
NICU FOLLOW-UP PROGRAM NEWSLETTER

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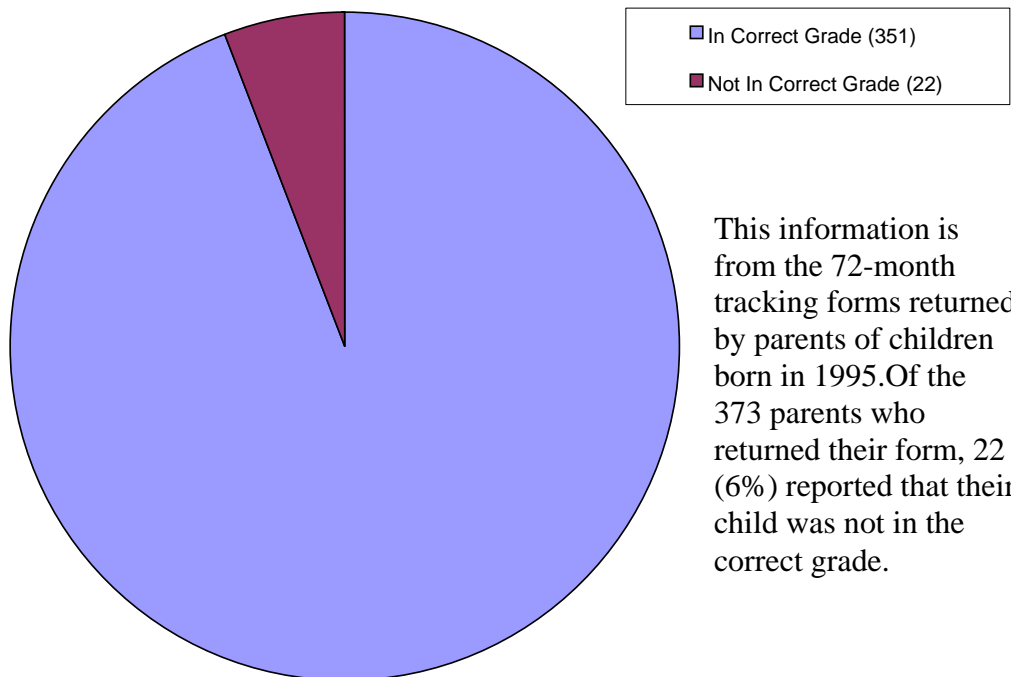
6-Year Parent Newsletter



Greetings!

What a milestone for your child to be six years 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 72-month tracking forms returned by parents of children born in 1995. Of the 373 parents who returned their form, 22 (6%) reported that their child was not in the correct grade.



Hello from Dr. Robert A. Sinkin!

Tremendous advances in neonatology have been made in the past 20 years here in the Finger Lakes Region - I've been here almost as long as that. We continue to introduce new therapies and state of the art equipment to benefit our sickest, smallest and most fragile children. However, the NICU stay is only part of their story. Help tell the rest of the story by filling out the enclosed forms so that we may further learn from you and your child. With this information, we strive to further improve the care we provide. Thank you.

Behavior and Learning * School Preparedness * Social Development

Once children enter school, they spend less than half as much time with their parents as they did before, so you will have to learn to parent at a distance. It is important not to give your child too much independence too early or hurry him through childhood. School-age children need to experience gradually increasing autonomy. Involve your child in decisions that affect him a little at a time.

Children's experiences in social situations and relationships shape their self-concept. Their ability to fit in and be accepted by their peer's influences their self-esteem, which previously had rested almost exclusively on experiences within their families. Their perceptions of others' reactions to them steadily shape their sense of personhood.

Problems in social development can dominate a child's day-to-day life and interfere with emotional well being and academic achievement.

Since expectations play an important role in achievement, it is important to have high-but realistic-expectations of your child's school performance and communicate them to the child. You will also need to help your child develop good study habits. Involvement in your child's education, positive role modeling, and lots of encouragement all will help your child succeed in school. Repeatedly reinforcing your child's positive self-concept with praise and affection strengthens his self-esteem and emotional health, which are vital to academic and social growth.



Typical Language Skills

- ⊙ Speaks with correct grammar and word form
- ⊙ Expresses self in pretend play
- ⊙ Writes first name, some letters and numbers
- ⊙ Reads simple words

Nurturing Your Child's Language Skills

- ◆ Keep talking fun.
- ◆ Reward and praise your child's communication attempts. It is not necessary to correct your child's grammar or pronunciation.
- ◆ Set a good example for your child. Model correct speech.
- ◆ Reading aloud to your child from an early age is a valuable habit that should continue into the school years. You may want to take turns with your child as his reading skills develop.
- ◆ Visit the library regularly.
- ◆ Encourage pretend play. Help them create with sheets, cardboard boxes and household items. Show your children how to label their creations with simple signs like "Shoe Store" or "Tickets."
- ◆ Encourage your children to put on simple plays and shows.
- ◆ Let your children help you sort grocery coupons.
- ◆ Ask your child to help you locate and find items while in the grocery store.

Out of 902 NICU Graduates Born in 1995, Number Known to be Receiving Special Services at 6 Years of Age

