



### **How to Correct Your Baby's Age for Prematurity**

It is necessary to adjust your expectations for your baby's development when they are born prematurely. One way to do this is to use your baby's "corrected" or "adjusted" age, instead of his/her chronological age, when assessing their developmental skills.

For example, if your baby was born at 32 weeks or 8 weeks early ( $40-32=8$ ), then you must subtract those 8 weeks/2 months from their chronological age to get their adjusted age. So if this former 32 week infant was now 6 months old, his/her adjusted age would be 4 months. Most premature babies will act like their adjusted age for at least the first year. Generally, you stop adjusting your baby's age when they reach 2 years of age. The table below will help you calculate your baby's adjusted age. Please feel free to ask your baby's nurse or the physical therapist if you have any questions.

40 weeks  
-        weeks (age of your baby when they were born)  
  
      weeks or        months early

Subtract this answer from your baby's chronological age to get his/her adjusted age.

### **Rehabilitation Services Department**

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