



INSTITUTE OF MENTAL HEALTH & NEUROSCIENCES (IMHANS)

KOZHIKODE

CONTAIN COVID – CONTINUE THERAPY

Home care program for Children with Developmental Disorders

Children with developmental disorders are prone to get infections since generally they have impaired immunity. Hence while staying at home avoid close contact with relatives or visitors with fever, common cold or other infections.



Wash hands or help them to wash hands with soap and water frequently. Maintain personal hygiene. Keep the nails clean, brush teeth properly and wash mouth after feeds.

Give balanced diet with plenty of fruits and vegetables and fibre containing food items. Avoid junk foods. Make them drink plenty of boiled cooled water



- Avoid going out of house for play or other activities as far as possible.
- When children remain at home there is chance of increasing behavior problems. Parents' behavior greatly influences the child's behavior. Try to consciously avoid situations that may provoke behavior problems in the child. Ignore minor bad behaviors and pay attention to good behaviors. Appreciate and encourage all good behaviors. Token rewards for good behavior will help.
- Limit screen time to one hour a day. Select good quality programs. Avoid programs with violent content or programs causing fear and anxiety.



Parents should spend quality time with the child and help the child to engage in quality activities like singing or listening to music or play. It is helpful if group activities involving all family members are planned. Find time to play with the child and listen to the child

- Continue remedial therapies as home program as advised by the therapist (eg. Speech therapy, Occupational Therapy, physiotherapy).
- Fix a time (eg. 1 hour every day) and place for doing remedial therapies.



In children with learning disorders, it will help, if one hour every day is spent with academic activities like reading, writing and maths, as advised by the special educator.

Make a chart of progress of the child and also hurdles and discuss with the therapist for improvements or modifications. Contact your therapist over phone if there are any doubts.

For any assistance/advice parents of children, attending IMHANS for various services, may please contact following numbers between 9:00 a.m. to 12:00 p.m.

Clinical Psychologist (9745722252); Speech Therapist (7510172758); Occupational Therapist (8078539095); Audiologist (9847339771); Physiotherapist (9847792924); Special Educator (9446668860)