

The 4 positions to film

Checklist 2

Camera position

Supine position

- Please film a few minutes in supine position without a toy.
- Present a little toy above your baby, in that way you can elicit reaching and/ or grabbing.
- Present a toy beside the head of your baby, maybe he/ she will roll over. If possible try to film rolling over at both the left and the right side.



- From the side
- From the side
- From the feet and the side

Prone position

- If needed, help your baby to lay down in prone position. Film the spontaneous movements for a short while.
- After that, present a toy in the sight of your baby; in front of him/ her.
- Present a toy above the head and shoulders. Try to elicit reaching or grabbing the toy by leaning on one arm. Try this at both sides.
- Present a toy and move it in a circle around your baby so he/ she will follow it. Now your baby is dialing on his/ her belly.
- If you know your baby can move forward on the belly, try to capture this.
- If you know your baby can transfer from prone to sitting position, film this.



- From the side
- From the head and the side
- From the side
- From the side

Sitting

Pull to sit

- Hold the wrists of your baby and pull gently to the sitting position. Please film this movement one more time.



Supported sitting

- Keep your baby supported in sitting position and see if you can make eye contact. See if your baby can sit on his/ her own for a brief moment.
- If you know your baby can transfer from sitting to supine position, film this.



- From the side
- From the front and the side
- From the side

Standing

- Hold your baby between the pelvic and the shoulders. Let the feet touch the floor to see if he/she takes some weight on the feet.



- From the side and front

CHECKLIST 2

The baby is rolling over and starting to move

This checklist can be used during filming. Don't forget to watch the instruction video.

In this checklist you will find:

- The movements and positions we want you to capture on the home video.
- Tips to pay attention to, so your home video can be used to assess motor performance.



Please pay attention to:

General

- We will assess motor skills of your baby, so let him/her move freely and try not to help with your hands.
- A good way to start the video is to film spontaneous movements of your baby; please don't elicit movement with toys or sounds right away.
- During filming, make contact with your baby like you always do.
- The positions we ask you to film do not have to be filmed in the order displayed. Breaks can be taken if that's desirable.
- If you make the home video with your smartphone, the phone has to be in a horizontal position.
- During filming, your baby should only be wearing a body suit.

Environment

- Try to film with the light source behind you.
- Film your baby on the floor.
- Make sure the under layer is firm and prevents sliding.

Duration and timing

- Make sure you have 10-15 minutes on tape. The maximum length of the home video is 30 minutes.
- When your baby is getting tired or discomforted, it is better to stop and start filming again another time.



¹ The development of this checklist was part of a grant research project (2013-53P).

