



DPT



DEVELOPMENTAL PEDIATRICS TODAY

March 2021

Monthly e-Newsletter of IAP Chapter of Neurodevelopmental Pediatrics

IAP CHAPTER OF NEURO DEVELOPMENTAL PEDIATRICS

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Inside

Editorial.....	2
Chairpersons Message.....	3
Snippets from the Secretary	4
Hearing Friendly Kerala	5
Screen time : Guidelines for parents	8
Ages Birth To 12 Years	11
Month in pics	13



Editorial

Dear Friends and respected Seniors,

Greetings from the Neurodevelopmental Chapter of IAP!

Hope you all are keeping well. The current second wave of Covid is showing higher spike in number of Covid cases than the previous wave. Now India is reporting highest number of Covid cases in the world. 1.26789 lac cases of Covid 19 were reported in India on 7th April 2021



Covid vaccination has been extended to all the people who are above 45 years age and it is being given on all days including holidays at all public and private vaccination centres. So, we need to continue to follow the precautions and encourage our friends and family to take Covid Vaccination.

IAP has started working on developing Early childhood development module with the help and advice from experts in which Dr. Samir Dalwai is playing an important role and few of our chapter members are part of the consultative group.

Important days in March include World Hearing day and 21 st March is International Downs Syndrome day. There is a writeup on hearing screen. We all have been facing the challenges of excessive screen time in children, hence there is a writeup on screen time.

The quiz addresses Downs Syndrome. We urge the fellows to send answers of the Quiz to lata2207@gmai.com .

Stay safe.

Long live IAP and our chapter!

Dr. Lata Bhat

Chief Editor



Chairperson's Message

Dear Readers,

Greetings with the colors of spring. Wishing you all Happy Holi for a fun filled healthy life !



As the earth is seen to be strewn with colors, so do we have varied individual learners around us who are trying to understand the world in neurodiverse ways with diverse potentialities. This month, as we observe Down Syndrome Day and World Hearing Day, they alert us to the special care and respect these children need



for their choices, desires and rights. Professional education is of paramount importance to meet the demand of care as we play the pivotal role in early detection and parent counselling with a life span approach. To meet these goals, universal redesigning of public health framework within the health care system, with an integrated

approach of all stakeholders at all levels is the call of the day.

This issue highlights these thoughts and we look forward to your inputs.

Happy reading,

Dr. Shabina Ahmed MD, FIAP

National Chairperson

Neurodevelopmental Pediatrics Chapter of IAP



Snippets from the Secretary

Respected Seniors and dear friends,

Seasons greetings from the IAP Chapter of Neurodevelopmental Pediatrics.

The month started with a series of academic activities and hopes of ending of the Covid19 pandemic but towards the end of the month, we are looking forward to a repeat of last year's upward spiraling of fresh Covid 19 cases with new strains of the virus all over the country. Though the vaccination drive is in full swing but it is very important for all people to strictly follow the covid 19 precautions of wearing masks and safe distancing.



The month also saw lot of action at the President's action plan of ' Early Childhood Development ' front with various meetings held in the national capital to finalize the program in the coming months. The chapter is looking forward to working in close collaboration with central IAP to make this program a success.

The chapter has started online teaching activities on every tuesday of the month as part of its fellowship program from the month of January and the activities of February received a good response from all the fellowship centers. These activities are open to all chapter members for viewing. Interested members can send a request for link to the chapter email at cdgiap@gmail.com.

March month has many important health days - World Hearing Day, International Women's Day, Down Syndrome Awareness day to name a few. We have some interesting articles and journal scan related to these topics. April month has a host of activities lined up for Autism awareness and the chapter is looking forward to a grand festival of online webinars and workshops. Let us spread the knowledge and awareness of importance of early childhood development to all.

Jai Hind! Jai IAP !

