

## Early Intervention Program – Rehabilitating Children with Special Needs

(Progress Report- January 2022)

Early intervention caters to age group of **0-12 years** of child. **0-3 years** are the formative years of an individual life so if any intervention required, we can give as early as possible.

It has three stages **Early Prevention** wherein we aware through anganwadi workers to the pregnant women and their families of the vaccine like rubella vaccination and polio drops and the nutrition intake to have to control disability to newborn.

Second stage is **Early diagnosis** wherein we diagnosis or identify any symptoms which may lead to disability assessing the developmental delay and growth.

Third stage is **Early intervention** wherein we intervene through various therapy like speech, behaviour, occupational, psychologist and special educator. We have 2 early intervention centres in Ghaziabad and West Delhi and rehabilitated 2670 + children.

**With Sarthak's Early Intervention tools the total enrollments for January- 8 new special children.**



## Success stories at Early intervention Centers

### **Doraksh– Sarthak Early Intervention West Delhi Center**



Doraksh is 7 years old with Cerebral Palsy, his birth history reveals he was born as a preterm baby, low birth weight, delayed birth cry with normal delivery; child had history neonatal jaundice. His developmental milestones were delayed.

His parents were worried about child body tightness in legs, child have academic issues They consulted EI team at sarthak and they suggested for occupational therapy and special education.

During the COVID 19 period , he got associated with Sarthak, enrolled for occupational therapy and special education after taking detailed case history,

and noted chief complaint according to his parents. Occupational therapist started working to reduce tightness, to improve muscle strength, improve weight bearing , improve walking and lastly special educator starts worked on improve writing skills and improve in academics. Gradually with telephonic and online sessions child has started improving and currently child is able to give attention during in activity, now child is able to slightly improve in walking and child gets slightly improved in muscle strength. Now child is able to understand things and slightly improved writing skills. Looking at his sudden changes, his parents have regained the faith that therapy almost important aspect of child routine.

### **Manya– Sarthak Early Intervention Ghaziabad Center**



Manya is 12-year-old girl with hearing impaired. She was a full-term baby, with normal Delivery, birth cry was delayed and she had low birth weight. She also suffered from respiratory distress syndrome and meconium aspiration syndrome, neonatal seizure present at birth time. She was kept under observation in nursery for 15 days. Her developmental milestones were also delayed

Her parents complained that the child does not speak clearly and faces difficulty in academics. They consulted Sarthak EI team, speech therapy and special education were suggested.

She depends on visual cues and take help of others.

She uses hearing aids in both ears After continuous online sessions both telephonic as well as online, her responses started improving. Currently she is able to give attention during in activity now improved vocalization. She can follow commands in simple sentences from behind. She can speak in 3–4-word simple sentences too. She can recite poems and short

story in phrases and simple sentences. child is able to identify body parts and understand concept of colors. She started replying for question asked appropriately. Her speech clarity is also improved.

Parents are happy to see her change. Now she asks for her needs. They are thankful to Sarthak for their constant support and guidance.

### **Vani – Sarthak Early Intervention West Delhi Center**



Vani is 7 years old girl with developmental delay, her birth history reveals She is a pre term baby (28 weeks), with cesarean delivery, immediate birth cry was noted and the child had low birth weight (1.5 kg). She also has a history of epilepsy. Her developmental milestones were delayed. Her father is a carpenter and mother is a full time homemaker.

Her parents were very tensed and stressed, when they first time got to know about the problem. Her mother choked and got emotional while narrating the issues that her child has been facing. Parents consulted with the doctor, and they suggested therapy to achieve her developmental milestones.

Her mother came to know about the Sarthak through calling, she got the child enrolled in Early intervention at Sarthak. Our therapist took detailed case history and noted chief complaints according to her parents, and suggests for multiple therapies.

Weekly follow-ups were done with her mother and constant involvement was ensured with the child. Speech therapist started working on to improve Oro facial strengthening, to work on vocabulary, to work on phonation duration. Occupational therapists start working on to improve muscle strength, to improve weight bearing, to improve walking, to improve hand function. Later special educators started working to improve sorting skills, to make child is able to do colouring, identification of counting (1-10), identification of alphabets (a-f).

Gradually with telephonic and online sessions the child is able to pay attention during activity, child muscles are slightly strengthened, and the child is able to walk with support now. Child oro facial strengthening is slightly improved. Looking at the sudden changes, her parents have regained the faith that therapy is an important aspect of child routine.

## 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 it in the first place.

### **Home Based Activities for Parents of Children with Special Needs**

**To improve speech or communication skills – Sound Introduction & Vocalization**

<https://www.youtube.com/watch?v=0lu9cUNHZsg>

**To Improve motor skills of the child – Gross motor, balance & Co-ordination**

[https://www.youtube.com/watch?v=U6iSdLXnD\\_8](https://www.youtube.com/watch?v=U6iSdLXnD_8)

**To Improve the sensory development – Gym Ball Pressure**

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

### **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 details contact:**

011- 42004238

[ceo@sarthakindia.org](mailto:ceo@sarthakindia.org)

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