make sure you have an appointment set up with your baby's PCP.

Early Support for Infants and Toddlers (ESIT)

The ESIT program, also called "Birth to Three," helps children who may need extra support to reach milestones like crawling or talking. This program supports children in your county until they turn 3. They often provide in-home support from trained therapists.



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ESIT can also plan and set up care from local therapists and services, including:

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

Children and Youth with Special Healthcare Needs (CYSHCN)

Children and Youth with Special Healthcare Needs (CYSHCN) coordinators work in your county to support families and connect them to important services. They can help you find resources and care, including:

- Insurance
- Resources for unmet needs
- Therapies and specialty services
- Early intervention
- Disability-related services

Infant Development Follow-up Clinic (IDFC)

The IDFC is located at the University of Washington Medical Center. This team helps babies who are more likely to have development or health differences. This may include babies who were born early or with low birth weight.

The IDFC team includes doctors and specialists who work together to check your child's development. They do tests at specific ages until they are 8 years old. They also share the results with your baby's main doctor (PCP). Learn more by calling the IDFC Clinic at 206.598.9348.

Late and Moderate Preterm Babies Follow-up Clinic (LAMBs)

LAMBs is a clinic at the University of Washington Medical Center. They help babies who:

- Were born early (32 weeks to 36 weeks 6 days), **or**
- Stayed in the NICU for more than 5 days

LAMBs cares for babies until they are 1 year old. They do special tests to check how babies are growing. This helps families find extra support and resources. They also share this information with your baby’s doctor, to make sure they get the best care possible. Learn more by calling the LAMBs clinic at: 206.598.9348.

QUESTIONS?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

Your provider: