To find support for your family call 1-855-H2H-NICU

Visit www.handtohold.org for more information.
Your baby is doing important work right now!

As you know, babies have ‘developmental milestones’ like sitting, crawling, walking and talking. We expect babies to develop these skills by a certain age. Premature babies also have developmental milestones!

Your baby may be seen by a neonatal therapist while in the NICU/special care nursery to help him gain the skills and milestones he would develop if still in the womb. We also follow your full term hospitalized baby – he’s still developing too!

Neonatal therapists are part of the NICU team and help nurture your baby and your growing family. A neonatal therapist is an occupational therapist (OT), physical therapist (PT) or speech language pathologist (SLP) who helps your baby grow, eat and develop – and eventually helps you go home!

What can neonatal therapists help you do?

- Understand your baby’s language or cues
- Understand how to comfort your baby
- Experience bonding activities - like skin to skin holding
- Understand what your baby can see, hear, feel, taste and smell
- Understand your baby’s movement
- Learn to feed your baby in ways that support lifelong development
- Touch, hold and handle your baby in safe and supportive ways
- Understand how your baby is developing
- Learn parenting techniques for the NICU
- Understand safe sleep recommendations
- Provide information and/or referrals to therapy resources in the community

If you have questions or want to talk about your baby’s development, please ask to meet with your baby’s neonatal therapist.