

Special Instructions for Your NICU Follow Up Clinic Video Visit

Here are some of the ways to prepare for your visit.

- Have a recent weight, length, and head circumference from your pediatrician's office if possible or if you have a scale at home please weigh him/her on the day of the scheduled visit.
- It may be easier to participate in this visit if there are two adults available, so one adult can hold the phone/tablet and the other can position the infant. If two adults are not available, the phone can be propped.
- We like to see as much of the child's body as possible – onesie or shorts and t-shirt if appropriate for weather. We may ask you to undress your child during the visit.
- Infants need to be able to be on the floor with a blanket and a few toys. It would help to have an extra blanket or towel available (for a blanket roll if needed).
 - If we are just monitoring development, feed the infant prior to the visit.
 - If feeding is a concern, please start the visit with the infant hungry.
 - Have bottle/cups/ food prepared ahead of time.
 - Have a highchair ready for older infant/toddler and some finger foods (cheerios/puffs) if appropriate.
- Toddlers need to have an open space where they can walk.
- Your child must be present for at least part of the visit – if they are sleepy/due for a nap, please tell your provider when you start the call.