

# Baby's General Movements

## *A Filming Guide For Families*

### What you will need

- Filming date range provided by your healthcare professional (It is recommended to take videos at 2 weeks, 4 weeks and 12 weeks of baby's corrected age).
- Phone or tablet with camera.
- A mat/towel/blanket sheet that is plain, no busy pattern, colours or picture.

### Getting Ready

- Choose time when your baby is awake and not crying.
- Choose safe place to lay your baby on their back.
- Undress your baby so they are wearing only a diaper/nappy.
- Remove baby's hands from mouth.

### Check before filming

- Baby on their back (not side or tummy).
- Remove any toys or distraction.
- Remove any dummies/pacifiers.



### Filming

- Film directly above your baby.
- Start by recording your baby's film.
- Keep your baby's hands and feet in view in camera.
- Try not to talk to your baby during filming.
- Hold camera still and do not zoom in/out.
- Keep filming for at least 2-3 minutes.

