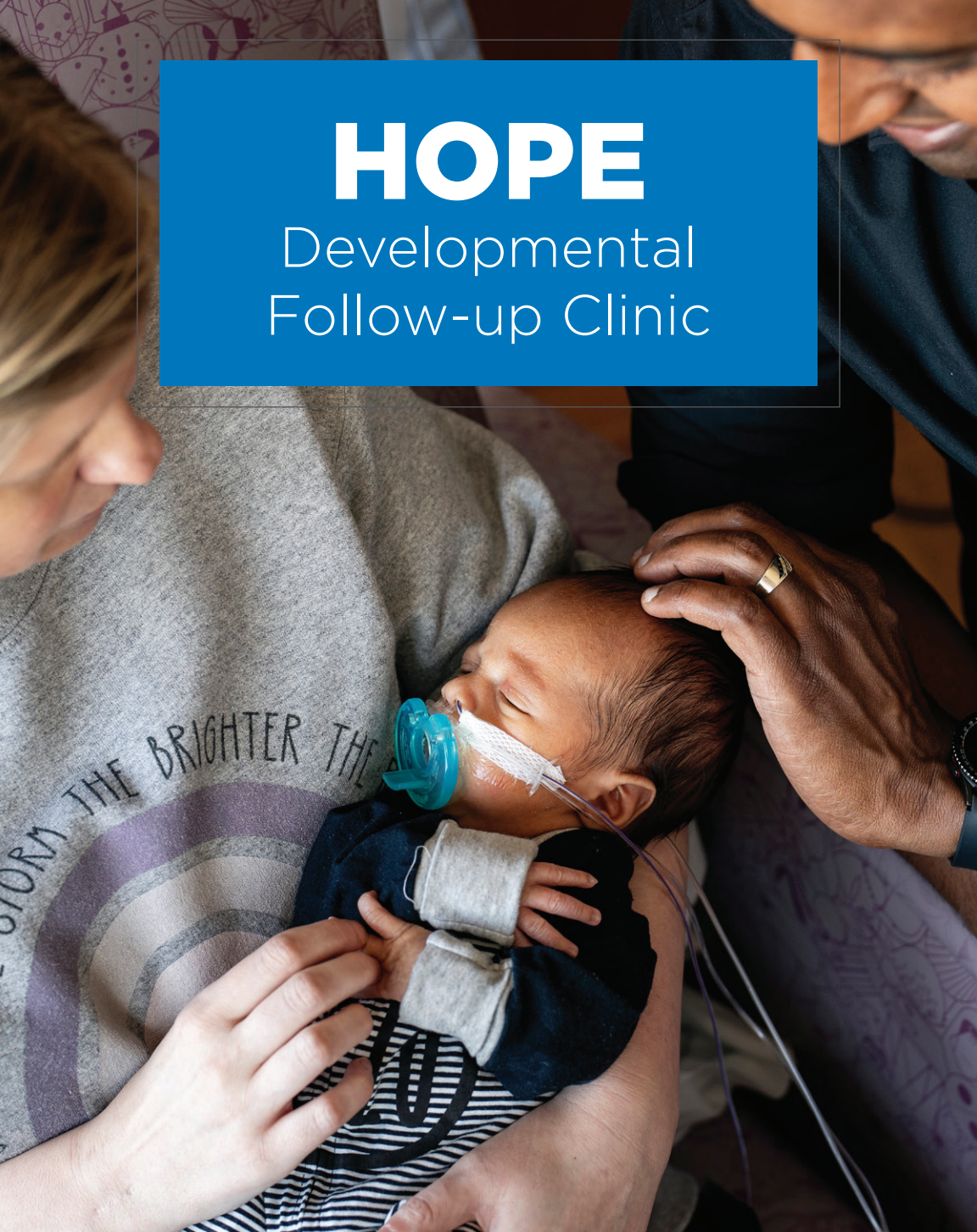


HOPE

Developmental Follow-up Clinic



How We Care for Your
Baby's Development Inside
the ICU and After Discharge



Kids deserve the best.



