



## Neurodevelopmental Action Plan: The First Year

Research shows that children with complex heart conditions are at risk for a variety of developmental difficulties, including challenges with motor coordination, communication, and learning. At Ann and Robert H. Lurie Children's Hospital of Chicago, the NICU-Cardiac Neurodevelopmental Support Program (NCNP) offers specialized neurodevelopmental care to all children with single ventricle heart disease in order to help them reach their full potential.

**My Neurodevelopmental Clinic Visit is scheduled for:** \_\_\_\_\_

*The NCNP Clinical coordinator can be reached at: 312-227-5289.*

### Activities for you to do at home with your baby:



Try tummy time (place your baby on tummy) are lifted targeting 50% of the time on the belly after sternal precautions lifted  
**(6 weeks after sternotomy and chest closure)**



Read books to your baby every day



Talk to your baby about what you see him / her doing and about things you see around you



Sit on the floor and play with your baby, including playing with toys, social games such as pat-a-cake and peek-a-boo, and sing songs

*"As a parent, I would want to understand sooner rather than later if my child was having developmental challenges. I would imagine with the results, they would also give tips on how to correct it. I personally think it's a great idea to intercept any development delays as soon as possible. This would not add any additional stress. I think this would be one of the easier things to do compared to all the meds/feedings/etc. Doing this in the comfort of the home definitely makes it doable."*

*~ **From the father of a baby with HLHS, 7 weeks after his Glenn surgery***

### My child's current therapies:

- Physical therapy (PT), to work on: big muscle strength (gross motor), torticollis, other: \_\_\_\_\_
- Occupational therapy (OT), to work on: feeding, how baby uses hands (fine motor), coordination, sensory processing, other: \_\_\_\_\_
- Speech therapy (ST), to work on: feeding, communication, other: \_\_\_\_\_
- Early Intervention services to work on PT, OT, speech, and/or developmental therapies
- Other therapy: \_\_\_\_\_, to work on: \_\_\_\_\_