



Lets Get Moving

What to expect if you have concerns about your child's movements.

Common Concerns:

- **Delayed Movements:** Some children do not sit, crawl, or walk at the times expected.
- **Clumsiness:** Some children fall often or seem clumsier than others their age.
- **Pain:** Some children have pain, stiffness, or fatigue that prevent them keeping up with others.
- If you have questions about these or other parts of your child's development, talk to your child's pediatrician.

How to talk about your concerns:

- **Accomplishments:** think about at what age your child achieved milestones such as rolling, sitting, and others.
- **Activities:** think about parts of your child's day that are harder or less safe due to the movements that concern you.
- **Answers:** make a list of specific questions so you are sure you have all of the answers you need.
- After you discuss your concerns with a pediatrician, you may receive a referral for early intervention or other testing.

Getting Support:

- **Where:** The best supports take place where your child spends her time, whether that is a childcare, home, park, or other location.
- **Who:** The person supporting your family should help you have ideas and strategies, rather than doing things for you.

- Whatever your child's needs are, he needs his family to understand ways to help him in his daily life. Good supports should make you feel more capable of helping your child and more informed about your child's progress and abilities.

Other things that may help your child learn:

- Your child's team may discover that she can use equipment, braces, or medication to make her more successful during the day. If you have questions about these things, don't be afraid to ask!

Other things that may help you:

- Websites like healthykids.org can provide information about different diagnoses and general development. Your team can also help connect you to family groups, in person or online, that provide support and resources to children with various needs and diagnoses.

Remember your child is more than a skill, diagnosis, or test score. While tests can help discover where your child may need support, they do not change the incredible person your child is!