

# Growth and Development Clinic Follow-up to 1 Year

JUNE 2025

## Who are we and what do we do?

We are a team of health specialists at the Growth and Development Clinic. We check on babies who were born very early or very sick soon after birth.

It's important to track your baby's progress after going home. Babies born early or with birth problems may have delays in growth and development. We monitor their movement, speech, and thinking skills. If needed, we may recommend therapy, like seeing a physiotherapist, occupational therapist, or speech pathologist.

After each visit, we write a report and give you a copy. We also share it with your baby's healthcare team.

## Which babies do we see?

We see babies cared for in the Neonatal Intensive Care Unit at the Royal Hospital for Women and:

- **Were born before 31 weeks of pregnancy, or**
- **Weighed less than 1200 grams at birth.**

We also see babies who weighed more than 1000g and were very sick soon after birth.

## What if you don't live near Randwick?

We can refer you to a clinic closer to where you live. There are clinics in Camperdown, St Leonards, Nepean, Liverpool, Westmead, Newcastle, and Canberra.

If you live more than 100 km from Randwick, you might be able to get help with travel costs. Please contact our clinic before your first visit to ask about this.

If you can't come to our clinic, please see a Paediatrician near you when your child turns 1 and ask them to send us a copy of the report.

## How often do we see you and what happens?

**First Visit: 4 months old (corrected age).** This visit is 4 months after your baby's due date.

A Developmental Paediatrician will check your baby's health and development. We will ask about your baby and your family's health. A Physiotherapist will also see your baby to check how your baby moves and is reaching movement milestones.

**Second Visit: 8 months old (corrected age).** This visit is 8 months after your baby's due date.

The Physiotherapist will use a standardised test to see how your baby is moving. You'll learn how your baby is reaching their movement milestones. We'll also give you tips on how to help your baby's motor skills progress.

**Third Visit: 1 year old (corrected age).** This visit is 1 year after your baby's due date.

Your baby will do a standardised play-based test to check thinking, talking, and movement skills. A Paediatrician or Clinical Psychologist will do the test. The Paediatrician and Physiotherapist will also check your baby's physical health.

## Where are we located?

### Growth & Development Clinic

Royal Hospital for Women

Level 0 (Outpatients Department), Ground Level,  
Barker Street, Randwick 2031

### Clinic Days:

Weekly on Thursdays & Fridays (by appointment only)

### Contact:

PH: (02) 9382-6190 E: [SESLHD-RHW-GrowthandDevelopmentClinic@health.nsw.gov.au](mailto:SESLHD-RHW-GrowthandDevelopmentClinic@health.nsw.gov.au)



**Date of Review: JUNE 2025 Date of Next Review: JUNE 2029**

**Consumer Participation National Standards endorsed**

South Eastern Sydney Local Health District

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