

FAMILIE TERAPIE & GEHOORSENTRUM

Cordelia Fairlie



FAMILY THERAPY & HEARING CENTRE



Coping with your baby in **NICU?**

Why would your baby need therapy in the NICU?



Assisting Your Baby in:

- Assessment of the baby's swallowing and feeding ability
- Stimulation of the sucking and swallowing reflexes through different techniques.
- Feeding Evaluation and Modifications
- Feeding Intervention
- Parent & Caregiver Education



If you require any further information do not hesitate to phone the Family Therapy and Hearing Center.

📍 Featherbrooke Business Park
Office Suit no 5
Cnr Eagle Road &
Riviera Lane

📞 Office: 011 954 0856
Cordelia: 072 414 9348
Practice: 072 908 3541

My Baby is discharged. NOW WHAT!?

Many babies that were born prematurely had not had the chance to complete their development. It is possible that your child will need additional therapies to stimulate normal development. Speech therapy is one of these therapies. Speech- and language therapists will be able to assist you as a parent in the following ways:

- Feeding and swallowing
- Language and speech stimulation

As the parent of a pre-term baby it is important to follow-up with a speech therapist once a month for the first 3 months after your baby has been discharged from hospital to ensure that normal feeding and swallowing development takes place.


At 6 months your child should be babbling and cooing. If this is not the case, a visit to the speech therapist will be helpful to provide training to you as parents to help you child with their speech and language development.



Things to do at home to encourage normal speech and language development

Age	Suggested activities
0-3 Months	<ul style="list-style-type: none">• Hold your baby• Talk and sing softly to your baby• Limit noise and lights• Read books with your baby• Encourage overall development through play• Repeat sounds your baby makes
3-6 Months	<ul style="list-style-type: none">• Name body parts and objects around your baby• Encourage babbling by imitating your baby• Introduce words like “mamma” and “dada”• Play games in the mirror• Provide toys your baby can touch, look at , chew, suck and bang together
6-9 Months	<ul style="list-style-type: none">• Point out familiar objects during the day’s activities• Hide a toy under a cup or cloth for your baby to find
9-18 Months	<ul style="list-style-type: none">• Stimulate language by reading stories and point out familiar objects in the book
18-24 Months	<ul style="list-style-type: none">• Spend time pretending together (play house or school)

If you require any further information do not hesitate to phone the Family Therapy and Hearing center.

 Featherbrooke Business Park
Office Suit no 5
Cnr Eagle Road &
Riveria Lane

 Office: 011 954 0856
Cordelia: 072 414 9348
Practice: 072 908 3541