

Filming baby's general movements at home

A quick checklist

DOs



Use a plain mat/blanket/sheet
Complete when baby is awake
Baby lying on their back
Wearing nappy/diaper only
Film above your baby
Keep hands and feet
in view of camera
Hold camera still



DON'TS



No lying on side or tummy
No toys/distractions
No dummies/pacifiers
Try not to talk to your baby
Remove baby's hands from
their mouth