What the Infant follow-up Clinic Offers:
Individualized Services to see how you and your baby are progressing after NICU discharge through age 2 to 3 years.

Nutrition and growth:
-Your baby is special.
-So, we provide special consultation on diet, feeding, and formula questions, adjusted for your baby’s gestational age and size at birth.

Developmental Assessment:
-Sensory
-Gross and fine motor
-Language
-Social and behavioral skill
-Development will be assessed and compared to standardized infant normals at the same age as your baby’s adjusted age.
-Early intervention referrals as needed.
-Parent education on infant development

Post NICU Medical Follow-up:
Our team has neonatal intensive care specialists who are familiar with infants with special needs. We provide:
-Individualized assessments
-Medication and Nutrition Recommendations
-Report to your pediatrician or specialists of your infant’s clinic visit and findings upon request

Additional Consultants as Needed:
-Social Services
-Dietician
-Lactation Consultant
-Pediatric Specialists

Helpful Hints for Parents:
Keep a Notebook for the following:
-NICU discharge summary
-Pediatricians and Consultant Visits
-Telephone numbers for baby’s doctors
-Hospitalization & Surgeries
-Immunization Records
-Hearing and Eye Appointments
-Medications– doses and pharmacy
-Baby’s Feedings and Sleeping pattern
-Occupational or Physical Therapy
-Development & Growth Charts
-Insurance information for authorizations

Community Referrals and Resources:
We provide referral to community resources as needed:
-Regional Center
-WIC for formula
-Outpatient pharmacy
-Support groups

Directions:
From 405 Freeway (San Diego Fwy)
-Exit at Wilshire Blvd. East
-At Westwood Blvd, turn left
-Cross Le Conte Ave.
-Turn left at first light
-Park under the 200 Medical Plaza

Inside the 200 Building:
-Take elevator to 2nd Floor
-Turn left at first hall
-Check in at front desk

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