

How to record a general movement assessment (GMA) video at home

Basic recording information

Recording device

Camera, iPad, or cell phone

Best time to video

When your baby is awake, quiet and calm. This may be after a feeding or nap.

Date of range to video

Record your baby during the date range listed below:

_____ to _____

Prepare video area

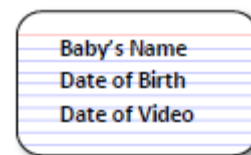
- Have a comfortable room temperature.
- Check lighting. You need good lighting for the video. Please turn off all bright lights.
- Check sounds. Turn off all music, mute or turn off the TV, silence your cell phone, etc. We need everything quiet during the video.

Where to video

- Place infant on a flat surface.
- Cover the surface with a solid white or a neutral colored blanket or sheet. No colorful or printed sheets or blankets.

Write information

- Print baby's first and last name, date of birth, date of video recording.
- Place on bottom left of video area.



Prepare your baby

Diaper only

Remove all clothing except for diaper. Baby may wear a onesie. Make sure we can see your baby's arms and legs.

Medical devices okay

Leave necessary medical devices on baby such as oxygen tubing, or monitors.

Record video

Position baby

Place baby on their back in the middle of the video area.



Baby's Name
Date of Birth
Date of Video

Position of camera



Hold camera directly above baby



Hold camera upright

Take 3 videos

Each 30 to 40 seconds long.

Do not distract baby

- Please do not talk or sing to your baby or give your baby a pacifier during the video.
- Remove all toys, pacifiers, mirrors, and blankets, from the video area.

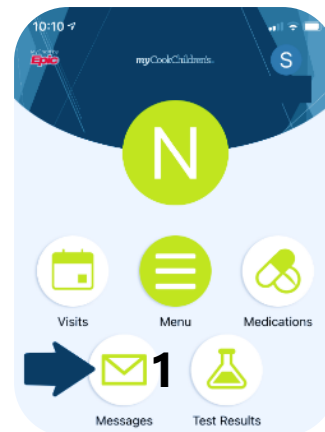


Stop video if baby cries, is restless, has hiccups, starts straining, spits up, or acts sleepy. Resume recording when baby is awake and quiet.

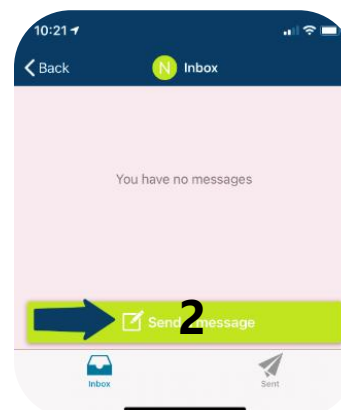
How to send your videos

You can send the videos 2 different ways:

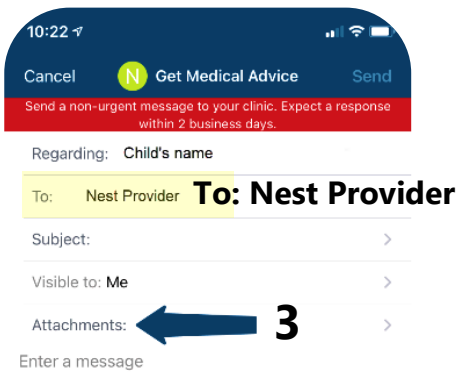
1: Upload to MyCookChildren's Patient Portal



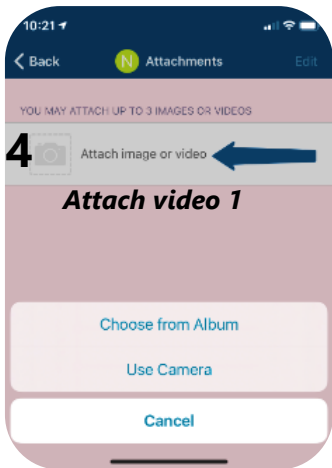
Click messages



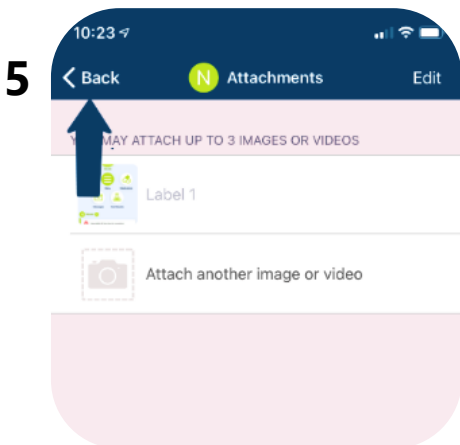
Click send message



Click attachments



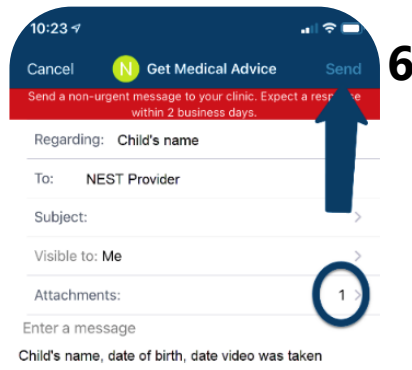
Click attach image or video



Click back attach video 2

Click back attach video 3

Always call if you have questions or concerns.



Click send. This sends the 3 videos.

2: Send as email attachment

- Send to NEST Clinic email address: Nest.Center@cookchildrens.org
- Attach videos to email.
- Include the following information:
 1. Child's first and last name.
 2. Date of birth.
 3. Date video was taken.



After you send the videos, please call and let us know how you sent them: MyChart or email.

N.E.S.T. Center

817-347-9601

For contacts and locations visit:

<https://www.cookchildrens.org/services/nest-developmental-follow-up-center/contacts/>



These instructions are only general guidelines. Your healthcare provider may give you special instructions. If you have questions or concerns, please call your healthcare provider.