

# Helping Babies Help Themselves

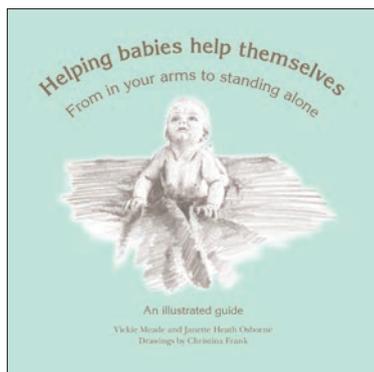
## *From in your arms to standing alone*

Vickie Meade and Janette Heath Osborne

Illustrated by Christina Frank

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Foreword by Jane K Sweeney PT, PhD, PCS, FAPTA, Rocky Mountain University of Health Professions, Provo, Utah



Written by two highly experienced pediatric physiotherapists, **Helping Babies Help Themselves** is necessary reading for all first-time parents. It explains in straightforward terms how babies express their feelings and demonstrate their physical needs at different developmental stages, through their facial expressions and the way they move.

Parents can use this book to focus on the subtle elements that make each baby's motor skill development unique. Understanding and anticipating each challenge will guide parents to give their baby just the right help when it is needed. Life-like illustrations of infant movement beautifully depict the child's developing muscle strength.

Quick tips, key points and frequently asked questions provide clear and simple advice from ways to wrap and help babies settle, to where to place your hands to guide and assist them to move.

With this essential resource, parents will feel supported in helping infants achieve their physical potential and develop their strength and confidence, from in your arms to standing alone.

### ABOUT THE AUTHORS



Dr Vickie Meade received her doctoral science degree with a focus on screening four-month-old infants using parent concerns and the *Meade Movement Checklist* in a two-step process. Dr Meade is a board-certified clinical specialist in pediatric physical therapy, and a Master of Public Health in Maternal and Child Health. She is currently active in research on early screening and innovative service delivery models for infants, young children and their families. She has been teaching courses related to early screening and intervention for over twenty years, as Adjunct Professor in the Master of Physical Therapy Program at St Catherine University, Minnesota (St Paul Campus), at Seattle Pacific University and internationally.



Physiotherapist *Janette Heath Osborne* has had over twenty-five years of clinical involvement with infants and their families. She has worked in Sydney and London, starting the growth and development follow-up clinic – with Vickie Meade and psychologists Dr Robyn Dolby and Beulah Warren – at Crown Street Hospital and The Royal Hospital for Women, Paddington. This team carried out a clinical trial for a group of low-birth-weight infants and their families over the first year of life. Janette is currently active in continuing her interests in working with mothers, babies and early childhood nurse specialists in Sydney.

### A note to parents

#### Chapter 1 Your newborn baby

How movement begins

How Mum and Dad can help

Some questions you might ask

The premature baby

#### Chapter 2 Your baby from four to six months

Enjoy the movements your baby is trying to master

How Mum and Dad can help

Some questions you might ask

#### Chapter 3 Your baby from six to eight months

Enjoy the movements your baby has mastered

How Mum and Dad can help

Some questions you might ask

#### Chapter 4 Your baby from eight to twelve months

Look at me! I have mastered using my big muscles

How Mum and Dad can help

Some questions you might ask

#### Chapter 5 Every baby is different

What you and your baby have achieved

Integrating communication skills into your play

Each baby achieves motor skills on their own pathway

### Conclusion

