

PARENTS + PLAY = POTENTIAL

In 2016-17
8.7% of babies
born in Alberta
were born before 37 weeks¹
These parents are started on
an **unexpected path** about
their babies future

How do we
identify
premature
babies at risk for
developmental
delay?

2016
South Health Campus
is the first hospital in
Alberta to hire
pediatric OT and PT
as developmental
specialists in
Level 2 NICU

Parents
identify goals
for their baby and
themselves to
work on during
bi-weekly sessions

As goals are met,
continued
participation in
playgroups or
community programs
are suggested to best
address the baby's
needs

Playgroups are
organized into
2 different groups
based on age and
developmental
skills

Parents and babies
are given the
opportunity to
participate in
therapist-led
developmental
playgroups with
other NICU families

Parents can access
additional
developmental
support after
discharge through
visits to **South**
Health Campus
Pediatric Clinic

**Future
Planning**

- ❖ Initiate weekly developmental rounds in NICU to further support babies at risk
- ❖ Offer more opportunities for parent supported developmental play while in the NICU with therapy assistant
- ❖ Implement follow up assessments to evaluate efficacy of intervention

**Test for Infant
Motor Performance
(TIMP)**
offered to babies
born less than 34
weeks or less than
1000 g at South
Health Campus
NICU

Test results
direct instruction
to parents in
developmental
play while in the
NICU and to
continue at home

**Developmental
Play handout**
created to assist
in parent
instruction

Developmental
Activities
for
Play at Home



Occupational Therapy and
Physiotherapy
NICU Team

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¹ Canadian Institute for Health Information 2017. According to this report, Alberta has the highest rate of premature births in Canada.

"My child made huge leaps and gains! Every time he learned something, they showed me something new for the next phase."

"My child is now trying to crawl. I learned strategies to help him at home and what to expect developmentally."

"I really appreciated active help and feedback from each visit. I liked getting homework to work on for subsequent visits. Every therapist was clear with goals and were always available outside group time when needed."

"I loved how positive it is! I always felt welcome and loved that we got time with all the therapists. It was so helpful to meet other moms in the same position."

"Every time I left knowing what progress had been made and what to work on. The feedback was so helpful. I have had a major increase in 'parenting confidence' thanks to this!"