

## PARENT RESOURCES

An integral part of the mission of Pathways Awareness Foundation is to target and inform parents of children between the ages of birth to 15 months about the importance of early detection and early intervention. By familiarizing parents with the Pathways Awareness Foundations brochure, *Assure the Best for your Baby's Physical Development* formerly titled, *Is My Baby Okay?*, the organization is able to introduce essential knowledge about the early signs of physical movement disorders.

Please see examples below



## CITY OF CHICAGO

Each year there are approximately 54,000 births in the City of Chicago. The Chicago Department of Public Health and the Office of Mayor Richard M. Daley sends a congratulatory note along with the booklet, *Giving Your Baby a Strong Start* to each new babies home. An adapted version of the Pathways Awareness Foundation's Growth and Development Chart is included in the booklet.

Design, Printing & Distribution Cost: Donated by City of Chicago  
No costs were incurred to the Pathways Awareness Foundation

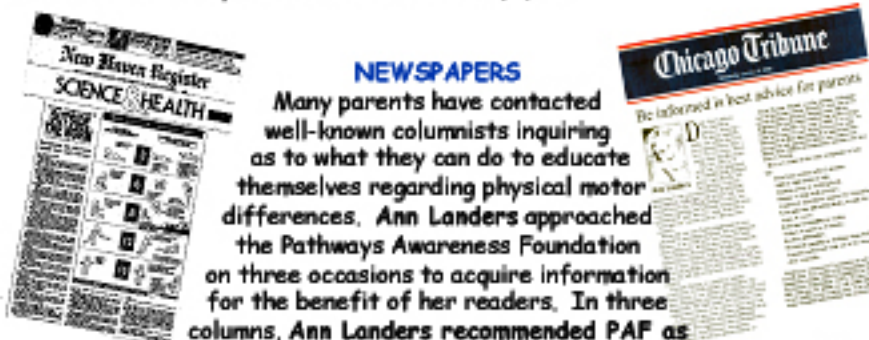
## ILLINOIS DISTRIBUTION

Over the past year, Pathways has closely collaborated with the Office of the Governor of Illinois to produce an insert adapting the Pathways Awareness Foundation's Growth and Development Chart. The insert is placed within a Hallmark card, specifically produced for the Governor and his wife. This card is then sent to all new parents in the State of Illinois to congratulate them on the birth of their baby and to promote the concepts of well baby care, early detection and early intervention.



Insert Design: \$700  
1 Year of Insert Printing (200,000): \$4,300  
Card Printing: Donated by Hallmark  
Distribution Cost: Donated by Illinois Governor's Office  
Total Cost to Pathways Awareness Foundation: \$5,000

## NEWSPAPERS



Many parents have contacted well-known columnists inquiring as to what they can do to educate themselves regarding physical motor differences. Ann Landers approached the Pathways Awareness Foundation on three occasions to acquire information for the benefit of her readers. In three columns, Ann Landers recommended PAF as a valuable resource for parents. These wonderful opportunities allowed the Pathways Awareness Foundation to provide information and written materials to over 20,000 parents and grandparents who called our 800 number.

No costs were incurred to the Pathways Awareness Foundation

## PARENT NEWSLETTERS

Pathways Awareness Foundation has benefitted greatly from our direct contact with families. We have received many requests and positive responses - through the power of words. Several parent foundations and organizations have solicited permission to use the Pathways Awareness Foundation's Growth and Development Chart to enhance their own materials.

No costs were incurred to the Pathways Awareness Foundation



800-955-2445 (CHILD)  
www.pathwaysawareness.org

Over 1.7 million copies of the Pathways Awareness Foundations brochure, available in English, Spanish, French and Portuguese, have already been distributed nationally and internationally.

The American Academy of Pediatrics/Illinois Chapter

endorses the brochure, written by the

Pathways Awareness Foundation

Medical Roundtable

team of experts.



ENGLISH SPANISH FRENCH PORTUGUESE

## CENTERPIECE OF THE PATHWAYS AWARENESS FOUNDATIONS BROCHURE

Illustrations comparing postural and movement milestones of typically developing infants juxtaposed with illustrations of postures associated with atypical development.

