

Worried about your child's development?

Have you been noticing that your child is having problems in activities such as walking, talking, communicating, and playing?

Is your child's growth not similar to other children of the same age?

If yes, your child might have a:

## DEVELOPMENTAL DELAY

Let us help you know what you can do.

## What is child development?

**Development is a process where babies and children explore, learn, and grow into becoming adults.**

As they develop, babies and children usually learn skills such as making eye contact, saying their first words, playing with toys, taking their first steps, and others.

These skills are known as 'developmental milestones' and usually happen at fairly predictable ages.

## What is delay in development?

**Developmental delay is defined as major delay in the child's development in 1 or more of the following areas:**



**Motor skills:** moving, manipulating objects with their hands, etc.



**Language and communication skills:** understanding and using the language.



**Social skills:** interaction with other persons.



**Cognitive skills:** thinking, learning, and understanding.

Although not all children develop at the same pace,

**when a child is much slower in reaching one or more of these milestones, developmental delay is suspected.**



## What are the factors that affect development?

Many factors influence child development, the most important ones are:

### Biological

health problems, hearing and visual problems

### Nutritional

malnutrition



### Environmental

poor child care, exposure to violence, poor child stimulation

### Emotional

maternal depression, loss of a parent

## Can developmental disorders be treated?

Yes  No

**Many causes of developmental delay can be effectively prevented and managed, even cured.**

Although some biological problems cannot be cured such as developmental disorders (autism, down syndrome), every child can improve with appropriate help.

### How are they treated?

Treatment depends on the type of delay.

**If you think your child has a developmental disorder, seek help immediately. Early intervention is key, talk to your health care provider.**

## How you can help your child?



Care for your child's physical health and commit to periodical medical visits and vaccinations.



Include your child in every day activities, starting with simple tasks.



Promote your child's independency.



Establish routines for eating, playing, learning, and sleeping.



Protect your child from any form of maltreatment whether at home or in school.



Play and talk to your child as much as possible.



Focus on your child's strengths, not his/her weaknesses.



Praise your child for trying to learn new things.



Avoid negative labels or name-calling.



Do not use threats or physical punishments when the child's behaviour is problematic.



## What are the benefits of visiting a healthcare provider?

The healthcare provider can:

- help you identify warning signs early (large difference in skills compared to the child's peers, losing skills that the child had gained...).
- screen the child for other medical conditions.
- help you manage the condition.
- give you the skills needed to support the child.
- refer you to mental health specialists who can help you further, if needed.



### Questions:

If you have any questions, write them down below in order to discuss them with your health care provider during your next visit:

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