About the HOPE Developmental Follow-up Clinic

Healthy Outcomes: Post-ICU Engagement (HOPE) Developmental Follow-up Clinic

Our specialized team of doctors, along with our dedicated and highly skilled nurses and nurse practitioners, provide state-of-the-art care for premature and newborn babies who are at risk for developmental issues. Our team works closely together to provide the best possible outcomes for these little ones. Caring for babies with complex medical conditions requires the skills of multiple specialists across our health system. In addition to our experts in child development, your baby has access to pediatric developmental therapists.

Our team of specialists will continue to see your baby even after you are discharged. We will check your baby's development and answer any questions you may have.

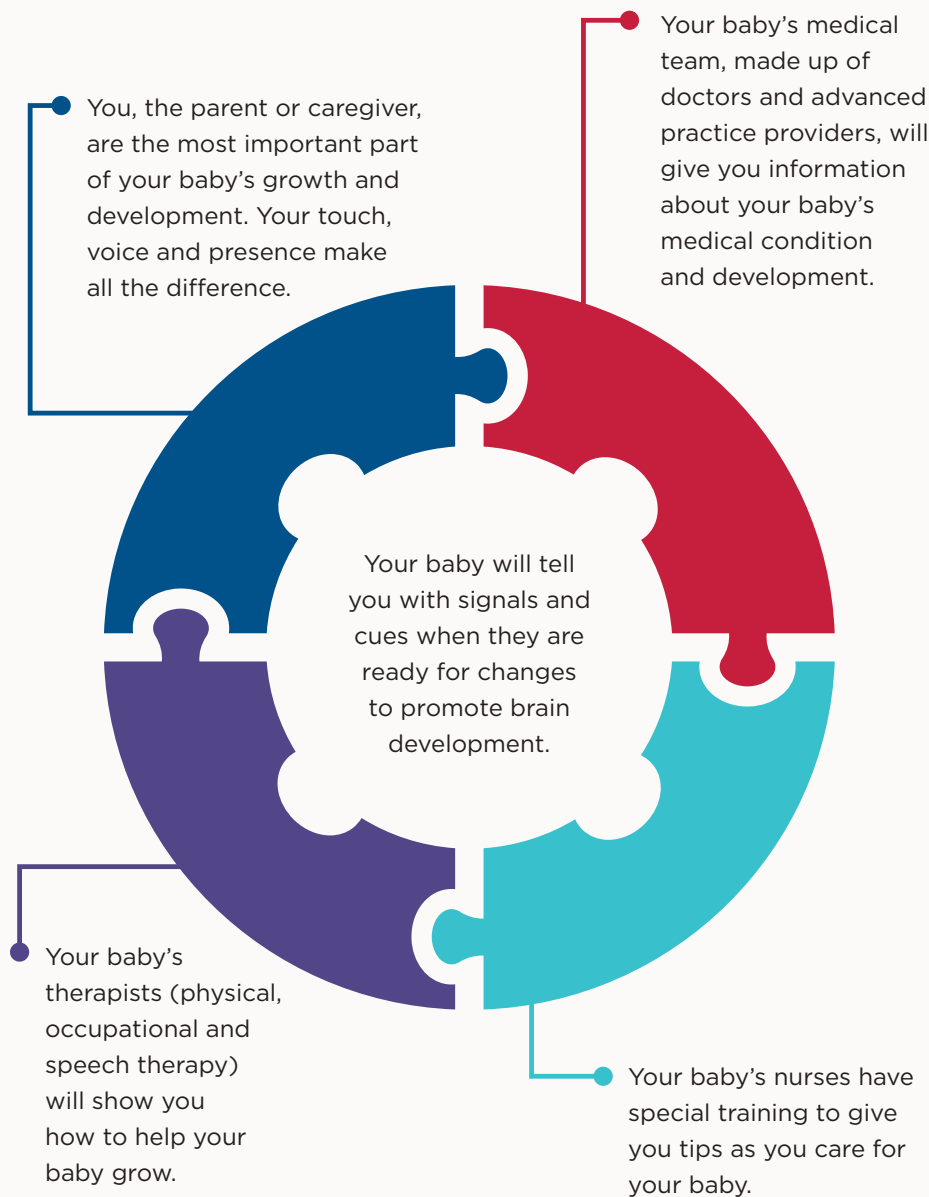
At Children's Wisconsin, we provide family-focused care. Our goal is to help you notice your baby's cues and signs of readiness. Babies in the ICU have different needs. Your baby's brain may not be ready to process their world and may need help adjusting.

