

NICU CONTINUING CARE PROGRAM NEWSLETTER

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Twelve-Month Parent Newsletter



Greetings!

What a milestone for your baby to be 12 months old. We hope you feel a sense of accomplishment in reaching this point, pride in his/her development, and that he/she is making steady developmental progress. We continue to try and improve our care of these special children and these tracking forms are an important part of that effort. Documenting how the children are doing helps us to understand better how to care for those babies who are currently in the NICU. Your help in this effort is greatly appreciated.

Thank you!

Hello from Dr. Robert Swantz!



One of the greatest joys in our practice is being able to discharge a baby from the intensive care nursery home to their eagerly awaiting family. It's a "goodbye" that is incredibly rewarding,

but also difficult, because our role in the care of your baby is nearly over. We do appreciate the opportunity to learn about their progress through the tracking forms.

Developmental Milestones That Your Baby Should Be Achieving By 12 Months Corrected Age

- ✓ Pulls to stand, cruises, and may take a few steps alone
- ✓ Plays pat-a-cake, peek-a-boo, or so-big
- ✓ Points
- ✓ Bangs blocks together
- ✓ Says 2-4 words, imitates vocalizations
- ✓ Drinks from a cup and feeds self
- ✓ Looks for dropped or hidden objects
- ✓ Waves "bye-bye"



Your Child's Growth and Development

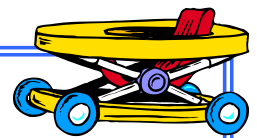
- Your almost-toddler is learning that he is a separate person from you.
- He wants to do things *himself*.
- He still needs you as much as ever.

How to Parent Your Almost-Toddler

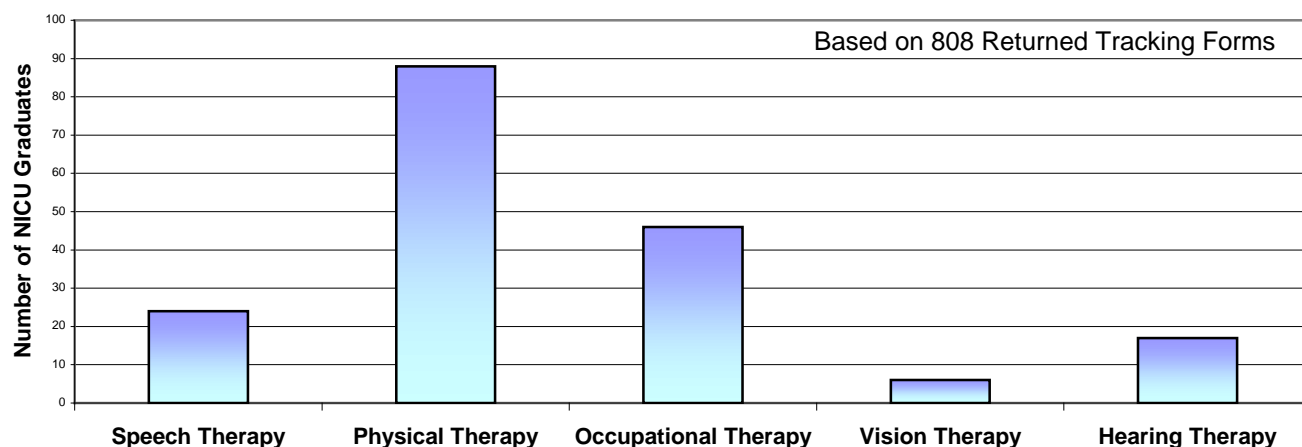
- Recognize and support your child's need to do it himself.
- Include your child at family meals.
- Let him be independent, but remain present.
- Give him attention, but not *all* the attention.

HEALTHY HABITS FOR YOU AND YOUR 12-MONTH OLD BABY

- * Check for hazards at toddler's walking level
- * Allow your toddler to feed self and drink from a cup, not a bottle
- * Praise, talk, sing songs, read together
- * Encourage playing by self as well as with siblings, playmates and parents
- * Establish routines
- * Allow no hitting, biting, or aggressive behavior



NICU Graduates Born in 2005 Receiving Special Services by 12 Months of Age



Motor Skills – Standing Up by Self

In the middle of the floor or outdoors, encourage your child to stand by holding your arms out for a hug, or calling her name for a snack, or holding a ball to play together. If your child needs help, start with hands and knees, and encourage them to push up to hands and feet. You may help her balance by holding her at the hips. Remember to keep heels flat on the floor. You can hold ankles down as she stands up.

Nutrition

- ✚ Time snacks and nipple feedings so she can be hungry, but not starved at mealtimes.
- ✚ Have sit-down snacks.
- ✚ Choose “safe” food to pick up, chew, and swallow.
- ✚ Eat with your child.
- ✚ Enjoy your own meals.
- ✚ Give him about a tablespoon of each food. Let him have more if he wants.
- ✚ Let her eat her way – much or little, fast or slowly, fingers or spoon.
- ✚ Be good company. Talk and answer. Eat with him, don’t just

Some Facts About Hearing Loss



Hearing loss can vary among children and be caused by many things. Each year 6 children per 1000 are born with hearing loss. Most children have mild, temporary hearing loss when fluid gets in the middle ear from allergies or colds. Ear infections can sometimes cause fluid to stay in the middle ear, which can cause hearing loss and speech delays.

Signs of Hearing Loss at 12 Months

- ★ Does not say single words, such as “dada” or “mama”.
- ★ Only turns head when he sees you, but not if you just call his name. This can be mistaken for not paying attention or ignoring the voice, but it could be the result of partial or complete hearing loss.

If you or your child’s pediatrician feels your child may have a hearing loss, ask for a hearing test as soon as possible.

Language Skills

At this age children put a lot of energy into getting ready to walk and may put “talking” on hold. So, your child may not gain new words and babble less until they are skilled at walking and can then pay attention to their talking skills. It can be hard for children at this age to walk and talk at the same time.

If your child’s words are hard to understand, don’t worry – children will pick up on your worry and may not try. Use the situation and the tone your child uses to figure out what he is saying. Do not repeat words that are said incorrectly or use baby talk. A child could be confused by this and think that

ba-ba
da-da

For more information, please visit www.urmc.rochester.edu/childrens-hospital click on

‘Services’, ‘Neonatology’, and ‘Neonatal Continuing Care Clinic’.