

# Trust your instincts



## Helping you have a conversation

Sometimes going to visit your child's doctor feels overwhelming. You had so many questions and you can't remember any of them. Here are some thought starters for you.

### Does your child show any of these red flags?

Act early by talking to your child's doctor if your child:

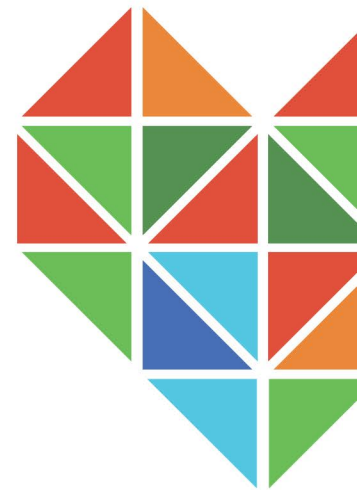
- ▶ Has difficulty breathing or chest and breath are out-of-sync
- ▶ Has rapid tongue movements (fasciculations)
- ▶ Can't hold head steady
- ▶ Seems very floppy, like a rag doll
- ▶ Fails to roll over

### Major physical developmental milestones

Watching your child play, learn, speak and move can provide you clues on their physical development. The milestones below are based on what most children can do by a certain age. Take note of any challenges you see to discuss with your doctor.

	<b>At 2 months</b>	Holds head up
	<b>At 4 months</b>	Rolls over
	<b>At 6 months</b>	Sits without support
	<b>At 9 months</b>	Crawls
	<b>At 12 months</b>	Walks holding on to furniture
	<b>At 18 months</b>	Pulls toys while walking

# Time wasted is muscle wasted



## Diagnosing early could change lives

### Questions to consider discussing

Are there any milestones that haven't been reached (self-supporting neck, sitting independently, crawling, walking)?

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How is your child eating? For example, are they eating slowly, are they able to bring hand to mouth?

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Have you noticed any unusual breathing? For example, troubled breathing or chest moving out-of-sync with the breath.

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