

INSTRUCTIONS FOR VIDEOTAPING YOUR CHILD

ABR addresses itself to lightly, moderately and severely affected children.

General Guidelines for Filming

- Never force the movement
- Do not work *too* slowly
- Hold the child's body with the second hand when performing the tests only when giving necessary support with sitting, standing, etc.

1. Side Position: Film the child when lying on the side

Film from the level of the body of the child

The child should have his back to the camera

- Hold the arm at the elbow slightly bent. Lift the arm above the child's head until you encounter resistance and then let go.
- Repeat this test with the arm straight - if it is extendable. Proceed in the same way as above.
- Zoom the camera on to the shoulder blade and rotate the arm – turn it inwards and outwards, if possible.
- Rotate the child on to the other side - facing the camera - and repeat the three tests above.

2. Supine Position - lying on the back

Side view including the pelvis to the head – view from the level of the body

- Lift the head from the back until the chin touches the trunk. Repeat 2 or 3 times

View from above

- Lift the head until the chin touches the trunk. Repeat 2 or 3 times.
- Respiratory Performance. Allow the child to take 5 full breaths.
- Turn the head to the side. In order to do so, put one hand on one side of the head at the temporal level and push the head to the opposite side and then let go. Repeat this 3 times
- Turn the head to the other side following the same procedure.

Zoom in

- Bring both arms upwards to the side of the head

Side view including the entire body and from the level of the body

- Bend one leg at the knee and bring it to the belly 3 times. Do not hold the other leg.
- Proceed the same way with the other leg.
- Repeat the test without bending at the knee (but hold the leg at the knee level)

3. Prone position – lying on the stomach

Side view from the level of the body, including the entire length of the body

- Bend the legs at the knee by taking hold of both feet together
- Repeat this test by raising one foot at a time (If possible, let the feet touch the buttocks)

4. Quadruped position - on hands and knees (if possible)

View from the side and view from the top

- Put the child in the quadruped position and film for about 20 seconds.
- Gently shake the child at the level of the pelvis and see what happens
- If the child can achieve this task, ask him to take the quadruped position himself. Film his performance

5. Sitting (on the edge of a table)

View from the front including the whole body

- Support the child by holding him behind the neck and zoom at the trunk for 15 seconds
- Release the support and film that which occurs. Allow the child to drop backwards, or sideways, but always catch him before he touches the table. *Please do not allow the child to fall! This would be a misunderstanding.* Return the child to the sitting position. Repeat 2 or 3 times.
- If the child can sit unsupported, gently push him to the side - and then backwards - and film. Please do not let him fall completely, but catch him before he hits the table.

Zoom to the face

Film for 15 seconds

- If the child is able to follow commands, ask him to stick the tongue out to the side, to the front, up and down.
- Ask the child to make a face as if he was blowing on a trumpet.
- Ask the child to make an angry face
- Ask the child to look surprised

Zoom to the neck (including the head)

Film for 15 seconds

View from the side including the whole body

Take a view of the sitting supported and unsupported – 15 seconds

- Lift the arm to the side and to the front 2 or 3 times and let it fall.

Zoom to the neck (including the head)

Film for 15 seconds

6. If the child is able to roll, creep, crawl and/or walk

Film a general view of the entire body when performing these actions

Film from the top for 15 seconds

Film from the side for 15 seconds

Crawling

- Let the child crawl approximately 10 feet. Let him turn around and return the 10 feet. Repeat 2 or 3 times.

Walking

- Let the child walk back and forth approximately 10 feet. Have him walk forwards, turn, then walk forwards, turn, and then walk forward again. Then have him walk backwards, turn, walk backwards, turn, and then walk backwards again.