

Dr Shikha Garg

MBBS, DCH, DNB

Dip. Developmental Neurology

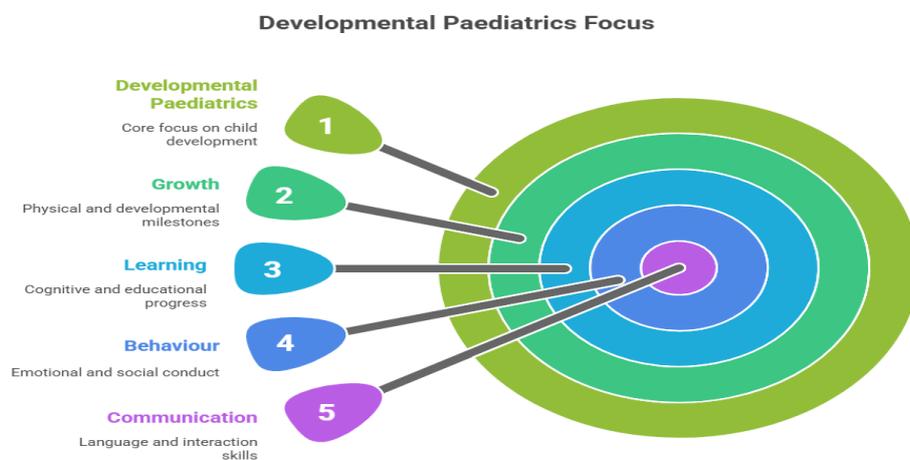
Developmental Behavioural Paediatrician

Babylon's Newton Institute of Child and Adolescent Development

Jaipur, Rajasthan

OVERVIEW OF DEVELOPMENTAL PEDIATRICS

1. What is Developmental Paediatrics?



Developmental Paediatrics is a speciality of child health that focuses on how children grow, learn, think, behave, communicate, and interact. It addresses concerns related to developmental milestones, behaviour, learning, and neurodevelopmental conditions.

2. Why is Developmental Paediatrics important?

Early identification of developmental or behavioural differences helps children receive support at the right time. This can significantly improve learning, communication, emotional well-being, and long-term independence.



3. What medical conditions can affect the normal development of a child?

- High Risk babies who were premature or had turbulent NICU stay after birth
- Vision Impairment
- Hearing Impairment
- Autism Spectrum Disorder (ASD)
- ADHD / Attention difficulties
- Socio-communicative Disorders
- Developmental delay
- Learning disorders/Disabilities
- Intellectual disability
- Developmental Coordination Disorder
- Behavioural and emotional challenges
- Genetic or neurological conditions etc

3. Who is a Developmental Behavioural Paediatrician?

A Developmental Behavioural Paediatrician is a pediatrician with advanced training in:

- Child Development
- Behaviour and Emotional Health
- Neurodevelopmental Disorders
- Medical conditions affecting development

They bridge **medicine + psychology + education + therapy** to give a complete picture of a child's needs and provide specialised evaluation and guidance.



4. What domains are assessed in a child coming with any form of suspected delay?

They are evaluated under multiple areas of development, including:

a) Communication & Language

- Understanding and using language
- Speech clarity
- Social communication

b) Motor Skills

- Sitting, walking, balance
- Hand skills and coordination

c) Cognitive Development

- Problem-solving
- Learning pace
- School readiness

d) Social & Emotional Skills

- Interaction with peers
- Emotional regulation
- Play skills

e) Behavior

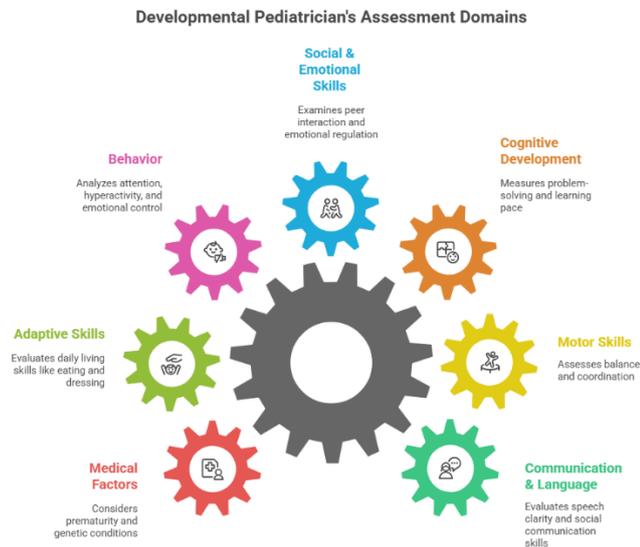
- Attention and focus
- Hyperactivity, impulsivity
- Tantrums, rigidity, unusual behaviours

f) Adaptive Skills (Daily Living)

