

Early Intervention Program – Rehabilitating Children with Special Needs

(Progress report–July2021)

While “**Early**” refers to the nascent and most critical period of a child’s growth (**0-3yrs**), “**Intervention**” means giving impetus to a child to experience, explore and interact with its atmosphere. Early Intervention (EI) services are **special services** for infants and toddlers with developmental disabilities or at risk of developmental disabilities.

With Sarthak’s proper Early Intervention tools the total center wise enrollments for July’21;
West Delhi Center:33 Ghaziabad Center:22



Mustafa-Sarthak Early Intervention Ghaziabad Center



Mustafa Khan is a 1.4-year-old child with developmental delay. He started growing with Love and cares in his family as he is the only child of his parents. His birth history reveals that he was born with preterm cesarean delivery with a low birth weight of 1.8 kg. He had an immediate birth cry. He got enrolled in sarthak early intervention center with presenting complaint of; he does not stand and walk independently. Doctor suggested his parents take therapies so it will help the child in their normal development. At the beginning his family didn't know how to take care for the child, how they would teach the child to live with their problem. His family was very tense and depressed. His family came to know about sarthak from a secondary source of mobilization. He got enrolled in Sarthak Early Intervention Centre once registration was done. He was taken for occupational therapy. Parental counseling was done and

suggested for therapy sessions to overcome her problems as early as possible and to achieve their milestones. After continuing therapies, he can stand without support and do walking with minimum support. Early intervention program services help young children with special needs to learn motor skills and other important skills of daily life. Research shows that early intervention services can greatly improve a child's development. His family is very happy to see such improvement and achievement and give thanks to sarthak. His mother is overwhelmed by the child progress and shared his experience that it is wonderful to associate with sarthak the constant team guidance and support help parents overcome child related challenges and make them understand the child's condition.

Divyansh– Sarthak Early Intervention Ghaziabad Center



Divyansh is a 2-year-old child with developmental delay. He lives in a middle-class family with his parents. He got enrolled in sarthak early intervention center with chief complaints of the child not sitting independently, not speaking, poor hand function, and drooling present. After therapist observation and assessment his presenting complaints are, he does not sit independently, poor hand function, core muscle weakness, increased muscle tone, difficulty in speech, poor sitting dynamic balance, drooling present. His birth history reveals that he was born with pre term normal vaginal delivery with normal birth weight. He had delayed birth cry. He had slow growth, had poor motor functions. He had a history of neonatal seizures. Doctor suggested his parents take therapies so it will help the child in her normal development. At the beginning his family didn't know how to take care for their child, how they would teach the child to live with their disability.

His family was very tense and depressed. He got enrolled in Sarothak Early Intervention Centre once registration was done. He was taken for occupational therapy and speech therapy. Parental counseling was done and suggested for therapy sessions to overcome his problems as early as possible and to achieve their milestones. After continuing therapy, he is improving day by day. As his mother said that his hand function is improving, start to hold the small objects in hand, muscle tightness is reducing and muscle strength is also improving, also improving his sitting balance. Early intervention program services help young children with special needs to learn motor skills and other important skills of daily life. Research shows that early intervention services can greatly improve a child's development. Due to COVID-19 impact online sessions are being conducted and regular follow-ups are done to train his mother for exercise. His family is very happy to see such improvement and achievement and give thanks to sarothak.

Kavya Tiwari – Early Intervention Ghaziabad Center



Kavya Tiwari is 6 years 11months old girl diagnosed with Mental Retardation. Her birth history reveals that she was a full term born baby with normal delivery and had a history of delayed birth cry as she suffered from respiratory distress syndrome all her developmental milestones were delayed. Her mother was very tense and stressed when she first came to know about the child's condition and got emotionally broken about how to care for the child. Earlier she was taking her to government hospitals for therapies but due to COVID pandemic it all stopped now Kavya just

stays at home, no therapies, issues with her were increasing day by day and managing her was getting difficult. One day her mother received a call from sarothak and during initial rapport she was told about the early intervention unit and the multiple therapies offered by the center. Without any second thought her mother agreed upon and looks forward to the session. Once all her preliminary investigations were obtained, the therapist counseled the mother about the child and various strategies to engage the child in a meaningful way thus enhancing her learning and skills for routine activities. Weekly follow-ups through online mode were conducted with mother to train so that with ease she could carry out activities at home. At present the child's attention skill has improved, sitting span has improved; she is able to sit for a period of 10-15 minutes and pays attention to the task given at hand. Also improved motor functions like being able to sort and coloring identify body parts like eye, nose, ear and head. Looking at the child mother she is happy and delighted that therapies are helping her to develop and gain maximum independence.

Early Intervention at Sarothak

During the first three formative years of an individual's life most of the cognitive, communicative, social and emotional developments take place. Thus, in the case of any developmental delays, this period is the best for introducing interventions so that the child can be facilitated and supported to achieve normal growth. Sarothak aims to approach the families with disability history and aims to eliminate or minimize is in the first place.

Home Based Activities for Parents of Children with Special Needs

To Improve motor skills of the child – Tearing and Pasting

https://www.youtube.com/watch?v=U6iSdLXnD_8

To Improve the responding actions of the child – Gym Ball Pressure

<https://www.youtube.com/watch?v=nzt2i4KBrPc>

To improve speech –Deep Pressure

<https://www.youtube.com/watch?v=S0wI28KpTvQ>

Early Intervention Strategies

Appropriate intervention strategies in India are a big challenge for people with disability, which is why Sarothak is aimed towards carrying an equal stature for persons with disability by providing them a platform from the initial years, wherein they have equal access to opportunities and resources. It also gives support through different allied activities namely guest lectures, alumni meet, exposure Visits and parent interaction sessions that aims at a holistic development of the child. Here are a few glimpses of the allied activities at Sarothak.

CALL FOR ACTION

Sarthak is running this program to prevent, identify and then eliminate the disabilities that are the biggest barrier to inclusion. Let's work towards ensuring that all the children enter school, equipped with the skills they need, to succeed. Let's work towards empowering persons with disability.

For more information, reach out to Sarthak Early Intervention Center:

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Link for Donation - sarthakindia.org/donation.php

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