

Pediatric Rehabilitation Services

Postnatal Follow-Up Clinic





Taking care of your new baby

We offer postnatal follow-up clinic to help you understand your baby's growth and development of motor, feeding, swallowing, social-emotional, speech and cognitive skills.

The postnatal clinic offers:

- › Education and resources to address your questions and concerns
- › Comprehensive evaluations for babies who have therapy needs that hospital staff identified before they went home
- › Information to monitor developmental milestones for the first year of life or as prescribed
- › Guidance on other medical specialties as needed





What to expect at the postnatal clinic

Based on your pediatrician's or nurse practitioner's recommendation and your baby's needs, you will be scheduled for a physical, occupational and/or speech therapy evaluation within 2 weeks after discharge. If your baby needs support in more than 1 area, we will schedule more sessions.

We encourage you to write down a list of questions or concerns before you visit us.

Your concerns about your baby (birth to 3 months)

Please mark any of your concerns and bring this checklist to your first clinic visit. Check all that apply.

Communication

- ☐ Quiet and does not coo
- ☐ Does not make eye contact

Motor skills

- ☐ Keeps head turned to 1 side most of the time
- ☐ Cannot turn head from side to side
- ☐ Has a flat spot on the back of their head
- ☐ Does not use 1 hand/arm
- ☐ Does not tolerate tummy time

Feeding

- ☐ Difficulty sucking from the bottle or breast
- ☐ Unable to latch, poor latch and/or painful latch
- ☐ History of pneumonia or upper respiratory infection
- ☐ Feeding takes longer than 30 to 40 minutes
- ☐ Reflux and/or irritability after eating
- ☐ Swollen or hard belly

Stress signs before, during and/or after feeding

- ☐ Pursing lips
- ☐ Furrowed brow
- ☐ Lip/jaw tremble
- ☐ Falling asleep
- ☐ Head turning away from bottle/breast
- ☐ Wet, gurgled vocal quality
- ☐ Coughing while eating/drinking

Regulation

- ☐ Not waking up to feed
- ☐ Does not show awareness of speaker
- ☐ Cries more than normal for no known reason

Write any questions or other concerns you have



To learn more about the Northwestern Medicine Postnatal Follow-up Clinics, please call **630.933.1500** or scan this code to learn more about our pediatric rehabilitation locations.

TTY for those who are deaf or hard of hearing: 711

nm.org/rehab



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