

# About Neonatal Follow-Up

The Neonatal Follow-Up Program (NFUP) provides follow up services to low birth weight and other infants cared for in the Neonatal Intensive Care Unit (NICU).

The goal of the NFUP is to improve the quality of life for children and their families through early intervention and to build on the care provided in the NICU.

We are here to help children and families. Please speak to our team members about any questions or concerns you might have.

This program is delivered in partnership with **York Region** and **Markham Stouffville Hospital**. This multi-disciplinary team is comprised of a physician from Markham Stouffville Hospital and an early interventionist and occupational therapist from York Region.



[York.ca/specialneeds](http://York.ca/specialneeds)



**Markham Stouffville Hospital**  
381 Church St.  
Markham, ON L3P 7P3  
905-472-7534

# Neonatal Follow-Up Program

## What you need to know





### Appointment Details

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

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

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

Please check in at Registration upon arrival at Markham Stouffville Hospital for your appointment.

### Remember..

- You will receive a lot of information at your appointment so come with another person if you can or take notes.
- Write down your questions ahead of time so you do not forget any. The team will address as many as they can.
- You may get homework or exercises that will help your child move towards their next developmental stage.
- We are here to help your baby **AND** you. We may ask questions about how you are doing. Please share your feelings and concerns about your own well-being with us.

### Clinic Visits

Children are usually seen in the Neonatal Follow-Up Program at the following age or corrected age. Corrected age is the age they would be if they had been born on their due date.

- 4-8 weeks post-discharge
- 4 months
- 8 months
- 12 months
- 18 months
- 24 months
- 36 months

#### *What to expect at your visit*

Appointments usually take between 30 and 60 minutes. While some appointments involve screening or developmental assessments, others are more open. Every appointment will be guided by the needs of the child and the family.

### Notes:

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### Rescheduling Appointments

If you find it hard to make it to appointments, please let us know so we can help find a solution.

Please let us know as soon as possible if you cannot make your next scheduled appointment by calling 905-472-7534.