Our Health Outcomes: Post-ICU Engagement (HOPE) Developmental Follow-up Clinic will continue to support your baby and family once you go home from our hospital. Our team will make sure your baby receives the right therapies and will address changing needs over time.

At any time during your baby's stay, please contact your baby's nurse if you'd like to talk to your baby's care team. Or, to learn more about the HOPE Developmental Follow-up Clinic at Children's Wisconsin, visit **childrenswi.org/hope**.

Your Baby's Team

Your baby's team supports growth and development. Our family-focused team of professionals will help you learn to care for your baby as they grow.





Helping Your Baby Develop

Your baby's brain develops fast during pregnancy and throughout the first year of life. While in the ICU, you play an important role in promoting your baby's brain development. We will work as a team to tailor our care to the unique needs of your baby. When medically stable, our goal is to give your baby chances to explore sensory input and interact with you and their environment. These interactions not only support development, they also help with bonding with your baby. By stimulating different areas of their brain, you are helping your baby work toward their overall neurodevelopment.

There are many different areas of a baby's brain that are rapidly developing during infancy:

- Hearing
- Touch and movement
- Seeing
- Feeding

Your Baby's Hearing

Your baby's hearing stimulates the hearing and language centers of the brain. To help promote growth, you can do the following:

- Talk to your baby in different tones — adult talk and “baby” talk.
 - Read storybooks.
 - Talk out loud to your baby about what you're doing.
 - Sing to your baby.
- Use a quiet voice to promote a calming environment.
- Imitate and respond to your baby's sounds and noises.



Your Baby's Sense of Touch

Touch is one of the first senses to develop. Your baby's physical and occupational therapists can help you learn how and when these activities are right. Parent and infant touch promotes the best brain in your baby. Physical therapists and occupational therapists can support your learning different ways to do this. Once your baby is able, you can do the following to help develop the sensory and motor areas of their brain. Many of these can be done while your baby is connected to medical equipment.

Gentle Touch

Hand swaddling when unable to hold your baby — place one hand on your baby's head and the other on their tummy or feet.

Infant Massage

Stretching and gentle movements of their arms and legs.

Kangaroo Care

Skin-to-skin, chest-to-chest contact between you and your baby. This helps do the following for you and your baby:

- Keeps your baby warm
- Helps your baby's heart rate and breathing
- Helps your baby sleep better
- Reduces your stress
- Helps you feel close to your baby
- Increases your breast milk production

Your Baby's Vision

The visual system is still developing at birth. Newborn babies are very sensitive to bright light. If your baby was born very prematurely, their eyes must be protected as much as possible. Once your baby is able, you can do the following to stimulate the vision areas of the brain:

- Make eye contact.
- Keep eye contact while talking and singing to your baby.
- Show your baby objects or toys with patterns, shapes and contrasting colors.

Helping Your Baby Learn to Feed

A speech therapist may help your baby learn to suck and eat properly. A lactation consultant supports mothers who want to breastfeed or provide breast milk for their babies. Cue-based feeding is a process used to get your baby ready to feed. This helps parents and caregivers learn readiness and stress cues from their baby.

A good feeding is not always about how much your baby eats. A good feeding for your baby is safe and done within the right amount of time. Positive feeding experiences start before bottle or breastfeeding.



Positive experiences you can help with:

- Mouth care with expressed breast milk
- Skin-to-skin or kangaroo care
- Use of a pacifier (non-nutritive sucking) to teach your baby to suck

A baby must show three signs that they are ready to eat before a parent or caregiver starts feedings by mouth. These signs are called readiness cues. Your baby needs to:

- Keep arms and legs close to body
- Open and move their mouth toward a pacifier and start to suck on it (rooting reflex)
- Have normal color and breathing

Often, parents and caregivers will see these cues around 32 to 35 weeks corrected age. A baby may not be able to coordinate the suck, swallow and breathe process until 37 weeks corrected age.

