

Concerned about baby's development? Check it out

Q My 8-week-old is not yet lifting his head, and his neck does not seem as strong as my friend's baby. My pediatrician said to wait another few months and he'll get the hang of it. I would like to know some resources where I can get him evaluated, since this doesn't seem right.

A: You are absolutely right to trust your instincts. Early intervention for even minor issues makes a big difference in how children meet their milestones (sitting, walking, talking) — and the earlier the better.

It seems this word is hard to get out — even among pediatricians who are experts in child development. Time alone does not necessarily help all things in regards to development.

There is a wonderful not-for-profit organization called Pathways Awareness Foundation that is devoted to educating parents and health care providers about normal and abnormal development. They have a parent-staffed hotline and many resources both through the early intervention (state-funded) and local evaluation centers throughout the state.

If your son does indeed have some delays, this wonderful resource will help you find the best resources for your son. *Pathwaysawarenessfoundation.org* is at (800) 955-2445.

Lori Walsh, MD
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serious problems, such as refusing to go out, not eating or sleeping, or “forgetting” to shower or groom herself, then there may be a more serious problem. Your daughter may have a major depression, an illness best treated by a specialist.

You have to tell the difference between someone who is reacting to stress in her life and someone with a mental illness. As a parent, you need to assess the situation the best you can, then take the appropriate steps to help your daughter

through this difficult time.

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Q: My 6-month-old has been diagnosed with a heart murmur. What does this mean? Is it serious?

A: Heart murmurs are not uncommon; in fact, most people have a heart murmur at some time in their lives. Most of the time the murmurs are “innocent” or “functional.” This means

there is nothing structurally wrong inside the heart.

The murmur is the noise that the blood makes when it is pumped through the heart. Innocent murmurs are more

likely to be heard in childhood, because children are smaller than adults are and there is less body tissue to absorb the sound.

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CHILDREN'S
HEALTH



Children's
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Q: My 16-year-old daughter is upset and