

TOP PROGRAMME

Support at home after premature birth

For whom?

The TOP programme is intended for babies born after fewer than 32 weeks and/or with a birth weight of less than 1500 grams and their parents.

"It wasn't just for our child, it also proved to be very helpful for me."

Why?

Going home with your premature baby is special and often exciting. The peace and quiet at home is usually lovely. Your child's behaviour can sometimes be different from what you were used to in hospital. Ordinary daily life such as providing care, sleeping and establishing contact are things that you might have questions about.

Due to the premature birth, playing attentively or, for example, learning to crawl can be more challenging than for children born close to the due date.

Together with you, we look at your child's needs and possibilities. We look at how you can provide your child with support for the things that are important at that moment. Because as a parent you are the most important person in your child's life.

What is the TOP programme?

In the TOP programme you will be supervised by a TOP paediatric physiotherapist. Together with you she/he will look at your baby and discuss your questions. She/he will help you to recognise your baby's "body language". And explain, for example, what your baby's behaviour, movements and facial expressions could mean.

During the first year, your baby will become more and more curious about everything around him/her. Together you will look at how you can support your child and how you can help with the next developmental stage. This way you will get to know each other better and better, and that inspires confidence.

Many parents of premature babies are tired and feel tense after everything they have been through. Caring for and being responsible for your baby can sometimes be difficult. The TOP paediatric physiotherapist can also provide support with this.

Process

The TOP programme starts when your baby comes home from hospital and lasts until the corrected age of 1 year.

During this year the therapist will visit your home 12 times. Home visits are once a month on average, but can also take place more often in the beginning.

The TOP therapist works closely with other involved care providers in the neighbourhood and in the hospital. If necessary, she/he can contact them, after consultation with you.

Reports

After the home visit you will receive a personal parents' report with photos and advice, ten times in total.

The parents' report will show you what steps your baby is taking and what you can do to support your baby.

"Above all, there is a positive look at our child's development, not just at where he or she is lagging behind."

How much does it cost?

There are no costs involved in following the TOP programme. It will be reimbursed by the basic healthcare insurance. It is not at your own risk.

Do you want to take part?

Registration for the TOP programme is via the hospital's paediatric physiotherapist or another care provider. You can also contact a TOP paediatric physiotherapist yourself; you do not need a referral from a doctor.

On the website www.top-eop.nl you can find a therapist near you and more information about the programme.

Scan the QR code to watch the video about the TOP programme:



EOP-nl

The National Expertise Centre for Development Support of Premature Babies (EOP-nl) is responsible for the TOP programme and quality assurance. The EOP-nl has agreements with all healthcare insurers.

All TOP paediatric physiotherapists are experienced paediatric physiotherapists who have completed the TOP course and are affiliated with the EOP-nl.



The EOP-nl is a subsidiary of the AMC.