When You Take Your Baby Home

Our HOPE Developmental Follow-up Clinic will continue to support your baby and your family once you go home from our hospital. This is a multidisciplinary program for babies who were born premature, have congenital heart disease or are at risk for developmental delays. During your child's first three years of life, they will grow quickly and will learn many new skills. At each visit, we will assess your child's development and provide support to optimize their growth. We focus on your child's nutrition, behavior, emotions and sleep.

Each provider listed below works together to monitor your baby's overall growth and development after you leave the ICU to ensure appropriate therapies and address changing needs over time.

Doctors

Monitor your baby's developmental progress and provide suggestions that will help your baby grow and develop

Nurse clinicians

Help to ensure your baby stays on track with appointments

Physical and occupational therapists (PT/OT)

Provide you with therapeutic activities to support your child's growth, including play, feeding, dressing, grooming and other daily living activities

Pediatric psychologist

Evaluates the family's transition from the hospital to their home and monitors their baby's emotional development



Our Clinic Locations

Children's Wisconsin - Milwaukee Campus

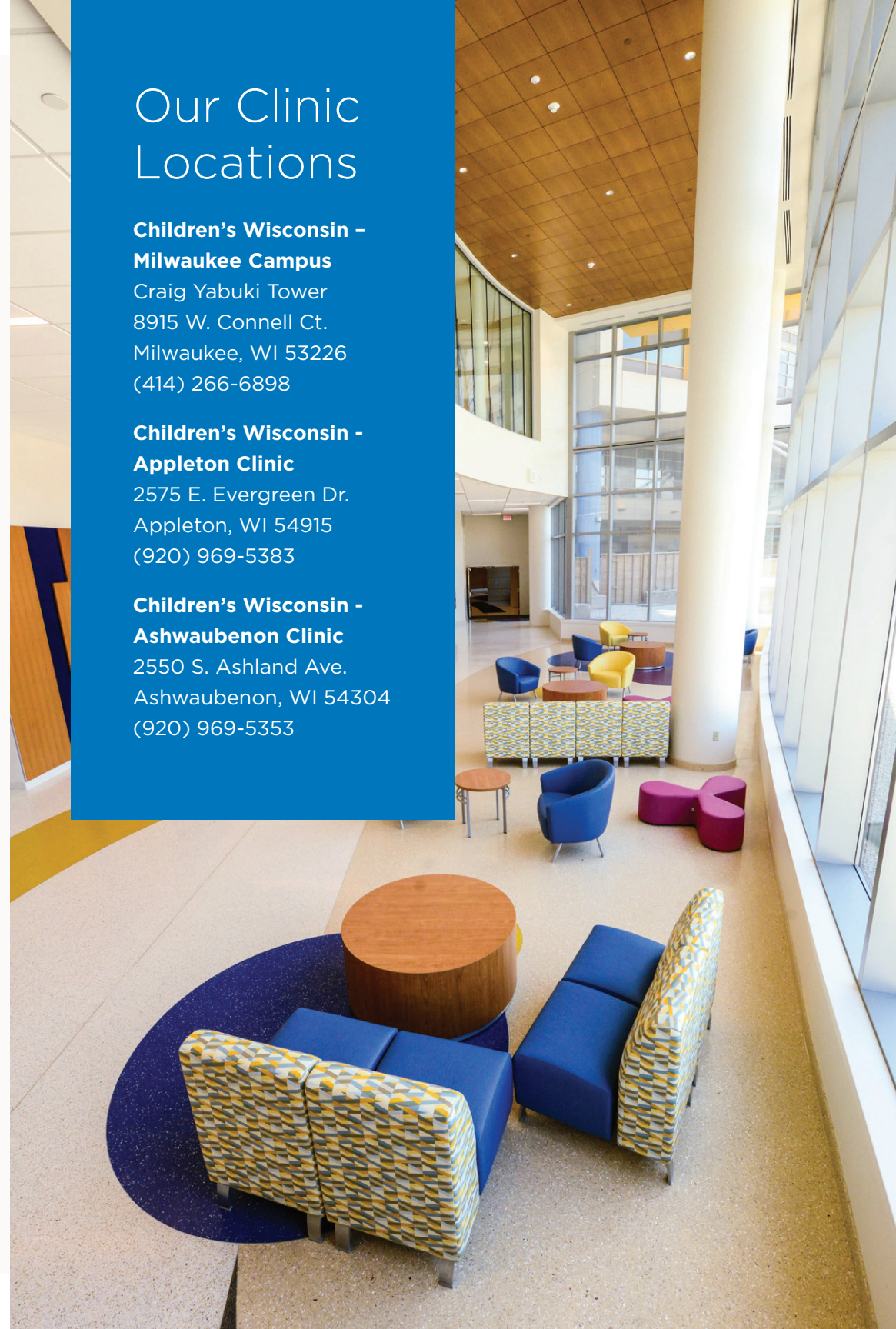
Craig Yabuki Tower
8915 W. Connell Ct.
Milwaukee, WI 53226
(414) 266-6898

