

Congratulations ON THE BIRTH OF YOUR BABY!

Your child's first year with congenital CMV may feel overwhelming
We'll help you keep track of important steps to take for your baby's health



Pediatric Primary Care Provider

Well baby visits and vaccines are essential for monitoring and maintaining healthy growth and development.

- ☐ 2 months
 - ☐ 4 months
 - ☐ 6 months
 - ☐ 9 months
 - ☐ 12 months
- Happy Birthday!



Audiology-Hearing Testing

Hearing status can change and catching it quickly makes a big difference in your baby's language development. (recommended every three months up to one year*)

- ☐ 3 months
- ☐ 6 months
- ☐ 9 months
- ☐ 12 months

*Additional hearing tests until age 6 years

Additional resources for children with hearing differences

- ☐ CHIP (Colorado Home Inclusion Program)
 - ☐ Language Development Supports (Sign Language, etc)
 - ☐ Colorado Hands and Voices - Parent Support
- Call/Text: 720-569-COHV (2648)
Email: info@co-hv.org



Early Intervention

Your baby's pediatrician or healthcare provider can refer you, or you can self-refer as a parent, to have free, in-home support and monitoring of your baby's development. Your baby may qualify for occupational therapy, physical therapy and/or speech therapy.

- ☐ Early Intervention referral



Pediatric Infectious Disease

- ☐ First appointment and lab tests
- If you decide to pursue treatment with antiviral medication, your baby will also need regular lab tests to monitor for side effects.



Ear, Nose, and Throat Specialist (ENT)

If your baby has been diagnosed with a hearing difference or hearing loss

- ☐ ENT appointment



Vestibular (Balance)

Specialized audiologists perform this testing around age 1 year, which can be important to prevent injuries from falls and allow for therapy.

- ☐ 12 months



Brain MRI or Head Ultrasound

If not already done

- ☐ Brain MRI/Head Ultrasound Imaging



Ophthalmologist - Eye Doctor

- ☐ First visit
- ☐ Follow up if needed



Neurologist

If concerns for seizures, delayed development, weak muscles

- ☐ Neurologist appointment



Parent-to-Parent Support

Talking, texting, emailing or meeting with other parents who are raising children with cCMV can help with the uncertainty of this journey.

Email: cCMV@co-hv.org
Call or text: 708-698-2648

- ☐ Anytime



CLICK OR SCAN TO ACCESS MORE
CMV RESOURCES

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