



Something's just not right with my child. Could it be infantile spasms?

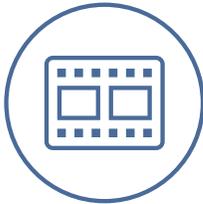
Talking with your child's doctor about infantile spasms (IS)

Here's a list of symptoms, questions, and observations that can help the healthcare provider decide if your child needs urgent evaluation for IS. Print it out, fill it in, and have it handy for the discussion.

Why I'm concerned that my child may have infantile spasms (check all that apply)
<p>Seems to be having seizures</p> <ul style="list-style-type: none"><input type="checkbox"/> Repeatedly crunches, bends, or hunches the body<input type="checkbox"/> Jerks the legs<input type="checkbox"/> Flings the arms up or thrusts the arms to the side with elbows bent<input type="checkbox"/> Bobs or drops the head<input type="checkbox"/> Extends or stiffens the neck, trunk, arms, and legs<input type="checkbox"/> Crosses the arms across the body in a self-hug
<p>Strange eye movements</p> <ul style="list-style-type: none"><input type="checkbox"/> Doesn't maintain eye contact as much anymore<input type="checkbox"/> Has trouble watching moving objects<input type="checkbox"/> Rolls his or her eyes<input type="checkbox"/> Stares widely and blankly
<p>Not progressing as I would expect</p> <ul style="list-style-type: none"><input type="checkbox"/> Doesn't reach for things as much as he/she used to<input type="checkbox"/> Learned to roll over and then stopped<input type="checkbox"/> "Losing" skills that were learned
<p>Personality changes</p> <ul style="list-style-type: none"><input type="checkbox"/> Not smiling like he or she used to<input type="checkbox"/> Looks irritable and in pain during spasms<input type="checkbox"/> Cries and then seems OK<input type="checkbox"/> Has "weird spells"<input type="checkbox"/> Seems "just different"

If you're seeing these symptoms, here's specific keywords to use when describing these behaviors with the healthcare provider or physician staff (nurse, receptionist, etc):

1. **Infantile spasms**
2. **Clusters of seizures**
3. **A problem with fixing or following**
4. **Regression of skills**
5. **Personality changes**



TIP: Make a video of the seizures

When you meet with the healthcare provider to discuss your child's symptoms, bring along a video of the movements that you are concerned about. Spasms are most common when waking up or after a nap, so keep your phone or camera handy during these times to capture video.

My child's symptom history

This information will help the healthcare provider get a complete picture of the situation.

How old was your child (in months) when you began noticing spasms? <i>Circle the approximate month.</i>								
2	4	6	8	10	12	14	16	18
20	22	24	26	28	30	32	34	36

What time of day are the spasms most common? <i>Circle your answer.</i>			
 Morning	 Afternoon	 Evening	 After naps

How many spasms happen in each episode? <i>Circle your answer.</i>			
1 to 5	6 to 10	More than 10	More than 20

How long does each episode last? <i>Circle your answer.</i>			
0 to 3 minutes	4 to 6 minutes	7 to 9 minutes	10 minutes or more

