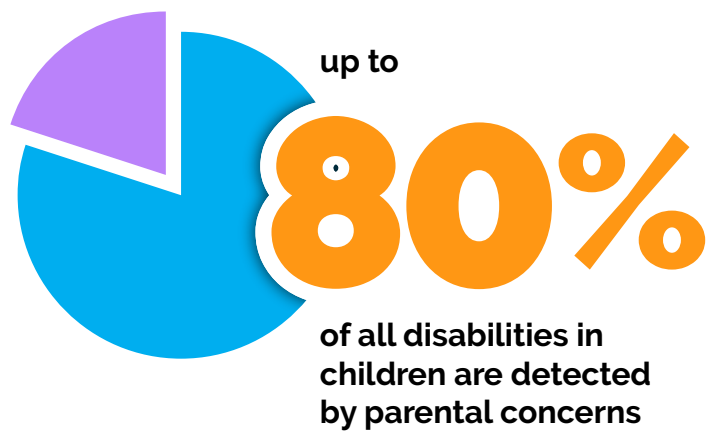


Cerebral Palsy

Developmental Milestones

Birth to 12 Months



Many children with cerebral palsy are diagnosed shortly after birth. Others, however, may go months or even years with no diagnosis. Without a diagnosis, valuable early therapies and treatments are delayed.

How is a concerned parent to answer the question “is my child developing normally?” All children develop at their own pace, but if your child exhibits the symptoms below, you should not hesitate to talk to your doctor.

BASIC DEVELOPMENTAL SKILLS



FINE MOTOR SKILLS

These skills involve the coordination of small muscle movements. They allow a child to hold a spoon, or pick up a piece of cereal between thumb and finger.



SOCIAL & EMOTIONAL

Social and emotional milestones are often harder to pinpoint than signs of physical development. This area emphasizes many skills that increase self-awareness and self-regulation.



SENSORY

Sensory skills include seeing, hearing, tasting, touching, and smelling.



GROSS MOTOR SKILLS

Gross motor skills enable your baby to achieve major milestones such as head control, sitting, crawling—maybe even starting to walk.

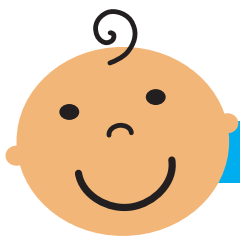


LANGUAGE

This skill involves muscle strength in the mouth and tongue to control sounds and process sounds.

CEREBRAL PALSY is caused by a problem in the brain that affects a child's ability to control his or her muscles. Problems in different parts of the brain cause problems in different parts of the body. A child who lacks basic motor skills will have difficulty reaching subsequent milestones without help.

SIGNS OF CEREBRAL PALSY IN INFANTS UP TO 12 MONTHS



2 MONTHS AND OLDER



Has difficulty controlling head when picked up



Has stiff or shaky arms or legs



6 MONTHS AND OLDER



Continues to exhibit poor head control when picked up



May reach with only one hand while keeping the other in a fist



Has stiff legs that cross or “scissor” when picked up



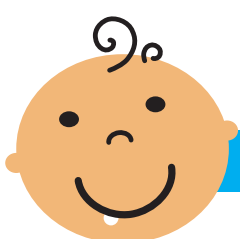
Has problems sucking and feeding



Has problems eating and drinking



May not roll over without assistance



10 MONTHS AND OLDER



Crawls by pushing off with one hand and leg while dragging the opposite hand and leg



Doesn't babble



Isn't able to sit by himself or herself



Doesn't respond to own name



12 MONTHS AND OLDER



Doesn't crawl or attempt to pull himself or herself up



Isn't able to stand with support



Doesn't search for things that they see you hide



Doesn't say single words like “mama” or “dada”

Developmental delays **MAY** indicate cerebral palsy, but not necessarily. Your child's doctor can make a proper diagnosis and determine whether medical intervention is necessary.

when it comes to
YOUR CHILD
TRUST
YOUR
GUT

RESOURCES

National Center on Birth Defects and Developmental Disabilities
www.cdc.gov/ncbddd/actearly/milestones/index.html

The American Academy of Pediatrics offers a parenting website, healthychildren.org: Ages & Stages:
www.healthychildren.org/English/ages-stages/baby/pages/Developmental-Milestones-1-Month.aspx

National Library of Medicine, National Institute of Health, Medline Plus, Infant and Newborn Development
www.nlm.nih.gov/medlineplus/infantandnewborndevelopment.html

March of Dimes, Developmental Milestones for Baby
www.marchofdimes.org/find-support/topics/parenthood/developmental-milestones-baby

Center for Disease Control and Prevention, CDC, Child Development
www.cdc.gov/ncbddd/child/