Wg Cdr (Dr) KS Multani

National Secretary

IAP Chapter of Neurodevelopmental Paediatrics



Hearing Friendly Kerala – The Success Story The Ernakulam District Model

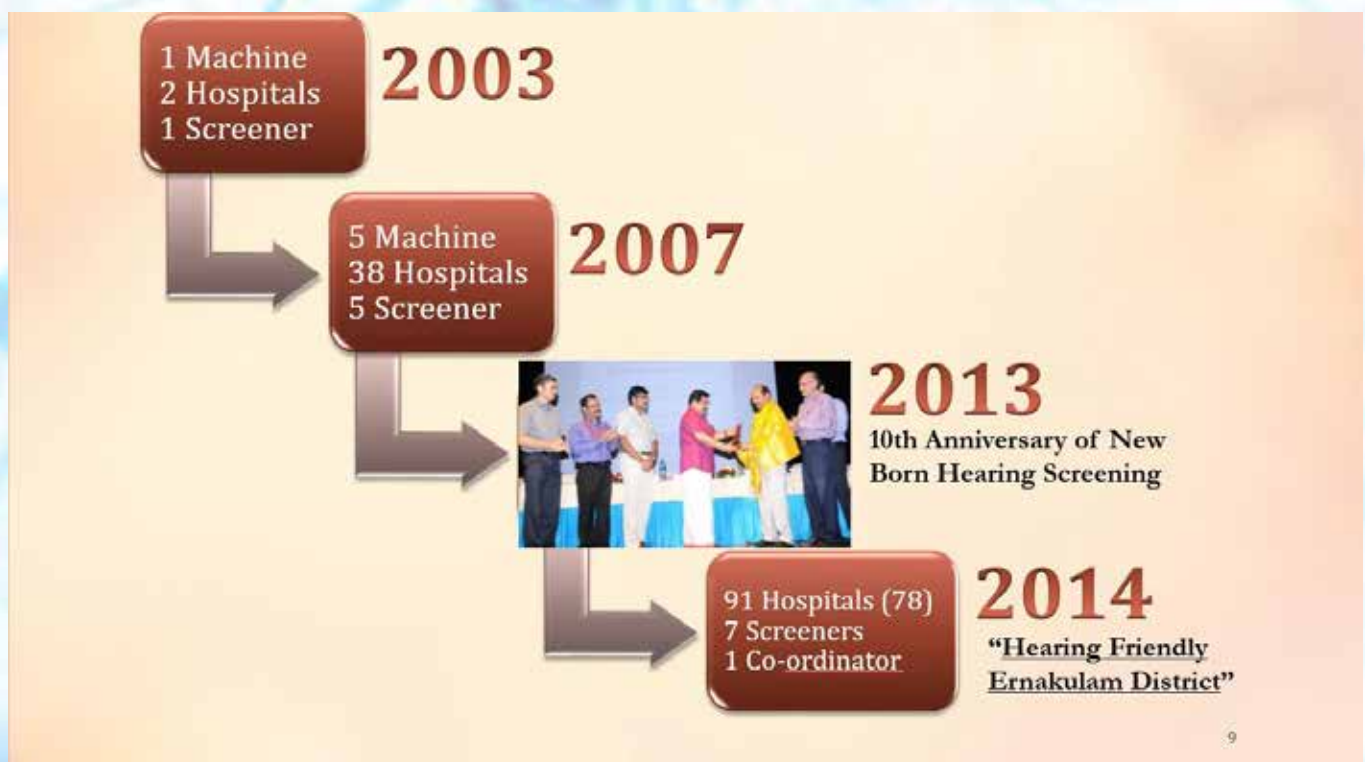
DR. Abraham K Paul

IAP Cochin Branch, for the first time in India conceived and successfully implemented the 'Centralized Newborn Hearing Screening Programme' in January 2003 in the city of Cochin. The concept mooted was - utilizing one screening machine for 5-6 hospitals nearby which do not have the facility. All hospitals with NICU to procure the machine.

A two stage screening protocol with OAE as the first screen, followed by ABR for those who fail OAE screen was followed. All NICU babies to undergo ABR test. If no inhouse ABR facility, refer to the nearest centre.



Kerala Health Minister Smt K. K Shailaja Teacher declaring Kerala a "Hearing Friendly State " on 20th December 2020.





