

The guide is not intended to serve as medical advice or to substitute for consultation with a US health care professional. Always talk to your doctor if you have any health care related questions or concerns.

## How to take care of me

Hi, my name is \_\_\_\_\_!

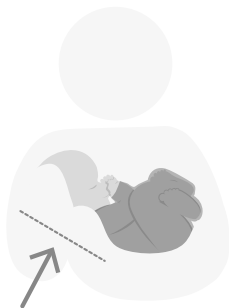
My favorite toy is \_\_\_\_\_ and favorite song is \_\_\_\_\_.

I have a genetic condition called achondroplasia that affects the way my bones grow. Just like any other baby, I need cuddles, lullabies, and stories. I also need some special care to help keep me safe.

I may not be able to hold my head up on my own, so **my head and neck must be supported** until I turn one year old. If my head is not properly supported, it can flop forward and cause potentially serious breathing problems. **My back must be kept flat and supported, too.** This may help prevent my spine from becoming curved, which could cause medical problems when I am older.

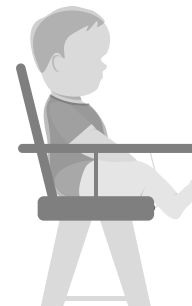
### When caring for me, please follow these medical guidelines:

#### Support my head and neck, always



- When holding me, place your hand behind my head and neck for support
- When I'm in a car seat or stroller, use a neck roll to support my head and do not allow me to sleep unattended
- Avoid putting me in a jumping device or doorway bouncer

#### Keep my back straight and supported



- Use a high-chair, infant seat, or stroller with a hard back
- Avoid putting me in an unsupported sitting device (like an umbrella stroller or soft fabric seat) or a baby sling

### Please keep an eye out for the following symptoms, which could mean I need to be seen by a medical professional:

- Choking or gagging during feeding
- Weakness or floppiness
- Asymmetrical reflexes
- Leg spasms
- Bulging or hard "soft spot" on head
- Irritability or tiredness

**If I am unresponsive and not breathing, please call 911 and follow their instructions.**

Thank you for keeping me safe!

**References:** 1. Pauli et al. *Orphanet Journal of Rare Diseases*. 2019;14(1):1–49. 2. Hoover-Fong J, et al. *Pediatrics*. 2020;145(6):1–19. 3. American Red Cross. Child & baby CPR. <https://www.redcross.org/take-a-class/cpr/performing-cpr/child-baby-cpr>. Accessed 7 Feb 2024.