

## EARLY DETECTION OF POSTURAL CONTROL DIFFICULTY IN AT-RISK INFANTS

Early referral for postural control difficulties is essential for at risk young infants. **Check your child - Do You See It?** Throughout the first 12 months of life, meeting motor milestones are important for children to build experiences and strength in their little bodies. In this handout we have emphasized three very important milestones that if not met, could indicate the at-risk child is having difficulty with their postural control. Below we have explained and illustrated how to test for the three motor milestones, and at what month the child should have achieved it. If you find your child is unable to obtain one of these milestones, they will be at risk for missing later milestones, further delaying their development. **Early Detection** of delays in motor milestones is vital to achieve optimal development for your child. If you feel your child may be missing any of these essential motor milestones at the age of 5, 7 or 9 months old, they should be screened.

**The earlier we can start, the better! DO YOU SEE IT?**

**5** month

**7** months

**9** months

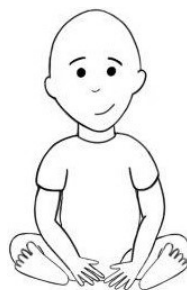
### Head Control

At five months, can your child hold their head in line with their body when pulled gently to sitting?



### Self Supported Sitting

At seven months, can your child sit propping themselves up with their arm?



### Standing with Support

At nine months, can your child stand up when their hands are being held?



**If your child is having difficulty, reach out to us to start a conversation about what you're seeing.**

*Turn this page over for help to get you started.*

*Giving your child early help* is easy to get started. Below are some simple ways to help hold your infant with the support they need. With each exercise you want to start by providing the most support you can with your hand placement. If your child is able to perform the exercise with good control, you can decrease the amount of support you are giving them by lowering the placement of your hands. By doing this your child will have to work harder at controlling everything that is above where your hands are placed.

5<sub>month</sub>

7<sub>months</sub>

9<sub>months</sub>

## Getting Started!

### How to help Head Control

Begin by placing your child in a seated position with your hands supporting at their shoulders.

#### What to look for:

Child is able to keep their head up and in the middle. Not letting it fall backward or forward.



### How to Help Sitting

Begin by placing your child in a seated position at legs off edge of surface, and your hands under their arms.

#### What to look for:

Child is able to keep their head and trunk upright. Not allowing it to collapse forward or backward.



### How to Help Standing

Begin by placing your child in standing with their body supported against your chest. One hand holding right above their belly, and the other at the knees, helping to keep them from buckling.

#### What to look for:

Child is bearing weight through their feet keeping their knees straight, and keeping their body upright (peeled against you).

