

Recommendations for video recording for advanced GMs course

Baby's position:

- Supine so that the baby's whole body and face are visible
- In premature babies, the nest should not be removed, only opened, to avoid stressing the baby too much

Baby's behavior:

- Writhing period (preterm and towards term): GMs can be assessed during active sleep
- Fidgety period: to assess GMs, the baby needs to be awake

Clothing:

- It is best to have only a bodysuit, preferably sleeveless, or just a nappy if possible

Video duration:

- Not standardised, but between 2–3 minutes is recommended, both for writhing and fidgety periods

Camera position:

- Placed at the feet, pointing towards the head, in order to observe the head, trunk, arms and legs at all times

What to avoid in the video:

- Crying and irritability
- Hiccups if prolonged
- Dummy/pacifier
- Video of several babies at the same time
- Should not be recorded in the first days after birth (the baby needs to adapt to extrauterine life)
- Avoid colours, toys, mirrors that may confuse us when reviewing the videos
- Talking to the baby, seeking their attention, offering toys or touching them