

The NEOgrads playgroup study

Promoting early motor development for preterm babies

Babies born early (preterm) can find it harder to meet their motor milestones and may benefit from some extra help. The *NEOgrads playgroup* program is designed to help parents encourage their 3-month-old baby to learn to move through play and interaction in a playgroup type setting. It is a 12-week program, supported by home activities personalised to the baby's skills and needs.

Our team of researchers want to know if this type of program is acceptable and useable by parents in Aotearoa New Zealand.

Was your child born preterm (32- and 36-weeks gestation)?

Are they younger than 3 months of age?

Do you live in the Auckland?

What is involved?

- Two developmental assessments at 3 & 6 months of age
- Between 3-6 months of age, your child will receive:
 - 12 x 30-minute playgroup sessions (over 12 weeks) , and
 - A 12-week personalised developmental home program to encourage play and movement

You will receive feedback on your child's development after each assessment, and you will be reimbursed for travel to assessments.

Are you interested in being involved?

Contact us to find out if your baby can participate in this research study

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