- Eating, dressing, toilet training
- Independence skills

g) Medical Factors

- Prematurity
- Genetic/metabolic conditions
- Chronic illnesses affecting development



5. What happens during an evaluation?

A typical developmental assessment includes:

- Detailed history of development, behaviour, and learning
- Play-based observation
- Standardized developmental or behavioural tools
- Parent counselling
- Comprehensive report and plan
- Coordination with therapists, teachers, and other specialists if needed



6. Is therapy always needed?

Not always.

A developmental paediatrician guides whether the child needs therapy, monitoring, home-based strategies, school support, or just reassurance.

The focus is **habilitation**, helping the child build skills at their own pace.

They work along with the therapists, psychologists, special educators, teachers, school, and families to ensure a holistic and integrated care plan

7. How can early intervention help?

Early support improves:

- Language
- Learning
- Social skills
- School progress
- Emotional resilience
- Long-term independence

Early does not mean “labelling”; it means **guiding the child early so they grow better**.

8. Can a child outgrow developmental delays?

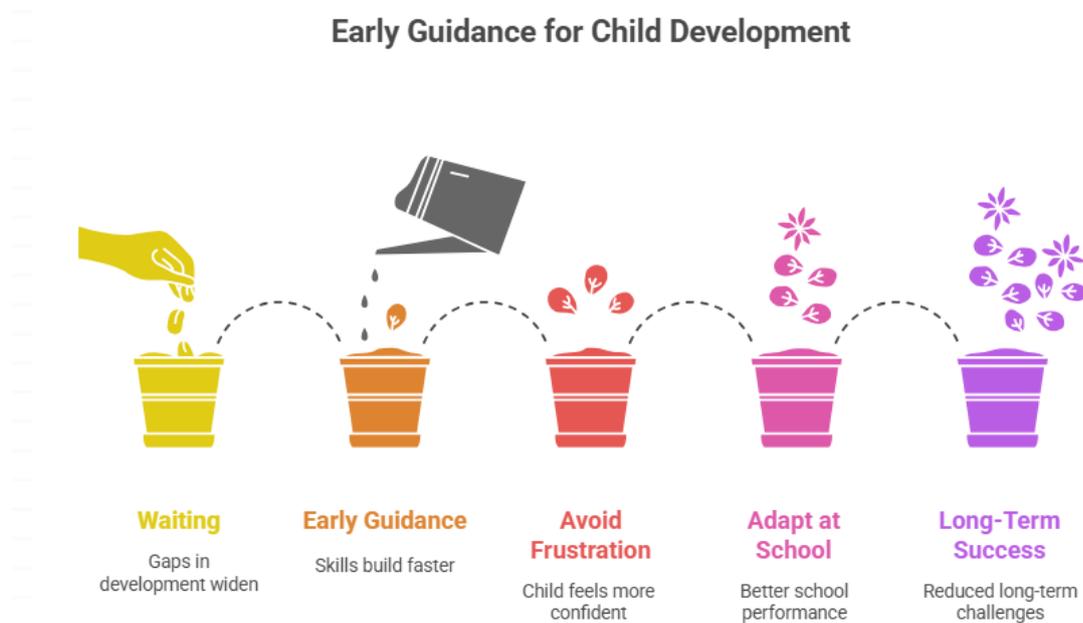
Some can with support, some may need ongoing help, and some may have underlying conditions that need long-term guidance.

A developmental pediatrician helps parents understand **what to expect** and **how to support growth**.

9. Why is early guidance better than waiting?

Waiting can widen gaps in development. Early guidance helps children:

- Build skills faster
- Avoid frustration
- Adapt better at school
- Feel more confident
- Reduce long-term challenges



Developmental Paediatrics is about **nurturing potential in every child**, and not just addressing difficulties and sending them to therapists.