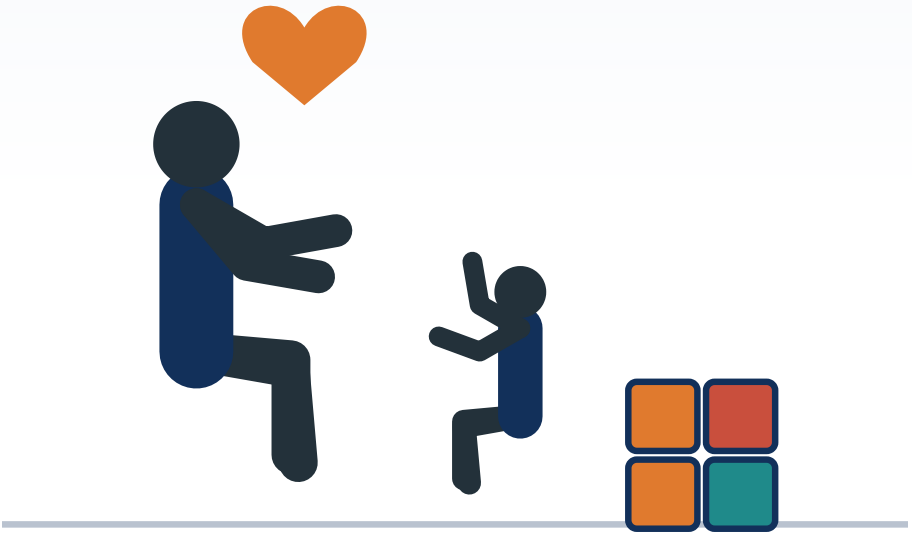
From birth to 18 years

Your Child's Growing Brain



Dr Anand Diwan

Consultant Neurologist · Adults & Children
Brain, spine, nerve & muscle specialist

MBBS, DNB (Neurology) · MMC Reg. No. 88279

Narayani Hospital **0253 2224411**
Dr Anand Diwan Neurology Clinic **0253 2472111**

Scan to book your appointment

Conditions treated at our clinic

- Epilepsy and seizures (fits)
- Stroke and paralysis
- Migraine and frequent headache
- Vertigo, giddiness, loss of balance
- Parkinson's disease, tremor, slowness
- Memory loss, dementia
- Neck and back pain, sciatica, spondylosis
- Numbness, tingling, nerve pain (neuropathy)
- Muscle weakness (myopathy)
- Head injury after an accident
- Sleep problems
- Children: seizures, developmental delay, slow walking or talking

Tests at Narayani Hospital, under one roof

EEG · Video EEG · EMG / NCS · VEP · BERA · VNG (vertigo test) · CT brain · CSF test · All blood tests

Not everyone needs tests. When they are needed, Dr Diwan explains which ones and why.

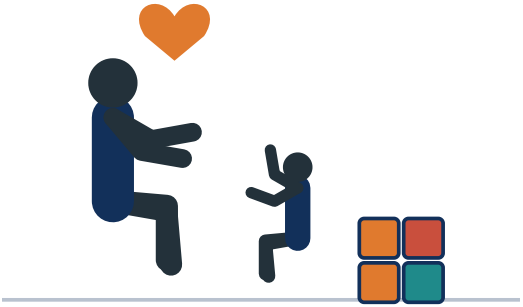
The first 1000 days matter most

From pregnancy to the age of 2, the brain grows faster than at any other time – over a million new connections every second.

What helps in these days

- Mother's nutrition, iron, folic acid and iodised salt in pregnancy
- Breastfeeding for the first 6 months
- Vaccinations on time
- Talking, singing, smiling and playing with the baby
- Loving, responsive care – reply when the baby babbles

0–5 years: play is learning



- **Talk** all day – name things, describe what you are doing
- **Read aloud** picture books from 6 months
- **Play** – blocks, clay, drawing, outdoor play
- **No screens** below 2 years; under 1 hour for 2–5 years
- **Sleep** – 10 to 14 hours including naps
- Let the child try, fall and try again

6–12 years: school age

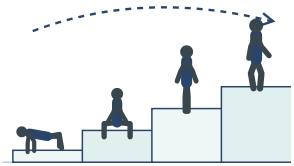
- 9–12 hours of sleep – a tired brain cannot learn
- At least 1 hour of outdoor play or sport daily
- Breakfast before school
- Encourage reading for fun, not only for exams
- Praise effort; avoid comparing with others
- Watch for learning problems – reading difficulty, poor attention

> A child who is 'bright but weak in studies' may have dyslexia or ADHD. Early help works.

13–18 years: the teenage brain

The emotional part of the brain matures early, but the 'brakes' – the front part that controls judgement – mature only by about 25. That is why teenagers take risks.

- 8–10 hours of sleep; phones out of the bedroom at night
- Helmet and seat belt every time
- Say no to tobacco, alcohol and drugs – they harm the developing brain
- Talk openly; listen without judging
- Watch for low mood, withdrawal or sudden fall in marks



When to see a doctor

Warning signs at any age

- Not reaching milestones on time (sitting, walking, talking)
- Losing skills already learnt
- Fits, blank spells or unusual movements
- Very large or very small head size
- Poor eye contact or no response to name
- Frequent headaches, especially with vomiting
- Big change in behaviour or school performance

Remember

- Every child develops at a different pace – but early checking is always better than waiting.

Appointments

Monday to Saturday · Closed on Sundays

Narayani Hospital

Consultation, tests & admission

Shree Vallabh Nagar, behind Chaan Hotel, near Mumbai Naka, Nashik 422009

Consult 11 am – 3 pm · Tests 10 am – 5 pm

Hospital open 24 hours for emergencies

0253 2224411

Dr Anand Diwan Neurology Clinic

Evening consultation

11 Yashika Plaza, near Satyam Sweet, Govind Nagar, Nashik 422009

Consult 6 pm – 8 pm

0253 2472111

Scan to book your appointment

Or book on WhatsApp

83900 00385 · 93702 54026

WhatsApp is for booking appointments only.

narayanihospitalfrontdesk@gmail.com

www.diwanneurology.com

Read more online

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This booklet gives general information and does not replace medical advice. In an emergency, go to the nearest hospital.