

## Perinatal Program NL

### Follow-up Clinic Information for Parents



#### What is the Follow-up clinic?

Since 1979, the follow-up clinic has been a major part of the Perinatal Program NL. The program provides a special clinical service for young children and their families' to ensure their best possible growth and development.

#### Which babies are referred to the clinic?

Some newborns, including those with very low birth weight, breathing problems, conditions which require major surgery or other medical conditions are referred to the clinic.

Newborns whose mothers have taken certain medications/drugs or alcohol during their pregnancy are also referred to the clinic for follow-up



#### Initial Contact

The nurse from the Follow-up Clinic regularly visits the Neonatal Intensive Care Unit (NICU) to review babies that may need follow-up. The Clinic Nurse will either meet with you while your baby is in hospital or send you information by mail after your baby goes home. If you have any questions, you can contact the clinic directly.

## What is involved in a clinic visit?

At the Follow-up Clinic your child's growth and development is followed closely. A pediatrician will look at several different areas of development including:

- movement and development of large and small muscles
- vision
- hearing
- speech
- general behavior
- body movements, muscle tone and the presence/absence of certain reflexes will be observed.



Each visit lasts about one hour. Referrals may sometimes be made to Physiotherapy, Occupational Therapy, Speech and Language, Ophthalmology, Audiology or other health professionals when required. A follow-up report will be sent to your family doctor, pediatrician and/or Public Health Nurse.

## How often will my child be seen?

This may depend on how long your child has been in hospital following birth. The first visit is usually several months after your child has gone home from hospital. This time gives them a chance to settle into their home environment and grow a little more.

Following the initial visit, your child will be seen about every 4 months for the first year. After this, he/she will be seen at 18 months and 3 years of age.

Travel clinics are also held in certain regions of the province twice a year.



## Appointments

You will be notified by the Follow-up Clinic for your appointment. It is **very important** that if you cannot make your scheduled appointment, you notify our office as soon as possible.

## Contact us

Appointments: 777-4656  
Clinic nurse: 777-4866

## Helpful Websites

[Perinatal Program Newfoundland Labrador \(PPNL\)](#)  
[Baby Friendly Newfoundland & Labrador](#)  
[La Leche League Canada](#)  
[Caring for Kids](#)

