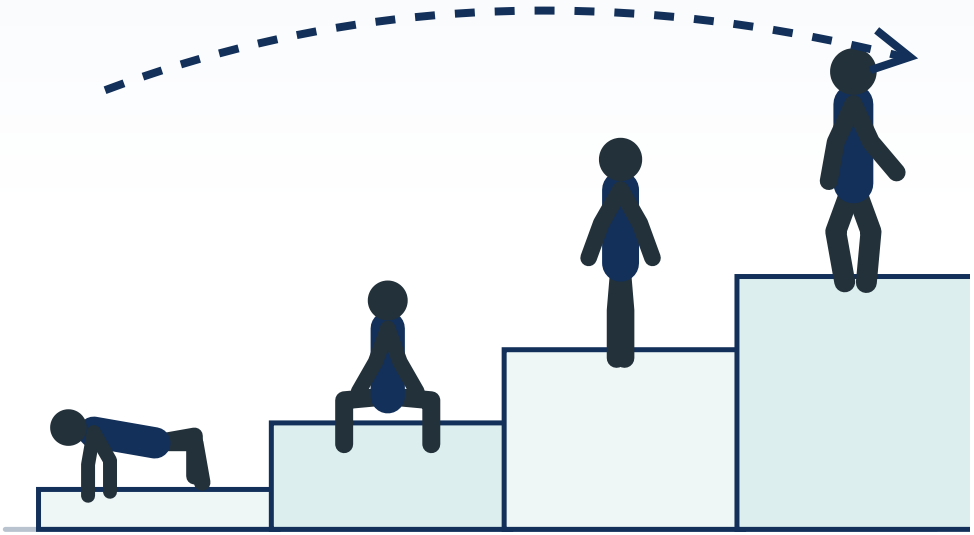
and associated problems

Developmental Delay



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

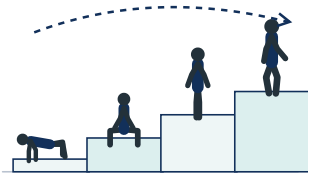
EEG · Video EEG · EMG / NCS · VEP · BERA · VNG (vertigo test) · CT brain · CSF test · All blood tests

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

What is developmental delay?

Every child learns skills step by step – holding the head, sitting, walking, talking, playing and understanding. These are called **milestones**.

When a child is clearly late in reaching milestones compared with other children of the same age, it is called **developmental delay**. When two or more areas are late (for example walking and talking), it is called **global developmental delay**.



In older children, if learning and daily skills stay below age, it is called **intellectual disability**. About 2 in 100 children are affected.

Areas of development

- Movement – head control, sitting, walking
- Hand skills – holding, picking small things
- Speech and understanding
- Social – smiling, playing, mixing
- Self-care – eating, dressing, toilet

Why does it happen?

Before birth

- Genetic conditions (Down syndrome, Fragile X and others)
- Infections in pregnancy
- Iodine deficiency, low thyroid
- Alcohol or some medicines in pregnancy
- Problems in brain formation

Around birth

- Premature birth
- Baby did not cry at birth (lack of oxygen)
- Severe jaundice, low sugar, infection

After birth

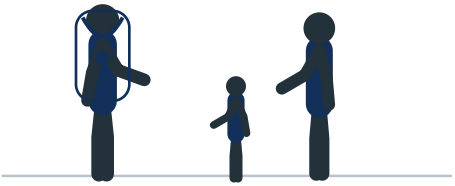
- Brain fever (meningitis, encephalitis)
- Head injury, uncontrolled fits
- Severe malnutrition, lead poisoning

> In many children no clear cause is found even after tests – but therapy still helps a lot.

Prevention – what can be done

Prevention

- Iodised salt and regular check-ups in pregnancy
- No alcohol or tobacco in pregnancy
- Thyroid test for every newborn
- Vaccinations on time



Milestone chart

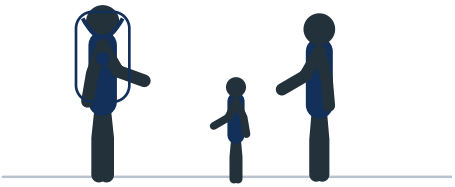
Age	Most children can
3 months	Hold the head, smile at mother
6 months	Roll over, reach for toys, babble
9 months	Sit without support, respond to name
12 months	Stand with support, say mama / papa, wave bye
18 months	Walk alone, say a few words, point
2 years	Run, join 2 words, follow simple commands
3 years	Climb stairs, speak short sentences, play with others

Warning signs – see a doctor

- No head control by 4 months
- Not sitting by 9 months
- Not walking by 18 months
- No words by 16 months; no 2-word sentences by 2 years
- Body too stiff or too floppy; uses only one hand
- **Losing skills already learnt – URGENT**

How is it diagnosed?

The doctor asks about pregnancy, birth and family, examines the child, measures the head size and checks growth.



- **Eye and hearing tests** – for every child
- **Genetic tests** (chromosomal microarray, exome sequencing) – find the cause in many children
- **MRI brain** – shows the structure of the brain
- Thyroid and metabolic tests – when needed
- EEG – if there are fits or loss of skills
- Developmental / IQ assessment by a psychologist

> Finding the cause helps plan treatment, know what to expect, and plan the next pregnancy.

Treatment

Early intervention
Start therapy as early as possible – the young brain learns fastest.

Physiotherapy
For head control, sitting, walking and stiffness.

Speech therapy
For speech and understanding, and for chewing and swallowing.

Occupational therapy and special education
For hand skills, daily activities and learning at the child's own pace.

There is no single medicine to cure delay. But some causes (such as low thyroid and some metabolic diseases) are treatable, and other problems that come with delay need treatment.

What parents can do

- Do the therapy exercises at home every day
- Talk, sing and play with your child a lot
- Avoid mobile / TV for small children
- Celebrate every small step forward

Other problems that may come with delay

Fits (epilepsy)
Common – in up to half of these children. Regular medicines control most fits.

Stiffness (spasticity)
Tight muscles, as in cerebral palsy. Helped by physiotherapy, splints, medicines and Botox injections.

Feeding and swallowing
Coughing or choking while eating, poor weight gain. Needs feeding advice; sometimes a feeding tube.

Acidity and constipation
Very common. Treated with diet, water and medicines.

Sleep and behaviour
Fixed bedtime routine helps sleep. Sudden crying or irritability in a child who cannot speak may be due to pain.

Bones and hips
Hips can slip out and the spine can bend – regular X-ray checks. Calcium, vitamin D and standing keep bones strong.

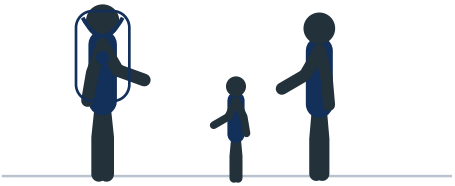
When to see the doctor

Go to hospital immediately if

- A fit lasts more than 5 minutes, or fits come one after another
- Choking, or difficulty in breathing
- High fever with drowsiness or unusual sleepiness
- Child stops eating or drinking
- Sudden loss of skills already learnt

Bring to your visit

- Previous reports, scans and prescriptions
- List of medicines the child takes now
- School notebooks, report card and teacher's remarks
- Short mobile videos of the problem (fits, behaviour, walking)
- Birth and vaccination records



Progress diary

Write down changes every week and show this page at each visit.

Date	What we noticed / changes	Therapy / medicine

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

Dr Anand Diwan · MBBS, DCH, DNB (Pediatrics), DNB (Neurology), PGDDN · MMC Reg. No. 88279

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