

# WHAT IS THE HRIF CLINIC?

Children cared for in a Neonatal Intensive Care Unit (NICU) can have challenges with their development. The High-Risk Infant Follow-up (HRIF) clinics are here to teach parents about these challenges, and give advice on what you can do to help your child. The HRIF clinics support children from when they leave the hospital to age three.



It is recommended that families visit the HRIF Clinic, and their regular pediatrician. Your child should come to the HRIF Clinic at least three times. The care team recommends visits at ages:



**4 to 8 months**



**12 to 16 months**



**18 to 36 months**

It is possible your child might need more than three appointments. This is decided by the needs and goals of each family. At every visit, your child will meet with a team of specialists. Some of the providers who work in the clinic include: nurses, developmental/ pediatric specialists, therapists, and social workers.

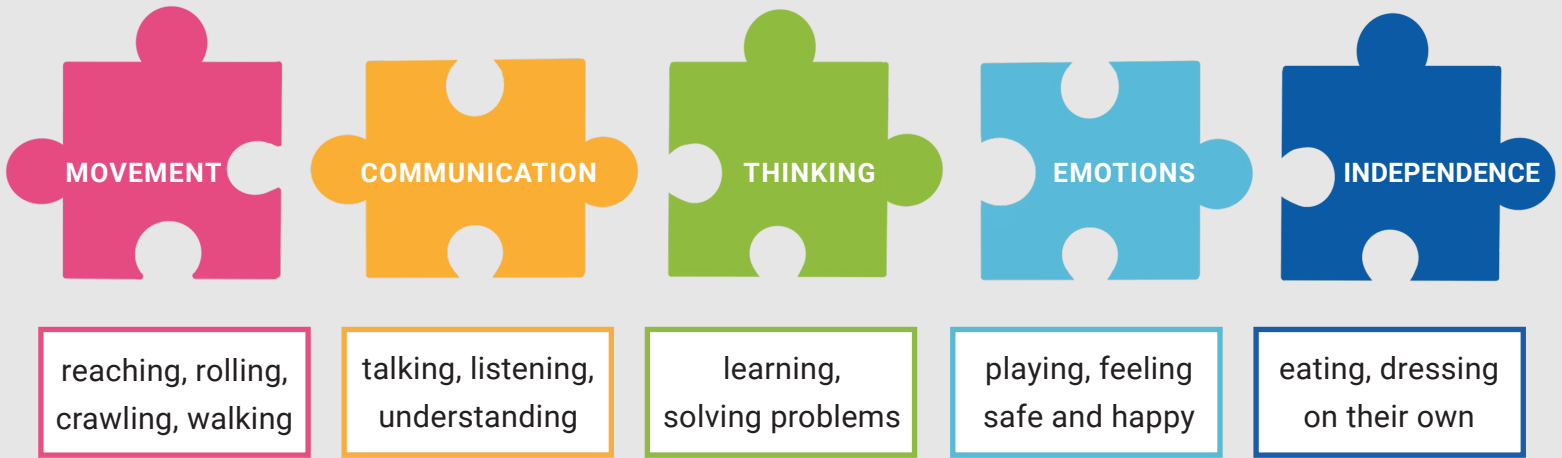
During your visit, the HRIF team will do some tests to check on your child and talk to you about the results. You will get a copy of each test to share with your pediatrician or primary care provider. If needed we can connect you with agencies in the community, and other programs for support.

***We look forward to working with you and your family to support your child's development!***

## WHAT WE DO FOR YOUR CHILD

- Look at medical history
- Do a physical exam
- Give nutrition advice
- Measure social and emotional development
- Help build speech and language skills
- Test muscle strength and movement
- Check hearing and vision
- Measure skills for thinking and learning
- Review family needs and goals
- Teach families how to support child development

# IN YOUR CHILD'S FIRST 3 YEARS, THEY WILL GAIN SKILLS IN



## WHEN TO TALK TO YOUR CHILD'S DOCTOR

Every child develops at their own pace. But, there are signs that could mean there is a delay in your child's progress. Talk to your child's doctor, or health care provider, if you are worried. Let them know if your child is not able to do the following:

### AGE: 6 MONTHS

- Try to get things that are near
- Show feelings for others
- Respond to sounds around them
- Getting things to mouth
- Make vowel sounds ("ah," "eh," "oh")
- Roll over in either direction
- Laugh or make joyful sounds
- Move easily because of stiff or tight muscles

### AGE: 12 MONTHS

- Crawl
- Stand with help
- Look for things that you hide
- Say single words like "mama" or "dada"
- Learn moves like waving or shaking head
- Point to things
- Remember the skills they learn

### AGE: 24 MONTHS

- Use 2-word phrases like "drink milk"
- Know what to do with common things, like a brush, phone, fork, spoon
- Copy actions and words
- Follow simple instructions
- Walk steadily
- Remember the skills they learn



Milestones matter! Track your child's milestones at key developmental stages from 2 months to 5 years with CDC Milestones Tracker: [cdc.gov/ncbddd/actearly/milestones-app.html](https://cdc.gov/ncbddd/actearly/milestones-app.html)

Developmental milestones adapted from Centers for Disease Control and Prevention ([cdc.gov/ncbddd/actearly/index.html](https://cdc.gov/ncbddd/actearly/index.html))