

Instructions for parents for sending a Prechtl video

- Your baby needs to be awake and settled and not crying or sucking a dummy during the video (babies move differently when they cry or suck)
- Baby should be placed on a firm flat surface such as their changing mat on the floor. If you use a blanket on top of the mat try and use a plain colour .
- If you use the baby's cot make sure there is enough room for the baby to move their arms and legs freely without being restricted by the sides of the cot.
- Your baby needs to be in a nappy and short sleeved vest rather than a bodysuit so that they can move their arms and legs freely and we can see arms and legs clearly.
- Let your baby move spontaneously themselves and do not interact too much during the short video as babies move less when they are concentrating on adult interaction or watching a toy.
- Video needs to be around 5-10 minutes long ideally. Don't worry if a bit shorter.
- Video needs to be taken from above from the feet end and make sure you include baby's whole body in the picture from head to feet.
- Try to keep the video very still
- Please send the video via the link <https://wettransfer.com> to my email name.surname@nhs.net
Both the link and the NHS email are secure.
- If for any reason we can't use the video I will give you a ring and ask you to do another one.
- Once we have the video, we will score it and then be in contact with the results and what this means for your baby.



Thank you.