

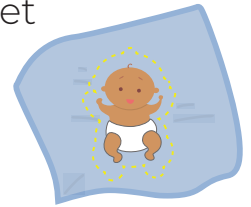
# Filming baby's general movements at home

A quick checklist

## DOs



- Use a plain mat/blanket/sheet
- Complete when baby is awake
- Baby lying on their back
- Wearing nappy/diaper only
- Film above your baby
- Keep hands and feet in view of camera
- Hold camera still
- Film for 3 minutes



## DON'Ts



- No lying on side or tummy
- No toys/distractions
- No dummies/pacifiers/sucking on hands
- Try not to talk to your baby

This handout is to be used along with the support of a health professional.

# Filming baby's general movements at home

## A quick checklist

This is your baby's **film card**. Fill out the details on the day you are filming your baby's movements. **Begin by filming this card for 5 seconds**, then continue filming your baby for **3 minutes**. If you don't have a paper copy of this card to write the date on you can film the card as it appears on your screen and then **say the date when you start filming**.

Please film your baby during these dates:

### Your baby's film card

ID number:

Date of birth:

Expected date of delivery:

Today's date: