

## Baby MOT

### A Paediatric Physiotherapy Check-up

**What is a Baby MOT?** A Baby MOT is a comprehensive physical examination of your little one from head to toe. We assess your baby's symmetry, movements, and more to ensure they're on the right track.

**Why Consider a Baby MOT?** Birth can be a challenging experience for babies as they transition from the comfort of the womb to the outside world. Many babies experience stiffness, tension, and trapped wind, which can cause discomfort and fussiness. A Baby MOT helps identify these issues early on, setting your baby up for a smoother start.

#### What Will You and Your Baby Gain?

- Reassurance & Education: A detailed check of your baby's head shape, asymmetry, hip and foot alignment, and overall muscle tone.
- Practical Tips: Guidance on promoting your baby's gross motor development.
- Confidence: Learn how to provide the best experiences and opportunities for your baby's growth and well-being.

#### Who is the Baby MOT For?

- New parents seeking peace of mind.
- Parents concerned about their baby's movements or noticing differences compared to other babies.
- Families wanting to support their baby's healthy development and transition into the world.

#### Details:

- Duration: 45 minutes
- Cost: 650 AED
- Suitable age: Babies up to 6 weeks old

Give your baby the best start with a thorough Baby MOT. Book your session today!