1. Ernakulam District - 02.03.2014



Personnel with basic knowledge in computer and good communication skill were chosen as screeners. They are provided basic training in hearing screening and also skill to gather information on high risk criteria, if any, from parents / hospital staff / hospital records.

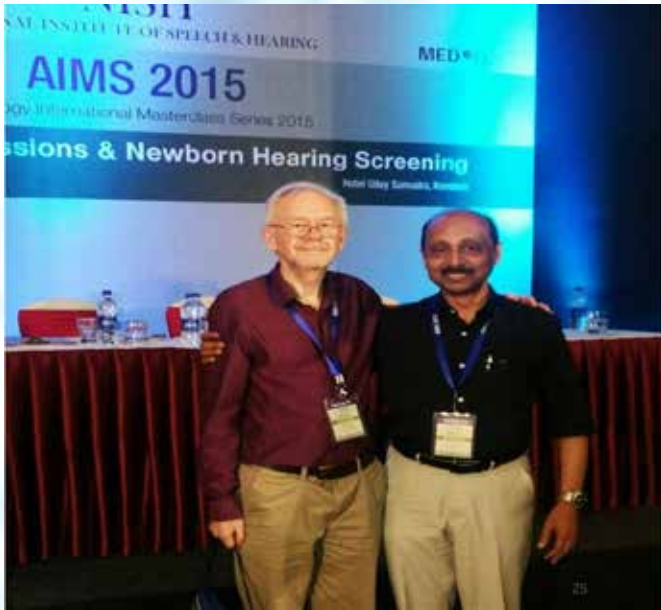
Starting with 1 machine and 2 hospitals, the programme subsequently got expanded to all 32 hospitals in the city of Cochin. The whole Ernakulam district with 91 hospitals got covered in 2014 with screening facility with 5 machines and 5 screeners and Ernakulam declared "Hearing Friendly District".

Screening personnel visit each hospital on a particular day / days of a week or month - daily / alternate day / twice a week / weekly / once a month depending on the number of births in that particular hospital. Daily visit if more than 200 births, alternate day 100-200 births, twice weekly 50-100 births, weekly or once in 2 weeks with births less than 50 per month.

'Hearing Friendly Kerala Mission'

With the successful "Ernakulam District Model" an ambitious plan of Hearing Friendly Kerala was mooted by the IAP Kerala in 2020 to have hearing screening in all hospitals in 14 districts of Kerala. The task was a bit easier because the Govt. of Kerala had already made in place hearing screening in all Govt hospitals, Govt Medical Colleges and ESI hospitals by 2014.

As a first step, the district branches were entrusted with the responsibility of data collection regarding number of delivery points in each district and availability of hearing facility in each hospital. Hospitals with NICU were made to procure screening machines. Hospitals with portable screening machines were requested to extend the screening to nearby hospitals with no screening facility and extra screening personnel were appointed. Existing screening facility in government setups were reconfirmed. These measures were supervised by IAP District



Dr. Abraham K. Paul with Prof. David Kemp, the inventor of OAE

Branch office bearers and co-ordinators. Kollam district was the second district to be declared 'Hearing Friendly' on 14th January 2020 by the MLA Sri. Mukesh. This was followed by other district branches getting declared by the District Collectors of the concerned districts or officials. The last district to be declared was Wayanad on 14th December 2020. Kerala State was declared 'Hearing Friendly State' on 20th December 2020 by the Hon. Minister of Health, Smt. K.K. Shailaja Teacher.

This making hearing screening available for all babies, as per international guidelines and protocol, Kerala achieves an important milestone in healthcare in the country. This model set by Kerala will remain in history as a benchmark and a replicable model for the rest of the country.



Screen Time : Guidelines for parents How you can help your child

By Dr Chitra Sankar

Consultant Developmental Pediatrician

Dear parents, screens have become necessary part of our lives. Screen time (use of mobiles, tabs, laptops, TV, video games for recreational purposes) is increasing tremendously in all age groups from babies to teens. This can be harmful to their development.

