

NICU FOLLOW-UP PROGRAM NEWSLETTER

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24-Month Parent Newsletter

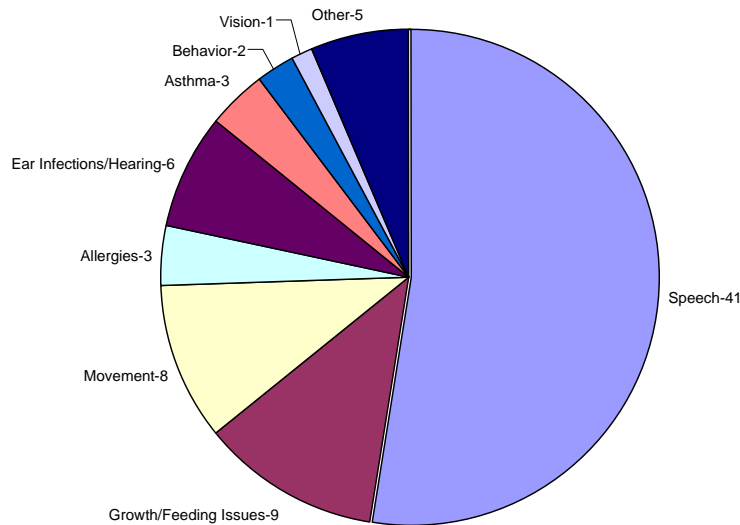


Greetings!

What a milestone for your baby to be 24 months old. We hope you feel a sense of accomplishment in reaching this point, pride in his/her development, and that he/she is making steady developmental progress. We continue to try and improve our care of these special children and these tracking forms are an important part of that effort. Documenting how the children are doing helps us to understand better how to care for those babies who are currently in the NICU. Your help in this effort is greatly appreciated.

Thank you!

This information is from the 24-month tracking forms returned by parents of children born in 1998. Of the 421 parents who returned them, 70 (17%) of them expressed concerns. The following chart illustrates those concerns:



Ideas to help your child use expressive vocabulary (50 or more words at 24-30 ½ months)

The child uses fifty or more words spontaneously to express his/her ideas and thoughts. These words include nouns, verbs, pronouns and adjectives.

- Continue to model and expand the child's verbalizations. It is essential to model increased sentence structure.
- Enjoy and accept the child's experimentation with language and the errors that are sure to be made. Do not imitate the errors but model correct usage.
- Listen to the child. Meaningful use of language is of utmost importance, not rote naming or rote imitation of phrases.
- Keep a list of the words and phrases that the child uses. Add to it daily. At home, the refrigerator door is a good place to keep the list.

Ideas to help your child with spontaneously imitated or requests for new words (24-27 months)

The child imitates words he/she has heard others use or asks for new words by saying, "What's this?" or even, "How do you say it?"

- ❑ Encourage the imitation of words just as you have encouraged other imitations of actions and sounds. Praise and reward all attempts at imitation.
- ❑ Answer the child whenever he asks, "What's this?" even if he repeatedly asks and your patience is running low.
- ❑ Turn his question, "What's this?" around and let the child answer. Say, "You tell me, What's this?" Take turns asking and answering.
- ❑ Provide many experiences to stimulate language. Go for walks, visit friends, go to the store, gas station, library or zoo. Talk about the experience before, during and after the activity.

Problem Eaters – What Parents Can Do

Parents determine the foods that children eat through:

- ⊙ Determining and regulating the timing of meals and snacks
- ⊙ Presenting food in forms that your child can handle
- ⊙ Child-sized portions, cut into bite-sized pieces
- ⊙ Soft, moist foods
- ⊙ Foods served near room temperature
- ⊙ Single-ingredient items rather than casseroles or stews
- ⊙ Soups, thin enough to drink or thick enough to spoon

Your child determines:

- ⊙ Whether he/she eats
- ⊙ How much he/she eats

Remember! Your child's...

- appetite will vary
- activity changes
- growth slows after the first year
- food intake over several days is more important than on a single day

Bribing or threatening your child to eat may lead to even greater problems.



Hello from
Dr. Nirupama Laroia!

One of the rewards of a neonatologist is hearing from families long after their babies have gone home from the intensive care unit. Learning about their developmental progress helps us in our continuous efforts to improving newborn care. Enjoy the accomplishments of your child.

Number of NICU Graduates Born in 1998 Known to be Receiving Special Services at 24 Months of Age

