

Early Intervention Program – Rehabilitating Children with Special Needs

(Progress report – June 2021)

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. Sarthak encourages their overall development, enhances their abilities to the fullest and empowers them to circumvent their disability. It builds on the strengths of the child and trains parents using early intervention strategies to equip them to serve their child’s special needs. With the pestilence, some immediate measures included shifting teaching process online on an unprecedented scale, conducting online therapies using technology. Sarthak’s team transformed its **online teaching methods** and is super pumped to provide services. The online therapy sessions are engaging and fruitful, it includes **networking with parents** and **mapping of their child’s disability**.

With Sarthak’s proper Early Intervention tools the total center wise enrollments for May’21;
West Delhi Center: 42 Ghaziabad Center: 50



Jenab - Sarthak Early Intervention Ghaziabad Center



Jenab Khan is a 2 year old child who is diagnosed with cerebral palsy. Child lives in a middle class family with his parents. He got enrolled in sarthak early intervention centre with chief complaints of the child not sit independently, not speaking, poor hand function, and not holding his neck properly. 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. His birth history reveals that he was born with full 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; he was kept in NICU for 20 days. 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 of their

child, how they would teach the child to live with their disability. His family was very tense and depressed. He got enrolled in Sarthak 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. Early intervention program services help young children with special need 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.

Vasu Pal – Sarthak Early Intervention Ghaziabad Center



Vasu Pal is a 2.10 year old child who is diagnosed as a developmental delay child and lives in a middle class family with their parents. He was 2.8 year old when got enrolled in a sarthak early intervention centre with chief complaints of a child who does not stand and walk independently, does not speak, and has poor hand function. After therapist observation and assessment his presenting complaints are, he does not stand and walk independently, poor hand function, core muscle weakness, increased muscle tone, difficulty in speech, poor sitting dynamic balance. His birth history reveals that he was born with Preterm C-section delivery with normal low birth weight. He had delayed birth cry. He had slow growth, had poor motor functions. 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 of their child, how they

would teach the child to live with their disability. His family was very tense and depressed. With the help of Early Intervention Therapies, Vasu has shown tremendous improvement. His family has expressed their deepest gratitude for Sarthak.



Doraksh - Early Intervention West Delhi Center

Doraksh is 7 years old with Cerebral Palsy, his birth h/o reveals he was born preterm baby, low birth weight, delayed birth cry with normal delivery; child had h/o neonatal jaundice. His developmental milestones were delayed. His parents were very worried about the child's body tightness in legs, and the child has academic issues. They consulted with sarthak and suggested occupational therapy and special education. Due to COVID 19 impact, he got associated with Sarthak, enrolled occupational therapy and special education after taking detailed case history, and noted chief complaints according to his parents. Occupational therapists start with goals to reduce tightness, To improve muscle

strength, To improve weight bearing, To improve walking and lastly special educators start work on improving writing skills and improve in academics. Gradually with telephonic and online sessions the child has started improving and currently the child is able to give attention during activity, now the child is able to slightly improve in walking and the child gets slightly improved in muscle strength. Now the child is able to understand things and slightly improved writing skills. Looking at his sudden changes, his parents have regained the faith that therapy is an important aspect of the child's routine.

Early Intervention at Sarthak

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. Sarthak aims to approach the families with disability history and aims to eliminate or minimize risk in the first place.

Sarthak family is extremely grateful to **Crocs and Info edge** for being prominent funding partners and marching ahead in unison.

Home Based Activities for Parents of Children with Special Needs

To Improve motor skills of the child – Trampoline Exercise

[youtube.com/watch?v=drWGCOFxqts](https://www.youtube.com/watch?v=drWGCOFxqts)

To Improve the responding actions of the child – Modeling Exercise

[youtube.com/watch?v=f4sxTdimAlk](https://www.youtube.com/watch?v=f4sxTdimAlk)

To improve speech – Tongue Movement Exercise

<https://www.youtube.com/watch?v=vIkIOE5Farc>

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

Sarothak 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 Sarothak Early Intervention Center:

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Link for Donation - sarthakindia.org/donation.php

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