The time between zero to three years is very important for a baby as this is a time of rapid brain growth and maturation and the period when baby learns a number of new skills, words and about the world around. At this time babies require a lot of stimulation in the form of talking, playing, reading and interaction with parents and caregivers. This helps them to develop language, speech, social and thinking skills. Infants and toddlers mainly learn by exploring with their hands and senses actively and by imitation of parents and other adults. If social and play skills are not developed well, then children become more and more dependent on screens for entertainment thereby getting addicted to screens eventually.

- Screens provide a lot of colourful entertainment, music and constantly changing images. Therefore babies love to look at them but that does not mean that they are learning from them. Research shows that babies and toddlers are not good at learning from screens. Babies are not able to transfer what they see on 2D screens to 3D

objects. Sometimes they may repeat some words or rhymes that they hear from the screens but they do not develop communication and social skills from watching screens because it is a passive activity and screens do not respond in an interactive manner. Back and forth social Interaction with parents is very important for brain development.

Negative effect of high, daily screen time on kids

1. Affects speech: Babies and toddlers who spend a lot of time watching screens by themselves may speak and understand fewer number of words than expected for age.
2. Affects development of independent feeding skills if shown screens while eating every time
3. Reduces the opportunities to develop physical activities, hand skills and coordination, observation, exploration, curiosity, imagination, creativity and problem solving.
4. Affects duration of night time sleep. Blue light emitted by the screens affect the production of sleep hormone and therefore night sleep is reduced.
5. Causes changes in behavior. Preschool children tend to imitate what they see,



so they may start imitating aggressive or violent behaviours that they see on screen.

6. Increase in consumption of junk foods and increase in body weight leading to overweight or obesity in older children and teenagers
7. Affects attention span, reading and thinking skills in school age children
8. Continuous viewing causes eye strain and shoulder, neck and body pains

How to help toddlers develop speech, communication and social skills

Talk to the child frequently. Introduce new words. Respond to baby's babbling and the toddler's words by expanding on whatever they said. Smile, talk, play with child with out toys and play with them with toys. Talk to the child while giving bath, feeding, dressing and other caregivers. Be interactive, have fun. Introduce books early and read every day for 10 to 20 minutes. Reread the books many times and use the new words in different situations. More number of words that the toddler hears in an interactive manner better the vocabulary. These are very important for school and education.

So how to manage screen time in children?

For children below 5 years

1. There should be no screen time upto 18 mo age. Between 18 to 24 mo age, if parents prefer to use screens, show only high quality programs, watch with the child and help child to understand what he / she is watching. There should be no watching alone.
2. Don't show screens for feeding. Avoid hand held devices like mobile phones and tabs as

much as possible.

3. All children in this age group can use video calls with family, grandparents, relatives and friends.
4. Children between 2 to 5 years of age may be allowed a maximum of one hour of screen time per day of high quality educational programs. Watch the program along with the child and talk about it. Review and supervise the content regularly and make sure the content is appropriate for that age. Make it another interactive experience for the child.
5. Encourage other activities like reading books, story telling, coloring, painting, music, board games, puzzles and craft as alternatives.

For children between 5 to 10 years

1. Be aware of the duration, use of screens for non educational / recreational purposes.
2. Preselect videos or shows and allow them to watch that. Avoid back to back continuous watching. Turn off TV or screen once program is over.
3. Monitor the websites that they are visiting, and apps that they are using, games that they are playing for violence, bad language, abuse, sexual content, alcohol use and exposure to advertisements targeted at them.
4. Use parent control to block and filter inappropriate content.
5. Educate children on what they are exposed to and teach safe use of internet according to child's understanding.
6. Set limits on duration that best suits your family, ideally not more than 2 hours per day of recreational use.



For preteens and teens (10 and above age groups)

1. Set limits and have clear boundaries on duration of screen use in discussion with the children.
2. Encourage use of screens for creative purposes like music, art, or creative writing or other hobbies.
3. Encourage physical activities and participation in sports.
4. Educate children on the safe use of internet, texting, social media and its pitfalls like cyberbullying. Have computers and laptops in common areas at home.

