

Detecting and addressing developmental delays and anxieties in children



PHACE Conference 2016
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Outline



- Developmental delays
 - Milestones
 - Assessments
 - Interventions
- Anxiety
 - Anxiety disorders
 - Procedure anxiety
 - Interventions
- Resources

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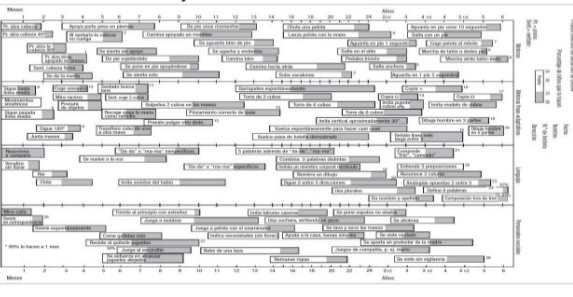
Developmental Delay

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Denver Developmental Screening Test




The chart displays a grid of developmental milestones for children from birth to 6 years of age. Milestones are marked with horizontal bars indicating the typical age range for each skill. The categories include Gross Motor, Fine Motor, Language, and Social/Emotional. The chart is a standard tool used by healthcare providers to assess a child's development against expected norms.

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Milestones

- Language
- Problem solving
- Social/Emotional
- Gross motor
- Fine motor



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Major Milestones

- 6 months:
 - Babbling
 - Likes to play with parents
 - Knows own name
 - Sit without support

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Major Milestones

- 12 months
 - Pulls to stand "cruising"
 - Says "Mama" "Dada"
 - Responds to simple requests
 - Shakes head "no"

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Major Milestones

- 18 months:
 - Walks
 - Knows what common objects are for
 - Plays pretend (feeds a doll)
 - Points to show something

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Major Milestones

- 2 years
 - 2 word sentences
 - Kicks a ball
- 3 years
 - Plays with other kids (parallel)
 - Speaking in sentences
 - Plays make-believe

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Major Milestones

- 4 years
 - Hops, stands on one foot
 - Tells stories
 - Plays cooperatively
- 5 years
 - Knows real and make-believe
 - Knows first and last name
 - Gets dressed, brushes teeth, dries hands without help

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Assessment: Well child checks

- Parents are often the first to notice delays and their concerns are taken seriously.



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Ages and stages questionnaire (ASQ)

2. When you show your child how to kick a large ball, does he try to kick the ball by moving his leg forward or by putting into it? If your child already kicks a ball, mark "yes" for this item.

3. Does your child walk either up or down at least two steps by herself? She may hold onto the railing or wall.

4. Does your child run fairly well, stopping herself without bumping into things or falling?

5. Does your child jump with both feet leaving the floor at the same time?

6. Without holding onto anything for support, does your child kick a ball by swinging his leg forward?

GROSS MOTOR TOTAL

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Evaluations

- Diagnostic testing
 - Early intervention programs (before age 3)
 - Developmental pediatrics
 - Psychoeducational testing (school age)

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Interventions

- Therapies
 - Speech, Occupational, Physical, Developmental
- Settings
 - Early intervention (birth through 2)
 - Developmental preschool
 - Special education (3 through 21)
 - IEP, 504
 - Private therapies

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Anxiety

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Anxiety

- Everyone experiences anxiety and worry
- Helps us perform better
- It is normal until it *interferes*
 - Refusal to take part in activities normal for age
 - School, sleep overs
 - Change in performance
 - Grades
 - Change in behavior
 - Tantrums, nightmares, opposition
 - Physical complaints

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Anxiety disorders

- Separation anxiety
- Social anxiety
- Generalized
- Specific phobia
- Illness anxiety (Hypochondriasis)

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Assessment

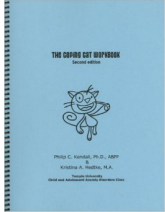
- Pediatrician
- Psychologist
- Psychiatrist
- Therapist



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Interventions

- Cognitive behavioral therapy (CBT)
- Exposure therapy
- Mindfulness based techniques
- Medication
 - Antidepressants (SSRIs)
 - Benzodiazepines



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Calming techniques

- Distraction
- Deep breathing
- Progressive muscle relaxation
- Guided imagery
- Mindfulness/Meditation

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Distraction


- Toys
- Songs
- Books
- Movies
- Games



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Deep breathing

- Long slow breath in through nose
- Long slow breath out through mouth
- Diaphragmatic "belly" breathing

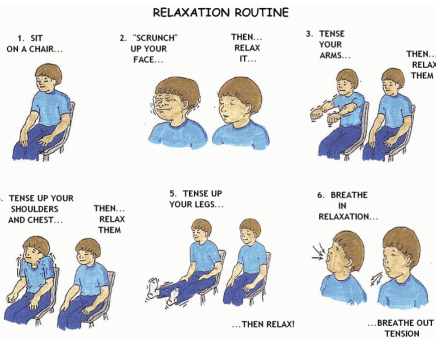


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Progressive muscle relaxation

RELAXATION ROUTINE

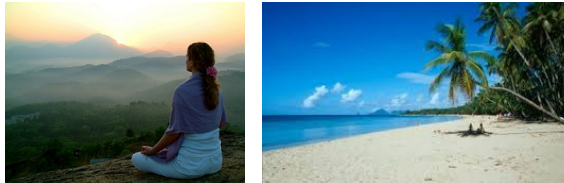
1. SIT ON A CHAIR...
2. "SCRUNCH" UP YOUR FACE... THEN... RELAX IT...
3. TENSE YOUR ARMS... THEN... RELAX THEM
4. TENSE UP YOUR SHOULDERS AND CHEST... THEN... RELAX THEM
5. TENSE UP YOUR LEGS... THEN RELAX!
6. BREATHE IN RELAXATION... BREATHE OUT TENSION



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Guided imagery

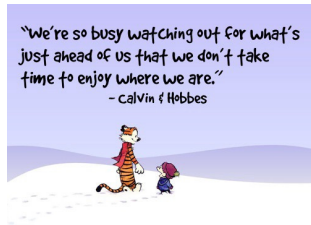
- Imagine being in a calming place
- Use all 5 senses



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Mindfulness/Meditation

- Body scanning
- Use 5 senses
- Centering



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Practice, practice, practice

TO PRACTICE ANY ART, NO
MATTER HOW WELL OR BADLY,
IS A WAY TO MAKE YOUR SOUL
GROW.

Kurt Vonnegut

typewriterpoetry.com

#typewriterpoetry

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Prevention

- Manage caregiver anxiety
- Exercise, healthy eating, sleep
- Prepared but not scared.
 - How much do they want to know?
 - How much can they handle?
- Practice situation (play)
- Avoid negative self talk
- Remember previous successes

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Resources

- CDC: Learn the signs, Act early
 - <http://www.cdc.gov/ncbddd/actearly/index.html>
- AACAP Facts for Families
 - AACAP.org
- Free Apps:
 - Stop, Think, Breath
 - CBT-i

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