Ep 177: They Changed The Milestone Guidelines... Here's Why That's Wrong Transcript

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Introduction and developmental milestones

Hey everybody, it's Dr. Laura with Connecting the Dots, Truth Bombs. This is where I come in for five minutes and just lay some information out there to the community, the world, and leave you to think about, wow, I wonder if that has anything to do with me.

I wonder if that has anything to do with my child. So today what we're going to talk about is how the little muscles, the muscles closest to the spine, closest, to every bone in our body are absolutely essential in helping children go towards the appropriate motor development.

It is absolutely imperative that your child goes through those typical developmental milestones and acquire the skill timely.

Free milestone resources and tracking development

Now, according to an organization that decided to change all of that, it made it much later and that is not right. We don't just change human development, So, if you want a more accurate picture of when your child should be doing what, we have two resources for you, and both of them are free.

Over on the website, connectmybrain.com, our Dr. Laura's guide to developmental milestones. Download it and begin to look at it. Now, it's a five-page document, so I can't have every little thing on there.

But the big picture idea of childhood development is represented beautifully in this document. And if you have any questions, just simply reach out. We also have a free app called Connect My Brain.

Everything about us is called connect my brain. On that app, it shows you pictures and you have other links what your child should be doing when.

Primitive reflexes and early brain wiring

And it is very important that you keep a record of when your children do things. Oftentimes, when people fill out an assessment form, they just have a tendency to check every box.

And providers are really looking for those very interesting little pieces of information that are going to help them understand, where did development get interfered with?

And everybody is talking about it now. You know, sometimes about, I don't know 10, 15 years ago, it used to feel like it was just me talking it. But everybody's talking primitive reflexes.

We're beginning to understand globally that there is so much wiring that goes on before your child is even five years old. And we have to look at what happens during those open windows of development and where something either went the best way or not the right way.

That's how we begin to put a program together that's truly going to help you get that child unstuck. Now, these same things can happen to adults. So don't just limit it to a child.

If you have any kind of trauma or an incredible emotional event, you can go back in this direction because this is the rudimentary training of all learning.

Birth, tummy time, and early movement

But with those small muscles, they are actually beginning to develop. in the womb of mama at around six weeks of life. And that's how we know that these reflexes are not only in brain stem, but they're also along the spine of the human person.

So these very early reflexes are instrumental in bringing in those very small muscles that are going to allow your child to respond appropriately to movement.

It is imperative that babies are born without any interference whatsoever. Now, I know sometimes things happen and don't feel guilty, but that is the gold standard is no interference.

That baby needs to be interacted with. That Baby needs be in tummy time. comfortably when moms come to me and say, my baby doesn't like to do this. Okay, hear this, well, your little baby, doesn' know whether they like it or not, it's reflexive.

It's really signposts that show us on the outside that your baby is going in the right direction. So thanks for tuning in. Always enjoy talking to the community, our world.