

# Neonatal Neurodevelopmental Follow-up Clinic

## Information for parents and carers

This leaflet explains more about the Neonatal Neurodevelopmental Follow-up Clinic at King's College Hospital. If you have any further questions, please speak to one of the doctors, nurses or therapists working with you.

### Your baby's appointment:

- Date:** \_\_\_\_\_
- Time:** \_\_\_\_\_
- Location:** \_\_\_\_\_

**Neonatal therapy team contact number: 07815 480647**

Please leave a message if we are unavailable and we will get back to you when we can.

### Why have I been offered this appointment?

National guidelines recommend enhanced developmental support for all infants at high risk of neurodevelopmental difficulties. This means your baby will have regular appointments until they reach the age of two years.

This might include babies that meet the following criteria:

- babies born very prematurely (less than 30 weeks) or very small (less than 1500g)
- babies born prematurely with other medical complications (such as necrotising enterocolitis (NEC), congenital heart disease)
- babies that were born with hypoxic ischaemic encephalopathy (HIE) or have suffered a brain injury

Your baby will be offered an appointment in the neurodevelopmental follow-up clinics at approximately:

- four months
- eight months
- one year
- two years

These ages are all corrected gestational age (CGA), which is calculated from your due date. If your baby was born prematurely, they will be older than this when they attend each appointment. For example, a baby born at 28 weeks gestation will have their one year follow-up when they are 15 months old. This is because we expect them to achieve developmental milestones in line with their corrected age, until two years of age. Your baby may also have additional or more frequent appointments with different teams if required.

Attending all your baby's follow-up appointments is very important, as it will help to identify any potential difficulties early, which will allow you to access support and early intervention.

### Who will be at the appointment?

The neurodevelopmental follow-up team have specialist skills in assessing high risk infants. They are there to support you and your baby, and answer any questions or concerns you may have. Different staff members may be present at different time points. This may include:

**Neonatologist:** consultant specialising in infant and child health and development. They ensure every infant receives appropriate follow up and provide a detailed neurodevelopmental assessment and neurological examination.

**Occupational therapist:** provides specialist neurodevelopmental or neurological assessments, particularly focusing on neurobehavioural organisation, cognitive skills, fine motor skills, and sensory development. May also provide assessment and advice for supporting sleep, and sensory feeding difficulties in conjunction with the speech and language therapist.

**Physiotherapist:** provides specialist neurodevelopmental or neurological assessments, particularly focusing on gross motor skills, muscle tone, posture and movement patterns. They may also provide assessment and advice for common orthopaedic or musculoskeletal concerns and will refer on to specialist services if appropriate.

**Speech and language therapist:** provides specialist assessment and advice in relation to feeding, including swallow safety, efficiency, and progression through developmental milestones. Provides specialist assessment and advice in relation to speech, language and communication development.

### What will happen at the appointment?

The appointment will last approximately one hour.

Your baby or toddler will be assessed using a combination of standardised assessments, observations and outcome measures. These may involve a questionnaire for you to fill out before the appointment, play based assessments during the appointment and observations made by therapists during the appointment. You will also be asked questions about your baby's development during the appointment.

### How should I prepare for the appointment?

Please complete the questionnaire included with your appointment letter and bring this with you to the appointment. Please also bring your baby's bottle, cup and spoon if using, and a selection of food and drink that they normally eat. This is so that the therapists can observe your baby feeding or having a snack and drink during the appointment.

### What if I cannot attend?

It is very important for your baby's development that you attend these appointments. If you cannot attend, please call to rebook the appointment.

### What next?

You may be provided with early intervention activities, advice and a developmental programme if required. Your baby or toddler may be referred to community services for further support if appropriate, this will always be agreed with you first.

### Other sources of support and advice:

Bliss – for babies born premature or sick  
[www.bliss.org.uk](http://www.bliss.org.uk)

### PALS

The Patient Advice and Liaison Service (PALS) is a service that offers support, information and assistance to patients, relatives and visitors. They can also provide help and advice if you have a concern or complaint that staff have not been able to resolve for you. They can also pass on praise or thanks to our teams.

PALS at King's College Hospital, Denmark Hill, London SE5 9RS

Tel: 020 3299 3601

Email: [kch-tr.palsdh@nhs.net](mailto:kch-tr.palsdh@nhs.net)

PALS at Princess Royal University Hospital, Farnborough Common, Orpington, Kent BR6 8ND

Tel: 01689 863252

Email: [kch-tr.palspruh@nhs.net](mailto:kch-tr.palspruh@nhs.net)

**If you would like the information in this leaflet in a different language or format, please contact Interpreting Services on 020 3299 4826 or email [kch-tr.interpreting@nhs.net](mailto:kch-tr.interpreting@nhs.net).**