Other points to follow for parents

1. Avoid screens at mealtimes, bedroom and one hour before bedtime. Charge the devices in places away from bedroom.
2. Monitor your own screen use and set a good example for your children.
3. Have alternatives to screens. Involve children in household chores like folding clothes, tidying up toys, watering plants and helping in kitchen, according to the age of the child.

***Let screen be another activity in our lives,
not the main or only activity.***

Created for parent education and information



Ages Birth To 12 Years

Sleep is one of the most important contributors to your child’s physical and mental health. Good sleep habits, sleep hygiene, or “sleep health” are alternative terms often used to describe sleep promoting practices. The explanation as to why healthy sleep practices promote sleep is likely to be, at least in part, that they work by improving the regulation of sleep, either by reinforcing the body’s natural circadian rhythms (ie, timing of light and darkness), or by increasing the drive to sleep. Other sleep practices help us to associate certain activities (like a bedtime routine) and environments (ie, the bedroom) with sleep. Healthy sleep behaviors also promote sleep by reducing factors in the environment which are stimulating (like caffeine) and increasing relaxation, making it easier to fall and stay asleep.

Finally, good sleep practices include providing an adequate opportunity for sleep based on age and individual sleep needs and an environment that is conducive to good sleep quality and safety.

1. Have your child go to bed at the same time every night, preferably before 9:00PM.
2. Your child should have an age-appropriate nap schedule.
3. Establish a consistent, positive bedtime routine (this can include brushing teeth,

songs, bedtime stories).

4. The bedroom should be sleep-conducive friendly – cool, dark, and quiet.
5. Encourage your child to fall asleep independently.
6. Your child should avoid bright light at bedtime and during the night, and increase light exposure in the morning.
7. Have your child avoid heavy meals and vigorous exercise close to bedtime.
8. Keep all electronics, including televisions, computers, and cell phones, out of the child’s bedroom and limit the use of electronics before bedtime.
9. Your child should avoid caffeine, including many sodas, coffee, and teas (as well as ice tea), and chocolate.
10. Have your child keep a regular daily schedule, including consistent mealtimes.

* TABLE OF RECOMMENDED SLEEP AMOUNTS

AGE	SLEEP NEED
3-12 months	14 to 15 hours
1-3 years	12 to 14 hours
3-5 years	11 to 13 hours
6-12 years	10 to 11 hours
12-18 years	8.5 to 9.5 hours



