



National Association of Neonatal Therapists®
supporting neonatal therapists and the babies they serve

Visit the NPN website for parent support and resources.
nicuparentnetwork.org

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NEONATAL THERAPY & YOUR BABY

Your baby is developing every day!

All babies have developmental milestones like sitting, crawling, walking, and talking. Premature babies also have developmental milestones.

Your premature baby may be seen by a neonatal therapist while in the NICU/special care nursery to help them gain the skills they typically develop in the womb. We may also see your full-term hospitalized baby – they're still developing too. Our goal is to protect and promote short and long-term development and growth. Neonatal therapists are part of the NICU team and help nurture your baby and growing family.



A neonatal therapist is an occupational therapist (OT), physical therapist (PT) or speech language pathologist (SLP) with advanced education and training specific to neonatal development.



What can neonatal therapists help you do?

- Understand your baby's language or cues for feeding, stress, and comfort
- 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 in the NICU
- Understand the effects of the environment on your baby's development
- Understand safe sleep recommendations
- Review developmental activities for home
- Access information and/or referrals to therapy resources in the community

We are honored to partner with you during this precious time in your life. If you have questions or want to talk about your baby's development, please ask to meet with a neonatal therapist.