

NICU CONTINUING CARE PROGRAM NEWSLETTER

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24-Month Parent Newsletter



Greetings!

What a milestone for your baby to be 24 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!

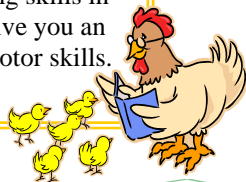
Your child's hearing



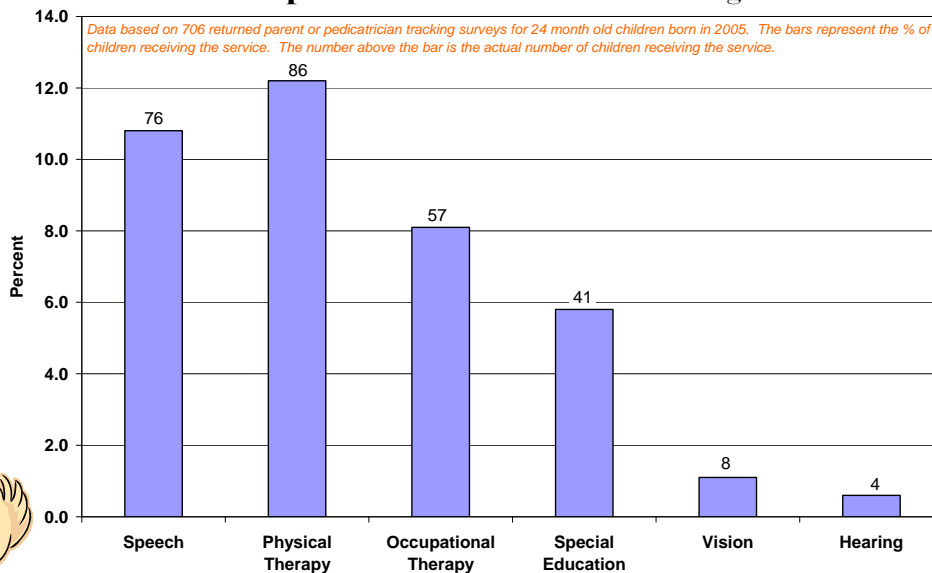
The MOST obvious sign of possible hearing loss is a delay in speech. If you have concerns about your child's ability to communicate, have his or her hearing tested even if this was done in the newborn period.

Reading with your child

Make reading with your child part of the daily routine. Books and reading encourage development in a couple of ways especially language and learning, but also book-handling skills in young children give you an idea about fine motor skills.



NICU Graduates Born in 2005 Known to be Receiving Special Services at 24 Months of Age



Ideas to help your child express themselves

At 2-2 ½, children have about 50 or more words they use to express their ideas. These words are people's names, objects, action words and words that describe actions or things. Parents should keep in mind these types of words when talking to their children. Encourage them to add new words in conversations.

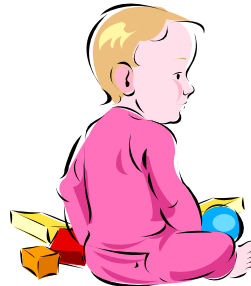
Enjoy your child's efforts to use language, even when they make mistakes. Do not imitate the mistakes, but be an example by using words correctly. Answer the child whenever he asks, "What's this?" even if he repeatedly asks and your patience is running low. Turn his question, "What's this?" around and let the child answer. Say, "You tell me, what's this?" Take turns asking and answering.

Children develop rapidly at this age. If you have any concerns about your child's development tell your doctor. A "wait and see" attitude will not suffice especially for children who are at risk. You can also contact your county Early Intervention Program, at your local health department, for information about referrals and evaluations.

Movement. Between two and three years of age, I will become a very skilled jumper. I begin by jumping in place on both feet. Next, I jump forward, then backwards, and then sideways. In addition, I learn to jump two inches high. Two-year-olds love to jump, but I need to learn what I may and may not jump from. As a two-year-old my balance is improving. Between two and two and a half years of age, I learn to walk on tiptoes, stand on one foot for a second, and take two or three steps on a balance beam.

Using stairs. I no longer need to hold onto your hand or a rail; I walk up the stairs by myself. I do, however, continue to place both feet on each step as I go up the stairs. I am getting better at going down the stairs, but I still need to hold onto the rail. Between two and a half and three years of age, I walk upstairs alternating my feet placing only one foot on each step. Since alternating my feet is new to me, I usually hold onto the rail.

Play. The two-year-old is an excellent climber. I go up and down slides and climb on jungle gyms. Between two and three years of age, my ball skills continue to improve. I learn to throw a ball five to seven feet underhand, to catch a ball with straight arms in front of my body, and to kick a ball a few feet.



Putting in, building up, and putting together. In addition to putting circles and squares into a shape sorter, the two-year old can put a triangle into it. By two and a half years of age, I can imitate a simple train made out of blocks and build a tower using eight blocks.

Writing. As a two-year-old I have a much better understanding of what I should and should not write on. With practice I learn to hold a crayon or pencil with my thumb and fingers, and by three years of age, I can copy a circle. I may or may not show a hand preference by this age.



As my fine motor skills become more refined, I can do very simple craft activities. I enjoy projects that involve paint, scissors, and glue. At first, I do best with finger paints, but soon I learn to paint with a brush. When I am first given a pair of scissors, I can barely hold them with both hands. By the time I am two and a half years old, I will hold a pair of scissors in one hand and snip a piece of paper in the other. As I near three, I will snip on a line using scissors, **but remember all craft activities require your constant supervision.**

Electronic media/influence on attention and achievement:

A main concern of parents these days is how media technology affects their child's learning and development. The impact depends on the content. One thing researchers have found is that toddlers do not learn easily from electronic media because they need direct experience and interaction with real people to develop cognitively.



Hello from Dr. Guillet!

We look forward to hearing from you to learn how your NICU graduate is doing. We want to celebrate with you your baby's successes - and learn more about how our graduates do.

For more information, please visit www.urmc.rochester.edu/childrens-hospital click on 'Services', 'Neonatology', and 'Neonatal Continuing Care Clinic'.