	Typical Speech Development*	Typical Play Development*	Typical Physical Development*	Signs to Watch for in Physical Development*
BY 3 MONTHS	<ul style="list-style-type: none"> <li>Sucks and swallows well during feeding</li> <li>Quiets or smiles in response to sound or voice</li> <li>Coo or vocalizes other than crying</li> <li>Turns head toward direction of sound</li> </ul>	<ul style="list-style-type: none"> <li>While lying on their back...                             <ul style="list-style-type: none"> <li>Visually tracks a moving toy from side to side</li> <li>Attempts to reach for a rattle held above their chest</li> <li>Keeps head in the middle to watch faces or toys</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>While lying on their tummy...                             <ul style="list-style-type: none"> <li>Pushes up on arms</li> <li>Lifts and holds head up</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Difficulty lifting head</li> <li>Stiff legs with little or no movement</li> <li>Pushes back with head</li> <li>Keeps hands fisted and lacks arm movement</li> </ul>
BY 6 MONTHS	<ul style="list-style-type: none"> <li>Begins to use consonant sounds in babbling, e.g. "dada"</li> <li>Uses babbling to get attention</li> <li>Begins to eat cereals and pureed foods</li> </ul>	<ul style="list-style-type: none"> <li>Reaches for a nearby toy while on their tummy</li> <li>While lying on their back...                             <ul style="list-style-type: none"> <li>Transfers a toy from one hand to the other</li> <li>Reaches both hands to play with feet</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Uses hands to support self in sitting</li> <li>Rolls from back to tummy</li> <li>While standing with support, accepts entire weight with legs</li> </ul>	<ul style="list-style-type: none"> <li>Rounded back</li> <li>Unable to lift head up</li> <li>Poor head control</li> <li>Difficult to bring arms forward to reach out</li> <li>Arches back and stiffens legs</li> <li>Arms held back</li> <li>Stiff legs</li> </ul>
BY 9 MONTHS	<ul style="list-style-type: none"> <li>Increases variety of sounds and syllable combinations in babbling</li> <li>Looks at familiar objects and people when named</li> <li>Begins to eat junior and mashed table foods</li> </ul>	<ul style="list-style-type: none"> <li>In a high chair, holds and drinks from a bottle</li> <li>Explores and examines an object with both hands</li> <li>Turns several pages of a chunky (board) book at once</li> <li>In simple play imitates others</li> </ul>	<ul style="list-style-type: none"> <li>Sits and reaches for toys without falling</li> <li>Moves from tummy or back into sitting</li> <li>Creeps on hands and knees with alternate arm and leg movement</li> </ul>	<ul style="list-style-type: none"> <li>Uses one hand predominately</li> <li>Rounded back</li> <li>Poor use of arms in sitting</li> <li>Difficulty crawling</li> <li>Uses only one side of body to move</li> <li>Inability to straighten back</li> <li>Cannot take weight on legs</li> </ul>
BY 12 MONTHS	<ul style="list-style-type: none"> <li>Meaningfully uses "mama" or "dada"</li> <li>Responds to simple commands, e.g. "come here"</li> <li>Produces long strings of glibberish (jargon) in social communication</li> <li>Begins to use an open cup</li> </ul>	<ul style="list-style-type: none"> <li>Finger feeds self</li> <li>Releases objects into a container with a large opening</li> <li>Uses thumb and pointer finger to pick up tiny objects</li> </ul>	<ul style="list-style-type: none"> <li>Pulls to stand and cruises along furniture</li> <li>Stands alone and takes several independent steps</li> </ul>	<ul style="list-style-type: none"> <li>Difficulty getting to stand because of stiff legs and pointed toes</li> <li>Only uses arms to pull up to standing</li> <li>Sits with weight to one side</li> <li>Strongly flexed or stiffly extended arms</li> <li>Needs to use hand to maintain sitting</li> </ul>
BY 15 MONTHS	<ul style="list-style-type: none"> <li>Vocabulary consists of 5-10 words</li> <li>Imitates new less familiar words</li> <li>Understands 50 words</li> <li>Increases variety of coarsely chopped table foods</li> </ul>	<ul style="list-style-type: none"> <li>Stacks two objects or blocks</li> <li>Helps with getting undressed</li> <li>Holds and drinks from a cup</li> </ul>	<ul style="list-style-type: none"> <li>Walks independently and seldom falls</li> <li>Squats to pick up toy</li> </ul>	<ul style="list-style-type: none"> <li>Unable to take steps in dependently</li> <li>Poor standing balance, falls frequently</li> <li>Walks on toes</li> </ul>

\*Remember to correct your child's age for prematurity.

## NATIONAL DISTRIBUTION

In fulfilling the Child Find obligation of IDEA (Individuals with Disability Education Act), each state's birth to three headquarters office received a complimentary box of 1800 English and Spanish brochures.

## PROFESSIONALS

Another part of the Pathways Awareness Foundations mission is to educate the medical community regarding early detection and early intervention of physical motor differences. Below are examples of how medical professionals have tailored their materials to include the Pathways Awareness Foundation's Growth and Development Chart

## PEDIATRIC PROFESSIONAL RESOURCES

Within the last several years, the Pathways Awareness Foundation's Growth and Development Chart has been featured and displayed in pediatric publications/resources. Some include professional journals, newsletters, textbooks, resource books for parents, brochures and web-sites produced and distributed by medical organizations and clinics.

No costs were incurred to the Pathways Awareness Foundation

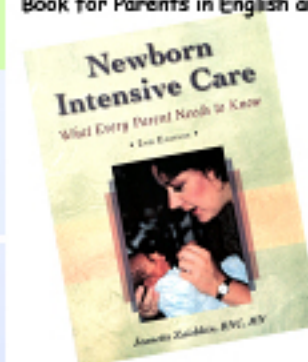
Please see examples below



"Pediatric Basics"  
The Journal of Pediatric Nutrition and Development by Gerber



"Newborn Intensive Care - What Every Parent Needs to Know" Book for Parents in English and Spanish



Brochures incorporating the Pathways Awareness Foundation's Growth and Development Chart



Web-sites such as: American Academy of Pediatrics/Illinois Chapter and Pampers



Professional Newsletters: Illinois State Medical Society