

Neonatal Follow-Up Program: Visit Schedule

The different stages at which you will visit a NFUP clinic and what to expect at each visit.



4 - 8 weeks

Goals: Check on your mental health and your transition home.

What to expect:

- Meet with the team
- Answer a questionnaire about how you're feeling
- Review your child's feeding and sleeping
- Learn about "homework"

4 months

Goals: Check on your mental health, and start to work with you on helping your child move!

What to expect:

- A check in on how you're doing
- A check in on how your child is feeding and sleeping
- A chance to ask the team your questions to help with tummy time

8 months

Goals: Work on your child's motor development as he/she starts to move!

What to expect:

- The team will watch you and your child doing tummy time
- Get advice on how to help your child achieve his/her mobility goals
- Advice on what to expect next and how to help your child achieve the next steps



12 months

Goals: Help your child feed him or herself and look at his/her social development.

What to expect:

- A check-in on how feeding is going and tips on how to help your child learn to self-feed
- Get tips on how to encourage healthy social development



18 months

Goals: Help you learn how to manage your child's behaviour and take another look at your child's social development.

What to expect:

- Play games with your child to assess how he/she is doing
- Look for your child's strengths and any areas he/she may be struggling with
- Get tips on how to help you work around any areas of challenge
- Discuss and review questions you may have on behavior management or discipline

36 months

Goals: Start preparing your child for school!

What to expect:

- Learn about what resources are available in your community
- Discuss behavior management now that your child will have to sit, listen to another adult and play with other children
- Get tips on how to promote your child's behavior skills
- Feel comfortable that you know your child's strengths and challenges
- Discuss possible future challenges, way you can monitor them and any concerns you might have

