

Back

Cover



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\*A unit of Alps Hospital Pvt Ltd.

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# Max Child Development Clinic



**Max  
Healthcare**

Caring for you... for life

## Children with Special Healthcare needs

Did you know that there are around 70 million people with emotional and / or physical disabilities in India? One in three of them are children.

A human being undergoes a series of systematic changes from birth to adulthood. The two significant stages that show maximum growth and maturation in a child's life are:

### Stage 1: Child Development - from birth to 5 years of age

This period sees the maximum cognitive (the process of acquiring knowledge through thought, experience and senses) and motor development that ensures normal physical and mental behaviour for the rest of one's life. The brain grows rapidly and reaches 90% of its adult potential by the age of five years.

This phase sees the development of our ability to learn, remember, use ideas, develop skills to communicate, academic skills like reading and arithmetic and to physically take care of oneself (walk, run, defend).

### Stage 2: Adolescent Development - from age 11 years to 18 years

This period is the stage of sexual maturation that establishes reproductive functions through the release of specific hormones in the body.

Adolescents experience physical development that includes rapid gain in height and weight, development of brain and secondary sex characteristics. These are: growth of pubic hair, menarche (first menstrual period for girls) or penis growth (for boys), voice changes (for boys), growth of underarm hair, facial hair (for boys), increased production of oil, increased sweat gland activity and the beginning of acne. (For details, refer to our brochure on Max Adolescent Clinic).

**B. Follow-up Programmes:**

To improve and optimise the developmental potential of the child, he / she may be required to come for Follow-up therapy. The follow-up therapy involves consultations with the Developmental Therapist / Developmental Paediatrician / Speech Therapist / Special Educator over a period of two three months.

**C. Home-Plan Programme:**

This programme will provide support to families who are unable to come for a regular Follow-up therapy / repeated evaluations, as and when necessary. The parent and caretaker is provided special training for the basic management and care of the child.

**D. Continuing Treatment Module:**

The programme will provide continued treatment for children who would require additional consults with one or more specialists, going beyond the Follow-up therapy.

## Care and support

Last, but not the least, do not let therapy and medical care take over your life. Seek out other parents whose child may have problems similar to those of your own child. Most importantly, trust your own instincts about your child and what is best for him or her. Your child possesses immense potential to learn and acquire an amazing number of skills. All you need to do is to understand and nurture him / her into a self-reliant individual.

## What is Developmental Disability?

Any process that affects the normal growth or maturation of a human being can result in a development disorder / disability. Some children with delayed development are eventually able to catch up; however, those who are not able to do so (in comparison to their peer group) may be diagnosed as having delayed development.

## Causes of Development Delay

The possible causes of delayed development could be metabolic (such as hypothyroidism), genetic errors (such as Down's Syndrome and Fragile X) or pre-natal viruses (Rubella). It can also be related to infection or injury during the birth process, premature birth, breathing problems or brain injury after birth.

Sometimes, delayed development can be result of physical abuse, severe neglect or lack of opportunity to learn. Children who have other disabilities (cerebral palsy, hydrocephalus, seizures etc.) may also have delayed development and / or mental retardation.

The child has difficulty in learning, remembering and using ideas and skills. This affects not only the ability to learn academic skills such as reading and doing arithmetic, but also the ability to perform normal functions in everyday life, such as communicating with others to caring for oneself.

## Parents and their Role

Parenting such a child is often stressful and demanding. Parents are often the first to suspect that their child has developmental problems. These problems are sometimes even observed during a medical examination. Your family doctor / Paediatrician will prefer to watch the child over a period of time or may refer the child to a Specialist for further examination and evaluation.

## Role of Early Intervention

Developmental support or 'early intervention' is very important for children with development delays or mental retardation. These services include physical therapy aimed at improving motor abilities, posture, balance and coordination. In addition, speech, play therapy, vision and hearing training and pre-school activities adapted to the needs of the child are provided. Most importantly, support or intervention services give children self-confidence and help them to face future challenges successfully.

## Max Child Development Clinic is for:

All children, from newborns to 10 years of age, with the following problems:

1. Attention Deficit Hyperactivity Disorders (ADHD): One of the most common psychiatric disorders that appears in childhood. The child cannot stay focused on a task, cannot sit still, acts without thinking and rarely finishes any work.
2. Autism: A broad spectrum of disorders that affects thought, perception and attention. If an infant does not cuddle, make eye contact, respond to affection and touching or has abnormal responses to a combination of senses such as hearing, balance, smell, taste and reaction to pain, it is a matter of concern.
3. Cerebral Palsy: A term used to describe a medical condition that affects the control of the muscles, which could be because of an injury to the brain. The child may not be able to walk, talk, eat or play in the same way as most other kids do.
4. Mental Retardation: The child has certain limitations in mental functioning and skills such as communicating and taking care of himself / herself. The child may take longer to speak, walk and take care of their personal needs such as dressing or eating.
5. Emotional and Behavioural Disorders: The child may recognise that he / she is behind other children of his / her own age. Some may become frustrated, withdrawn or anxious or act 'bad' to get the attention of other youngsters and adults. The child may become depressed.
6. Learning Disabilities: A disorder that affects the child's ability to either interpret what he / she sees and hears or to link information from different parts of the brain. Learning disabilities can affect one's ability to read, write, speak or solve arithmetic problems and can impede social skills.
7. Speech & language Disorders: These refer to problems in communication. The child is unable to understand or use language. The causes of speech and language disorders include hearing loss, neurological disorders, brain injury, mental retardation, drug abuse and physical impairments such as cleft lip or palate.

## Max Child Development Clinic

A child with developmental disabilities needs a comprehensive evaluation and the involvement of a team specialising in various related disciplines.

The clinic provides a comprehensive evaluation of the child followed by developing a customized programme.

The Clinic offers the following services:

### A. Initial Assessment Programme

### B. Follow-Up Programmes

### C. Home-Plan Programme

### D. Continuing Treatment Module

A. The Initial Assessment Programme consists of the following:

- *Consultation with the Developmental Paediatrician:* To do a complete and detailed assessment of the child.
- *Consultation with the Psychologist:* To assess the reasons for poor scholastic performance and behavioural problems
- *Pure Tone Audiometry by the Audiometerist:* Screening to rule out any hearing loss.
- *Eye Consultation:* Evaluation of retinopathy, refractive errors, squint and others visual problems.
- *Consultation with the Speech Therapist:* To diagnose and treat speech and language disorders.
- *Consultation with the Developmental Therapist:* Assess the physical development of the child.
- *Consultation with the Special Educator:* Provide stimulation programmes and group interactions that enhance the mental development of infants, toddlers and young children.
- *Review Consultation with the Paediatrician:* For specific recommendations, follow up therapy and medications, where required.