World Sleep Day

5 reasons why we need sleep

Happiness

1

1 extra hour of sleep leaves us feeling happier for the day



Memory

2

Helps improve learning and memory retention



Immunity

3

Maintains a healthy immune system



Growth

4

Helps your muscles and bones to grow faster



Healing

5

Fixes physical injuries and recovers mental health

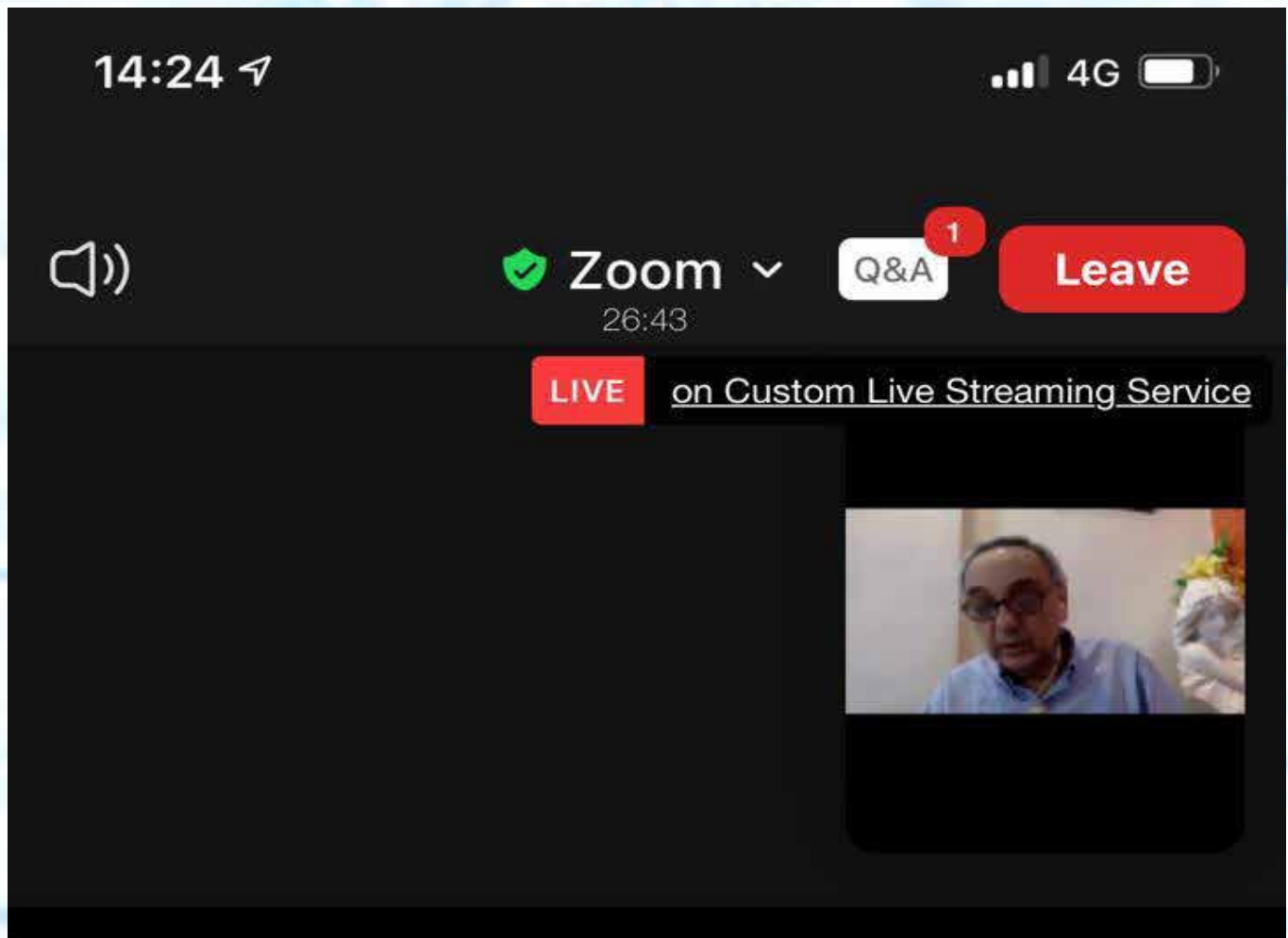


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Source:



Month in pics



NBS - India

Core Panel

1. Congenital Hypothyroidism (CH)
2. Congenital Adrenal Hyperplasia (CAH)
3. G6PD
4. Galactosemia
5. ?Biotinidase deficiency

Expanded Panel (TMS)

- Amino acid disorders
- Organic acid Disorders
- Fatty acid disorders
- Cystic Fibrosis
($\Delta 508F$ mutation-1:10,000)
- Hemoglobinopathies



Month in pics

LIVE

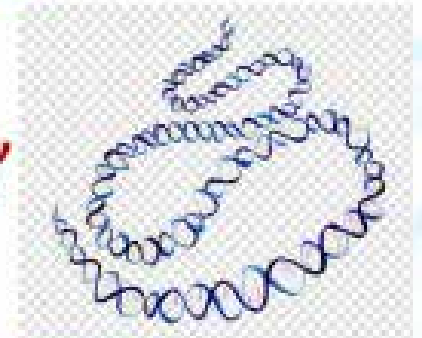
on Custom Live Streaming Service



IAP- MARCH 2021



'Om to Genome'



