

# NICU FOLLOW-UP PROGRAM NEWSLETTER

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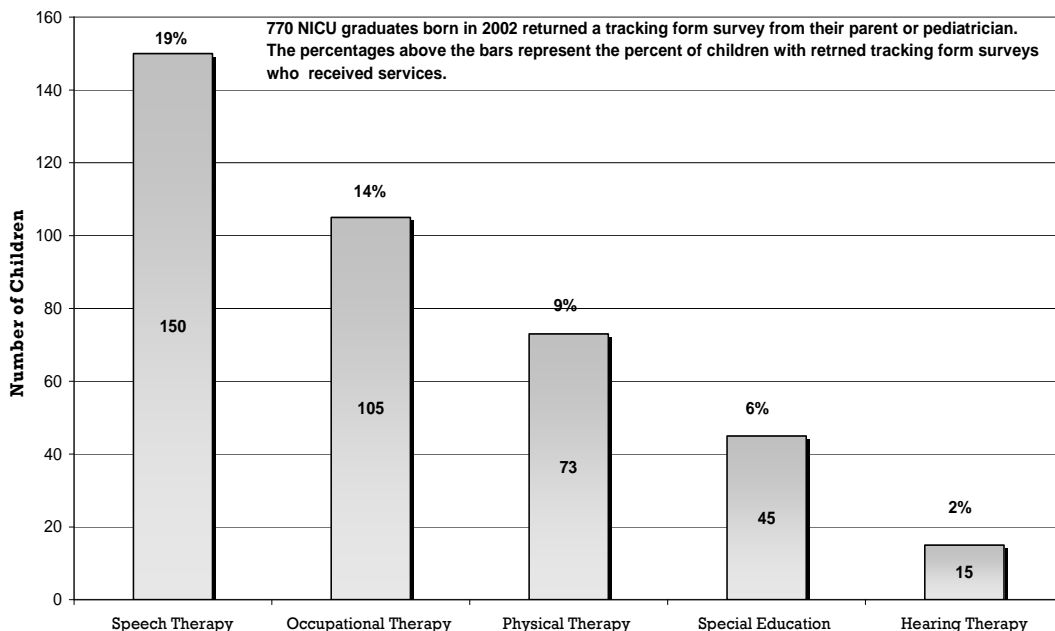
6-Year Parent Newsletter



## Greetings!

What a milestone for your child to be six years 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 to 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 better understand how to care for those babies who are currently in the NICU. Your help in this effort is greatly appreciated. Thank you!

## NICU Graduates Born in 2002 Known to be Receiving Special Services between Ages 4 to 6



### Regarding Multi-media use:



The main thing to remember is "content matters". That is, the message is the message.

Rather than focusing on the type of technology a child uses or how much time a child spends with media, parents need to focus on what is being offered to children on various media sites.

### Suggested websites for parents:

[www.brightfutures.org](http://www.brightfutures.org)  
[www.cdc.gov/actearly](http://www.cdc.gov/actearly)  
[www.aboutourkids.org](http://www.aboutourkids.org)  
[www.neonatology.com](http://www.neonatology.com)  
[www.netsmartz.org](http://www.netsmartz.org)

Dear Parent,

Greetings from the NICU at the Golisano Children's Hospital at Strong! Thank you for allowing our team of nurses, doctors and staff to care for your baby in the NICU. It was a privilege and honor to provide that care.

As your child is growing, he or she will reach new milestones in his or her development. This newsletter is provided for you with general information on what to expect as your child grows. We also ask that you kindly complete and return the enclosed survey. This information is



very important to us in our efforts to improve the way we provide care to all babies in the NICU. As always, we enjoy finding out how your child is doing and look forward to hearing from you.

Yours truly,  
*Rita Dadiz, DO*

### Nurturing Your Child's Language Skills

- ❖ Reward and praise communication attempts. It is not necessary to correct your child's grammar or pronunciation.
- ❖ Set a good example for your child; model correct speech.
- ❖ Reading aloud to your child should continue into the school years. You may want to take turns with your child as his/her reading skills develop.
- ❖ Visit the library regularly.



**\* Behavior and Learning \* Social Development \* School Preparedness \***



Up to now, your child's feelings of belonging and acceptance have depended on experiences within the family. A child's view of how others react to them gradually shapes their sense of self.

Problems in social development can dominate a child's day-to-day life and interfere with their emotional well being and academic achievement.

Get involved, help your child develop good study habits and Succeed in school through positive role modeling and lots of encouragement.

Since expectations play an important role in achievement, it is important to have high-but realistic-expectations of your child's school performance and communicate them to the child.

**Expectations to begin school**

- ✘ Speaks with correct grammar and word form
- ✘ Expresses self in pretend play
- ✘ Writes first name, some letters and numbers
- ✘ Reads simple words
- ✘ Pays attention
- ✘ Follows rules



**Asthma**

About 19% of parents reported to us that their 6 year old has asthma. Asthma causes airways to become inflamed by allergens, (cats, pollens, mold) and irritants (pollution, cigarettes, some sprays), viruses like the flu can also trigger asthma. These triggers start up those asthma symptoms making it difficult to breathe and participate in some activities.



**ASTHMA SYMPTOMS ARE REVERSIBLE AND CONTROLABLE.**

See your child's doctor if his/her symptoms are preventing them from participating in an activity.



These days it is easy for other activities to restrict a child's valuable sleep time, including sports, music, or family time pushed way into the evening due to parents' work schedules.

**“How much sleep does a child need?”**

- ✘ A child is getting enough sleep when they fall asleep easily at night (less than 20 minutes), and awoken easily at his or her normal wake time.
- ✘ Six year olds need 10-11 hours of sleep a day.
- ✘ Even a small amount of sleep loss can have a big effect on a child's cognition and behavior.

**To promote healthy sleep:**

- ✘ Maintain an unhurried bedtime routine like reading, bathing, or brushing teeth. This is a good opportunity for one on one time with a parent that is also good for fostering a sense of security.
- ✘ During the day, limit caffeine intake (chocolate, tea, and cola), especially after lunch. Caffeine can delay sleep onset and reduce total sleep time.
- ✘ Near bedtime, avoid active play, exercise, and stimulating television or computer programs.



For more information, please visit [www.urmc.rochester.edu/childrens-hospital](http://www.urmc.rochester.edu/childrens-hospital)  
Under 'Patient Care' click on 'Services', 'Neonatology', and 'Neonatal Continuing Care Clinic'.