

MOVEMENT MILESTONES

ADJUSTED AGE FOR CHILDREN BORN PREMATURE

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WHAT ARE MOTOR MILESTONES?

A motor milestone is a developmental achievement and occurs when a child is able to accomplish an important movement task



For example, we children generally begin walking around their 1st birthday



Keeping track of milestones helps monitor a child's developmental status, and is often done using charts and checklists according to the child's age

WHAT IS ADJUSTED AGE?

When monitoring motor milestone achievement of children born preterm, adjusted age is often used. Adjusted age takes into consideration that when born early, the body and nervous system has had less time during pregnancy to fully mature. Therefore, children born premature may require extra time to reach a motor milestone. Using adjusted age when assessing the motor milestones of children preterm represents the developmental status of the child would be if (s)he had been born full term.

HOW TO CALCULATE ADJUSTED AGE

OPTION A: WHEN YOUR BABY'S AGE IS DESCRIBED IN WEEKS



STEP 1: 40 weeks* - [# weeks gestational age when born] = # weeks preterm

STEP 2: [# weeks since birth] - [# weeks preterm] = ADJUSTED AGE (in weeks)

OPTION B: ONCE YOUR BABY'S AGE IS DESCRIBED IN MONTHS



STEP 1: 40 weeks* - [# weeks gestational age when born] = [# weeks preterm]

STEP 2: [# weeks preterm] ÷ 4 = [# months preterm]

STEP 3: [# months since birth] - [# months preterm] = ADJUSTED AGE (in months)

*40 weeks gestation represents a full term pregnancy

EXAMPLE

A CHILD BORN AT 32 WEEKS IS NOW 10 MONTHS OLD

USING OPTION A (WEEKS):

STEP 1: 40 - 32 = 8 weeks preterm

STEP 2: **40 - 8 = 32 WEEKS

ADJUSTED AGE

** (10 months old x 4 weeks/month = 40 weeks since birth)

USING OPTION B (MONTHS):

STEP 1: 40 - 32 = 8 weeks preterm

STEP 2: 8 ÷ 4 = 2 months preterm

STEP 3: 10 - 2 = 8 MONTHS

ADJUSTED AGE

Therefore, when looking at motor milestone charts for this child, motor development would be compared to that of children age 32 weeks/8 months (rather than 10 months)

USING ADJUSTED AGE

- Adjusted age is often used until for the first year, however it can be used up to 2-2.5 years of age.
- Always talk to a qualified health professional about how to use adjusted age and for how long, as the development of each child is unique!



Sources used in the creation of this infographic include the following:

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