

Beginnings. . .



■ by Marion Carberry

The first year of a baby's life is chock full of many changes. As they grow and mature, babies change in many ways: their appearance, their preferences (e.g. apple sauce vs. bananas,) and in their abilities to communicate, play and move. In fact, during the first year of life milestones such as the first smile, the first time rolling over, and the first steps are events that all parents anticipate and celebrate.

Parents are often disappointed when these milestones are not achieved as expected. They are the first ones to recognize a developmental delay or abnormality in their child's abilities. However, these insights may be indicators of greater problems—warning signs are just that...WARNINGS.

These are the "watch words" from The Illinois Chapter of the American Academy of Pediatrics regarding movement delays or abnormalities in a child's development.

A BROCHURE

In a brochure distributed by PATHWAYS AWARENESS FOUNDATION, parents are advised to discuss physical signs or behavioral concerns with the baby's doctor. Parents can learn that help is available.

Remember, there are things that can be done to help with children's movement delays. Although therapy is available at any age, the earlier you recognize a problem and seek professional help the more likely your child can be helped. ☺

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Watch for these developmental problems:

By 3 Months

- unable to lift head or push up on arms
- stiff legs
- pushing back with head
- constantly fisted hand and stiff leg on one side
- difficult to move from laying position

By 6 Months

- unable to lift head
- rounded back
- stiff arms
- arms held back
- stiff, crossed legs



By 8 Months

- rounded back
- poor use of arms for play
- stiff legs, pointed toes
- poor head control
- difficult to get arms forward
- arches back—stiff legs
- poor ability to lift head and back
- will not take weight on legs



By 12 Months

- difficulty getting to stand
- stiff legs, pointed toes
- cannot crawl on hands and knees
- uses only one side of body to move

By 15 Months

- walks on toes on one side of body
- holds arm stiffly and bent
- excessive tip-toeing when walking
- sits with weight to one side
- uses predominantly one hand for play
- one leg may be stiff

