



## Follow-Up Appointment: High-Risk Infant Follow-Up (Neuro Brain Developmental Follow-Up)

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The neonatal intensive care unit (NICU) team celebrates with you as your baby goes home! Because your baby is a NICU graduate, he or she is at higher risk for certain problems after discharge. That's why your baby needs important follow-up appointments to ensure his or her best health.

### Why does my baby need this appointment?

- Babies born premature, with low birth weight, or with other complications around birth are at higher risk for problems or delays in growth and development.
- During your child's first 3 years of life, he or she will have several in-depth neurodevelopmental examinations at high-risk infant follow-up (HRIF).
- The HRIF team uses play to check on the quality of your child's
  - thinking and learning (cognitive skills)
  - movement (gross motor or large muscle and fine motor or small muscle skills, strength, and coordination)
  - play with toys (adaptive skills)
  - smiling and eye contact (social skills)
  - talking and gestures (communication skills).

### Where is the appointment?

Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

### When is the appointment?

Date: \_\_\_\_\_ Time: \_\_\_\_\_

You will need to call the HRIF office to schedule your baby's appointment.

The HRIF office will call you to schedule your baby's appointment.

### Important Things to Remember

- Each HRIF appointment is important and is in addition to well-child check-ups with your baby's primary care provider and any early intervention.
- When problems are identified early, children receive help from experts and community services so they can reach their best growth and development.
- If you are unable to keep this important follow-up appointment, please call to reschedule.

*This information is provided to help you better understand your baby's care. Always follow the directions given by your baby's provider and ask questions if you have concerns about your baby.*

### Online Resources

American Academy of Pediatrics

[www.aap.org](http://www.aap.org)

High-Risk Infant Follow-Up Quality of Care Initiative

[www.ccshrif.org](http://www.ccshrif.org)

Kids Health

[www.kidshealth.org](http://www.kidshealth.org)