

Use this guide to help you prepare for discussing your concerns with your doctor. The more information they have the better equipped they will be to provide the best possible care for your baby



POOR HEAD CONTROL

- When lying on their back or tummy; my baby struggles to move their head from side-to-side, and to lift their head up
- When on their back their head rests on one side of their body with little movement

 Age when symptom was first noticedmonths

Notes

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WEAK LEGS & ARMS

- When lying on their back my baby does not move or lift their arms and legs very much, rarely kicking their legs or moving their arms away from their body
- They struggle to reach for things

 Age when symptom was first noticedmonths

Notes

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FAST BELLY BREATHING

- My baby's breathing is fast, even when they are resting
- When breathing, their belly moves up and down noticeably more than their chest

 Age when symptom was first noticedmonths

Notes

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TONGUE FASCICULATION

- My baby's tongue twitches (fasciculations)
- Their tongue appears weak or limp

 Age when symptom was first noticedmonths

Notes

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DIFFICULTY FEEDING/SWALLOWING

- My baby struggles to suck or swallow when feeding due to weakness
- They are slow when feeding as they struggle to swallow

 Age when symptom was first noticedmonths

Notes

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WEAK CRY & COUGH

- My baby's cry is difficult to hear and seems weak
- Their cough sounds weak and they cough repeatedly
- Their cough sounds 'chesty'

 Age when symptom was first noticedmonths

Notes

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WEAK LEGS & ARMS

- My baby's arms and legs are floppy and seem like they lack strength, this is more noticeable in the legs
- They find it hard to support themselves using legs when held, and struggle to stand or walk
- My baby struggles to reach out and grab or pick up toys



Age when symptom was first noticedmonths

Notes

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STRUGGLES TO SIT UNSUPPORTED

- When placed sitting upright, my baby struggles to stay still for long and leans forward or to one side
- My baby finds sitting increasingly difficult and needs help



Age when symptom was first noticedmonths

Notes

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CAN'T ROLL OVER

- When lying on their back my baby rocks from side-to-side but struggles to roll on to their side, or roll onto their tummy



Age when symptom was first noticedmonths

Notes

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SHAKING HANDS (HAND TREMORS)

- When holding their arms out they have minor tremors or shakes seen in their fingers or hands



Age when symptom was first noticedmonths

Notes

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SLOW OR LOST PHYSICAL DEVELOPMENT

- They are slow to achieve developmental milestones such as sitting without support and these skills may become more difficult over time



Age when symptom was first noticedmonths

Notes

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ANY OTHER SYMPTOMS NOTICED

QUESTIONS OR CONCERNS TO ASK MY DOCTOR

CHECKLIST FOR CONSULTATION

- Consultation booked
- Completed symptom checklist
- Videos or photos of symptoms to show doctor
- Questions listed for doctor

NOTES DURING CONSULTATION