

Tips for follow-up appointments

- **Managing appointments:** If you find the number of appointments overwhelming, talk to your health visitor about rescheduling some of them. A good schedule will sometimes be of help.
- **Asking questions:** Never hesitate to ask questions, no matter how trivial they may seem. Healthcare professionals do not expect you to fully understand all medical conditions. It is better to ask for clarification than to leave an appointment uncertain.
- **Sharing your baby's history:** Community doctors may not always be familiar with the unique needs of preterm babies. Bring along a summary of your baby's discharge summary and share any observations or concerns you have noticed. This can help ensure that healthcare providers are aware of specific challenges and provide the best possible care.
- **Starting a file:** Keeping a file in which you record advice from healthcare professionals can be very helpful. This will help you to track your baby's progress and remember important information. If applicable, keep an international vaccination card to record all vaccinations for future medical treatment.