

## A few differences about Premature and Sick Infants

- Premature or sick newborns need time to catch up with babies of healthy normal weight newborns.
- Premature/sick babies cannot be expected to develop as a full-term baby would.
- For premie's, growth and development is evaluated by looking at their "corrected age", which is the age the baby would be if born full-term. A 12 month old premature baby who was 3 months early, would have a "corrected age" of 9 months.
- Premature and sick infants have unique needs and in some instances require additional medical treatment or early Intervention to reach their potential.
- Before your baby goes home, a discharge coordinator from the NICU will make sure you are properly prepared.
- Asking questions and reading about developmental milestones can make the difference in how easy it is for you to take your baby home from the hospital.



## Keeping Your Baby Healthy

A few tips to help keep your high risk infant on track during their first year of life.

- Regular check ups & immunizations
- Keep your baby on breast milk or iron-fortified formula until "corrected age" of 12 months
- Avoid exposure to tobacco smoke. At the very least, always have smokers smoke outdoors
- **Do not** use an infant walker. Walkers may lead to baby toe walking and tight ankles
- Avoid crowds, church nurseries, and day care centers or homes with more than 3-4 children.
- Keep babies away from people with colds

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ALABAMA AT BIRMINGHAM

### **Clinic Address**

**Community Health Services Bldg.**

**930 20th Street So., Suite 110**

**Birmingham, AL 35205**

**Clinic: (205) 934-1082 Office: (205) 638-6966**

# The Newborn Follow—Up Clinic

High Risk Developmental Clinic

UAB Department of Pediatrics

Office # (205) 638-6966

Clinic # (205) 934-1082

### **Clinic Address**

**930 20th Street South, Birmingham 35205**

### **Mailing Address**

**1600 7th Ave South, CPPI 310, Birmingham  
35233**



## About The Newborn Follow-Up Clinic

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The Newborn Follow-Up Clinic is located in the Sparks Clinics and serves babies born or cared for throughout the state. The clinic has been in existence since 1977 to provide follow-up care to children with extremely low birth weights (less than 1000 grams or 2lbs. 4 ounces) and other high-risk conditions such as ECMO treatment, Cardiac surgery etc.

The clinic **does not** replace the regular check-ups that your child receives from his pediatrician or health center. The clinic assists your child's doctor by offering a variety of special examinations and tests to see if your child is meeting developmental milestones. These tests are not usually done in your pediatrician's office.

The "Newborn Follow-Up Team" consists of:

Developmental Pediatrician, Nurse Practitioner, Optometrist, Developmental Therapist, Psychologist, nutritionist, social worker and audiologist.

The Newborn Follow-Up Clinic provides the following exams:

- Developmental Assessment
- Hearing Test
- Eye Exam
- Nutritional Exam
- Physical Exam

Follow –Up Clinic appointments are made for children at "corrected" ages 4, 10, 18, and 30 months. Some children may require more frequent visits depending on their developmental progress.

If you have any questions regarding eligibility or to schedule an appointment, please contact us at:

(205) 638-6966

Myriam Peralta, M.D. – Medical Director  
Sarah Brooks, MSN, Clinic Coordinator  
Wanda Weems-Patient Services Coordinator  
Raquel O'Friel-Patient Services Coordinator

<http://main.uab.edu/peds>

## Tips for newborn Follow-Up Clinic Visits:

- Expect the visit to last about 3 hours. Plan accordingly for snacks, your child's food or formula, diapers etc.
- You may want to bring your spouse or a friend to help you watch your child
- Bring bottles, pacifiers, snacks, or favorite toys to keep your child busy.
- Wear comfortable clothes. You will be assigned to an exam room when you arrive where the specialists will see your child. Bring a blanket for your child as he/she will spend much of the time in their diaper/underclothes.
- If you want, bring a list of questions, concerns or comments about your child to share with the doctor or other members of the Follow-Up Team.

