

# Newborn Follow-up Program

Some babies may have trouble growing or developing and may need special care after birth. At Children's Hospital Los Angeles (CHLA), our Newborn Follow-up Program helps these babies stay healthy. CHLA has the biggest program in the area. Each year, we help over 400 babies from seven counties.

## What does the Newborn Follow-Up Program offer?

- **Expert care in one place:** Our team includes doctors, nurses, therapists, psychologists, and social workers. They work together to give babies the best care.
- **Support for mental health:** We help both babies and parents. Our psychologists focus on bonding between caregivers and babies. This helps reduce stress and improve development.
- **Care backed by research:** We use the latest tools to check and treat babies. Our team works to find risks early and improve the lives of all children.

## What conditions do we treat?

We care for babies who may have trouble growing, learning, or developing because of:

- Lung or breathing problems
- Heart conditions present at birth
- Conditions needing ECMO (a heart-lung machine)
- Brain or nerve problems
- Premature (early) birth
- Low birth weight
- Seizures



## What happens at a Newborn Follow-Up visit?

At each visit, our team checks how your baby is growing and developing. We may recommend therapies, like physical or occupational therapy, to help your baby's progress. Getting care early helps your baby grow and develop to their best potential. A Community Health Worker may also connect you with helpful services. Because of this, each visit lasts 1.5 to 2.5 hours.

Visits usually happen at these intervals but may be adjusted if your baby is in the hospital for a long time.

## Typical Visit Schedule:

- Newborn to 3 months - 1.5 hours
- 6 months - 2.5 hours
- 12 months - 2.5 hours
- 24 months - 2.5 hours

We are here to help your baby grow strong and healthy!