Children's Wisconsin - Appleton Clinic

2575 E. Evergreen Dr.
Appleton, WI 54915
(920) 969-5383

Children's Wisconsin - Ashwaubenon Clinic

2550 S. Ashland Ave.
Ashwaubenon, WI 54304
(920) 969-5353



Your Child's HOPE Developmental Follow-up Clinic Journey

Your child will be scheduled to see an individualized team at each visit.

Pro Tips

Visits can be long. Please bring the following to your child's visit:

- Your child's drink of choice
- Small toys for breaks
- Prescription glasses and hearing aids (if applies)
- Snacks
- Diapers

4 WEEKS AFTER DISCHARGE

Phone call to assess your child's sleep, nutrition and your family's transition to home

18 MONTHS CORRECTED AGE

In-person visit to assess your child's sleep, nutrition and well-being

12 MONTHS CORRECTED AGE

In-person visit for cognitive, language and motor skill testing

6 MONTHS CORRECTED AGE

In-person visit to monitor your child's motor, language and social development

2 YEARS OLD

In-person visit for cognitive, language and motor skill testing

Frequently Asked Questions

Why does my child need these appointments?

Research has shown that children with a history of complex medical conditions are at high risk for developmental problems. This program provides a team that will evaluate your child for those areas of development that are most involved.

How does this program differ from Birth to Three?

Early intervention programs (Birth to Three) provide in-home therapy services, such as physical, occupational and speech therapy, under the direction of a doctor. Our program identifies children that need such services. Our doctors specialize in the developmental care of children with complex medical conditions. They provide information on how your child is doing and will explain what needs to be done in order to help your child succeed.

My child's doctor says everything is fine. Do I still need to see the HOPE Developmental Follow-up Clinic?

Yes. Our team provides developmental testing that cannot be done in a primary care doctor's office. We look specifically at areas that are often a problem in children with complex medical conditions. Your child's doctor will receive a complete report, including recommendations from our team. You will also receive the results of the testing. Developmental milestones may come at different times for your child, and it is important that they are seen regularly to monitor their progress.



What is an appointment like?

Our team will review your child's history since their hospital discharge and get an understanding of how your child is doing. Next, an evaluation will be completed by our occupational or physical therapists. These therapists are experts in caring for children with complex medical conditions. Our doctors will then do a physical examination, looking at all those areas that can impact your child's development. They will explain the results of any testing and provide any recommendations, if needed.

Is the visit covered by insurance?

That depends on your insurance plan. Insurance requirements are screened by a financial services representative before each visit. It is the responsibility of the parent to know their own plan and coverage as well. Our team can review costs and help answer any other questions.

How do I make an appointment?

If you need more information or would like to schedule your visit, please call the following numbers based on your clinic preference:

- **Milwaukee** (414) 266-6898
- **Appleton** (920) 969-5383
- **Ashwaubenon** (920) 969-5353



PO Box 1997
Milwaukee, WI 53201-1997

(414) 266-2000
childrenswi.org/HOPE