

2024 Guideline for Growth, Health and Developmental Follow-up for Children Born Very Preterm - Quick Guide



This guide outlines the key assessment domains and timing for the structured follow-up of children born less than 32 weeks' gestation. It provides evidence-based recommendations to support follow-up care of health and developmental outcomes. Follow-up care should be individualised and tailored to the child's and family, using corrected age (CA) for growth and developmental assessments.

| PRIORITIES                                   | 7d post-discharge      | 6w post-discharge                  | 3-4m <i>a</i>                                            | 8-9m                                | 12m <i>b</i>                        | 18m                                 | 24m <i>a</i>                                                                                                     | 4-5y <i>c</i>                                                                                      |
|----------------------------------------------|------------------------|------------------------------------|----------------------------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|
| PHYSICAL HEALTH                              |                        |                                    |                                                          |                                     |                                     |                                     |                                                                                                                  |                                                                                                    |
| General health (incl. respiratory)           | ●                      | ●<br>Vaccination Schedule <i>d</i> | ●                                                        | ●<br>Vaccination Schedule <i>d</i>  | ●                                   | ●                                   | ●                                                                                                                | ●<br>Cardiovascular (BP)<br>Respiratory (asthma)                                                   |
| Growth                                       | ●                      | ●                                  | ●                                                        | ●<br>Height/BMI Nutrition           | ●<br>Height/BMI Nutrition           | ●<br>Height/BMI Nutrition           | ●<br>Height/BMI Nutrition                                                                                        | ●<br>Height/BMI Nutrition                                                                          |
| Sensory                                      |                        | ●<br>Vision Hearing                | ●                                                        | ●                                   | ●<br>Vision Hearing                 | ●                                   | ●                                                                                                                | ●<br>Vision Hearing                                                                                |
| DEVELOPMENTAL                                |                        |                                    |                                                          |                                     |                                     |                                     |                                                                                                                  |                                                                                                    |
| Feeding                                      | ●<br>Lactation support | ●                                  | ●<br>Plan to start solids                                | ●                                   | ●                                   |                                     |                                                                                                                  |                                                                                                    |
| Sleep                                        | ●                      | ●                                  | ●                                                        | ●                                   | ●                                   |                                     |                                                                                                                  |                                                                                                    |
| Behaviour, Developmental progress, & support | ●                      | ●                                  | ●<br>Early detection of infants high-risk of CP <i>b</i> | ●<br>Language, communication, motor | ●<br>Language, communication, motor | ●<br>Language, communication, motor | ●<br>Formal developmental assessment (cognition, language, communication, motor); Emotional-behavioural concerns | ●<br>Formal cognitive assessment<br>Pre-academic skills, behaviour, language, communication, motor |
| QUALITY OF LIFE                              |                        |                                    |                                                          |                                     |                                     |                                     |                                                                                                                  |                                                                                                    |
| For child & family                           |                        |                                    |                                                          |                                     | ●                                   |                                     |                                                                                                                  | ●                                                                                                  |
| FAMILY                                       |                        |                                    |                                                          |                                     |                                     |                                     |                                                                                                                  |                                                                                                    |
| Wellbeing, Mental health <i>e</i>            | ●                      | ●                                  | ●                                                        | ●                                   | ●                                   | ●                                   | ●                                                                                                                | ●                                                                                                  |
| Resources & Information needs <i>f</i>       | ●<br>CA milestones     | ●                                  | ●                                                        | ●                                   | ●                                   | ●                                   | ●                                                                                                                | ●                                                                                                  |

**Abbreviations:** BMI: body mass index, BP: blood pressure, CA: corrected age, CP: cerebral palsy, d: days, mo: months, y: years.  
Footnotes:   *a* Consider additional review at 6mo and or 2.5y CA if parental/clinical need. *b* Detection of CP from 6 mo - Novak et al. 2017 <https://jamanetwork.com/journals/jamapediatrics/article-abstract/2636588>. *c* Child's likely to commence formal schooling. *d* Vaccinations at chronological age. *e* Consider parent-child attachment. *f* Consider socio-economic background of family.