

## MOTHER AND CHILD HEALTH HISTORY

Studies show a link between learning and behavior disorders and the early health history of either mother or child. Signs of a brain deficiency can show up early—and more and more evidence suggests that in some if not most children, it begins even before they are born. This is especially true of a right brain deficiency. Many clues can be found when looking back at your child's development history and your own health history and pregnancy. Go through these lists. You don't have to write anything down or keep a tally. However, check off those that apply for your own records. It is just one more assessment that will help you determine if your child has FDS and if it is due to a left or a right brain delay.

### ► *Mother's and Child's Health Profile*

#### PREGNANCY

- Difficulty getting pregnant or one or more miscarriages
- Complications during pregnancy
- Fertility drug use
- Flu or other infection
- Gestational diabetes

#### PRENATAL

- Age thirty-five or older
- Overweight or obese
- Autoimmune disease
- History of allergies and immune deficiencies, chronic fatigue, or fibromyalgia
- Thyroid dysfunction
- Possible exposure to toxic chemicals or pesticides

#### BIRTH

- Breech presentation
- Cesarean section
- Forceps delivery
- Oxygen deprivation
- Bruising or swelling about the head and neck
- Induced labor

**BIRTH TO AGE ONE**

- Colic and other digestive problems
- Alternate chronic constipation and diarrhea
- Spitting up (reflux) or projectile vomiting
- Pyloric stenosis (stomach obstruction)
- Allergies and/or asthma
- Thrush (yeast infection)
- Eczema at birth that got worse
- Chronic ear infections that were aggressively treated with antibiotics
- Reactions to immunizations
- Sleep disturbances
- Hypotonia (low muscle tone)
- Possible sensory deprivation

**AGES ONE TO TWO**

- Allergic symptoms: constant runny nose, red ears, puffy eyes
- White bumps on skin
- Increasing hyperactivity
- Strabismus (lazy eye), possibly nystagmus (involuntary shaking of the eyes side to side)
- Regression in milestones around age two

**AGES TWO TO THREE**

- Delayed or abnormal crawling, or skipped stages of crawling before walking
- Clumsy or floppy movements
- Toe-in foot or knock-kneed
- Lisp in speech

**CHILD'S DIET**

- Increasingly limited diet due to strong likes and dislikes
- Preference for foods containing wheat and dairy
- Preference for milk and cereal or a bagel with cream cheese for breakfast
- Preference for grilled cheese sandwiches for lunch
- Preference for pizza or pasta for dinner or secondarily chicken nuggets
- Snacks on raw carrots
- Loves eating French fries