



## Preparing for your child's visit

Bringing home your baby from the Newborn Intensive Care Unit (NICU) is a time for celebration. It can also be overwhelming. Your graduate may be coming home on oxygen or need special medical equipment. Perhaps you're just eager to track your baby's growth and development to make sure they're thriving.

The pediatric specialists at the Children's Healthcare of Atlanta Developmental Progress Clinic work closely with you and your baby to monitor their health and wellness at every stage. Our team includes physicians and providers across specialties, including neonatal physicians, pediatricians, advanced care providers, occupational therapists, physical therapists and social workers.

### Your child's first appointment

During your first appointment, our team will evaluate your baby and create a plan that addresses medical concerns and/or developmental delays, such as feeding issues and fine or gross motor skills. We are also available to answer questions or address any concerns.

You are an important member of your baby's care team. Our team welcomes you to each appointment and encourages you to participate at every stage of caring for your little one. Providers may share advice, exercises or activities that you can do at home to help your baby develop at a pace appropriate for them. You are also invited to bring one another adult with you—whether that is your partner or a trusted family member or friend.

Leaving home with your baby can be overwhelming. Many of the babies we see also require medical equipment, which can make the struggle even more challenging. Our team is here to help you however we can.

### What to bring

In addition to necessary medical and baby gear, you will need to bring the following to your baby's appointment:

- **A photo ID (driver's license, passport, etc.)** so we can update your personal information during the registration process.
- **A bottle of formula or pumped milk** so we can evaluate your baby's feedings. You can also bring the formula that you are using and prepare the bottle during your appointment.
- **Medications** your child is taking.

Plan to allow time to park and walk to our location in order to arrive 10 minutes before your scheduled appointment). Once you arrive, check in at the registration desk. A member of our staff will direct you to the waiting area and, if needed, help you with any medical equipment or supplies you have for the appointment.

## During the appointment

Your baby's initial appointment will be with a provider and allows plenty of time to discuss your questions and concerns with them. During the visit, the provider will:

- Perform a physical exam.
- Ask about any growth or development concerns.
- Discuss current medications and possible future medications.
- Review current therapies and medical care.
- Ask about medical history, family history and social history (who lives in the house with you, etc.).
- Discuss follow-up appointments.

The provider may also:

- Discuss home care services.
- Complete development testing.
- Review current research opportunities.

A social worker is available to connect you with additional resources or support. We can also refer you to a psychologist to help manage the stress and anxiety can occur when caring for a high-risk infant.

The first appointment typically takes 1½ to 2 hours, which can be a long time for babies. We have toys to help distract your little one and keep everyone happy and comfortable. Snacks and drinks are also available for our families.

At the conclusion of the first visit, we will call you to schedule a follow-up appointment.

## Contact us

If you have a question about your child's upcoming clinic appointment, call **404-785-5437**. If your call is answered with a recording, please leave your name, your child's name, your child's date of birth, along with the best phone number and time to contact you.