NEURODEVELOPMENTAL PEDIATRICS

-DR. RASHID MERCHANT

MD



Month in pics



HEARING CARE FOR ALL
SCREEN • REHABILITATE • COMMUNICATE

World Hearing Day 2021: Hearing care for all

3 March 2021



Month in pics

ROCK YOUR SOCKS



for

THE JOY OF DIVERSITY

on **MARCH 21ST**

WORLD DOWN SYNDROME DAY



Month in pics

IAP CHAPT... You are screen sharing... LIVE... Stop Share... PEDIATRICS

DOWN SYNDROME REVISITED

DR PIYUSH GUPTA
PRESIDENT 2021

DR REMESH KUMAR
PRESIDENT-ELECT 2022

DR BAKUL JAYANT PAREKH
IMM. PAST PRESIDENT 2020

DR GV BASAVARAJA
SECRETARY GENERAL 2020-21

DR SHAJI THOMAS JOHN
EXPERT

DR SHABINA AHMED
NATIONAL CHAIRPERSON

DR JEESON UNNI
MODERATOR

Go to diapindia.org/event-calendar or [click here](#)



zoom.us Meeting View Edit Window Help

You are viewing Dr Shaji's screen

LIVE on Custom Live Streaming Service Recording

WDS D 2021

MARCH 21ST EVERY YEAR SINCE 2012

"WE DECIDE"

World Down Syndrome Day

Unmute Stop Video Participants Chat Share Screen Record Raise Hand Q&A QuickTime Player



Month in pics





Month in pics





Month in pics





Month in pics





Month in pics





Month in pics





Month in pics





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Month in pics





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DR PIYUSH GUPTA
PRESIDENT IAP 2021

DR REMESH KUMAR R
PRESIDENT ELECT IAP 2022

DR BAKUL JAYANT PAREKH
PRESIDENT IAP 2020

DR GV BASAVARAJA
HON SECRETARY GENERAL IAP 2020

JOIN US FOR A TIMELY AND ENRICHING DISCUSSION WITH

DR SHAJI THOMAS JOHN
EXPERT

DR SUREKHA RAMACHANDRAN
EXPERT

DR SHABINA AHMED
EXPERT

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MODERATOR

DR JEESON UNNI
MODERATOR

DOWN SYNDROME AWARENESS

Dr Multani

Dr Jeeson Unni

DR PIYUSH GUPTA

Dr Shabina

Dr Shaji



Month in pics





Month in pics



Symposium and awareness programme conducted on occasion of Down Syndrome Day at IGILCH Bengaluru



Month in pics

INDIAN ACADEMY OF PEDIATRICS GOA STATE CHAPTER



WEBINAR ON ADOLESCENT HEALTH CARE



DR PIYUSH GUPTA
PRESIDENT
IAP 2021



DR REMESH KUMAR R
PRESIDENT ELECT
IAP 2022



DR BAKUL JAYANT PAREKH
PRESIDENT
IAP 2020



DR G V BASAVARAJA
HON SECRETARY
GENERAL IAP, 2021



DR JAYANT V UPADHYE
VICE PRESIDENT
IAP, WEST ZONE, 2021

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ADHD IN ADOLESCENTS -
A VIEW THROUGH THE EXECUTIVE FUNCTION LENS.



DR. NANDITA DE SOUZA
EXPERT

**IF YOU ARE NOT
ABLE TO VIEW ON
THE ABOVE LINK,
PLEASE CLICK HERE**



DR SUSHMA KIRTANI
COORDINATOR GOA

DEVELOPMENTAL PEDIATRICIAN
& DIRECTOR SETHU CENTRE
FOR CHILD DEVELOPMENT
& FAMILY GUIDANCE, GOA

Date : FRIDAY, 26TH MAR 21
Time : 8PM TO 10PM

DR. SHIVANAND GAUNS
EB MEMBER GOA

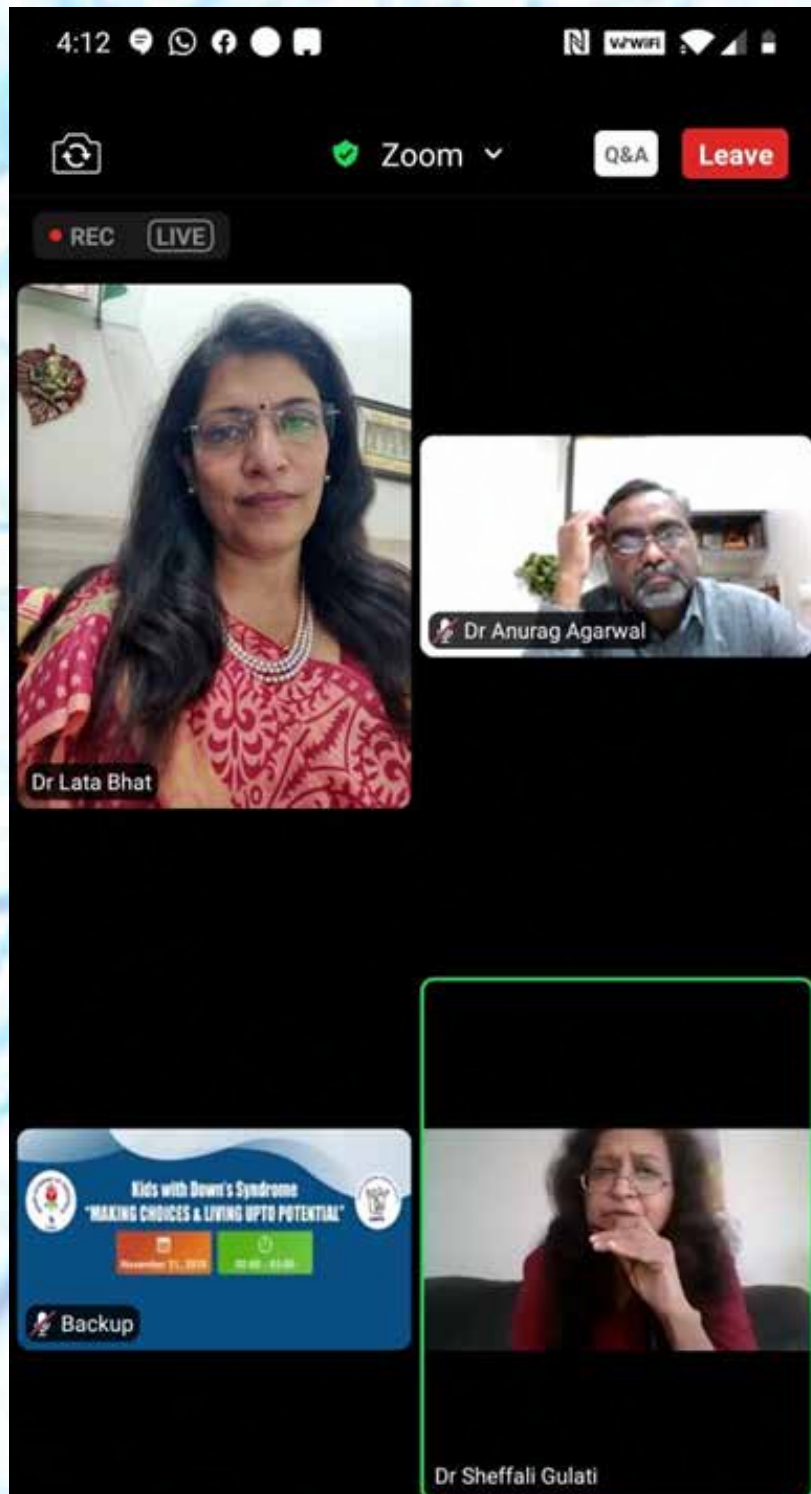
DR DHANESH VOLVOIKAR
PRESIDENT, IAP GOA

DR SUMANT PRABHUDESAI
SECRETARY, IAP GOA

DR SIDDHI AKARKAR
TREASURER, IAP GOA



Month in pics



CME on Downs Syndrome
Dr. Lata Bhat spoke about Early intervention in Downs Syndrome



Month in pics

AUTISM: Time is of the Essence

Dr. Bijay Kumar Meher
MD, PGDDN, FACEE
Associate Professor Pediatrics
BBMCH, Balangir

leena das

Dr Multani

Dr Swarupa

Dr Meher

LIVE on YouTube Recording View

leena das

Dr Multani

Dr Swarupa

Dr Meher

Dr Snehamayee

Dr Shabina Ahmed

Bishwajit Mishra

Dr Sebaranjan

IAP

Subal Pradhan

IAP Cuttack Webinar