

Arambhikeya Arambha

Home-Based Stimulation For Young Children

What Parents and Caregivers Must Do

A Note for Users of this Flip-Chart

1. What is this Flip-Chart About?

This Flip-chart was developed by the Community Child & Adolescent Mental Health Service Project (Dept. of Child & Adolescent Psychiatry, NIMHANS) with support from the Dept. of Women and Child Development, Government of Karnataka. The objective of this visual aid is to create awareness amongst parents and caregivers about early childcare and development, with a focus on child development and non-formal or pre-school education.

Essentially, the aids outline what parents and caregivers need to do at home to help young children, between ages 1 and 5 years, grow and develop abilities in 5 key areas of child development: physical, speech and language, social, cognitive and emotional development.

While this Flip-chart was developed for normal pre-school children, it may be applicable in parts, to children with mild to moderate disabilities or specific developmental disabilities such as Autism. It is not however applicable to children with severe disabilities (as they would require more basic activities than outlined in this Flip-chart).

The materials were piloted in the NIMHANS Depts. of Child & Adolescent Psychiatry and Speech Pathology, using parents of young children, in anganwadis with teachers and mothers and in select child care institutions with teachers/ special educators who work in the area of early intervention. Relevance and usefulness of messages, clarity of child development concept depiction as well as cultural appropriateness were ascertained to ensure that the Flip-chart's applicability and use.

2. How is this Flip-Chart Organized?

The Flip chart consists of 28 posters, with approximately 5 to 6 posters focusing on each of the five domains of child development. Each domain is further organized into skills and abilities to be achieved within that domain, and activities and opportunities in order to achieve those skills. Thus, most posters consist of two parts:

- The left-hand side shows pictures of the skills and abilities that pre-schoolers need to achieve (for example, various types of fine motor skills, self-help skills, ability to identify familiar people/ family members, ability to interact with peer group, ability to identify shape, size and colour etc.)

- The right-hand side shows pictures of activities that parents/ caregivers need to do or opportunities they need to create in order for the child to achieve the requisite/ age-appropriate skill and ability (for example, beading, colouring, naming and pointing games, supervised peer interaction etc).

3. Who Should Use this Flip-Chart? And with Whom?

This Flip-chart, although originally developed for anganwadi teachers, is for use by child care service providers, teachers and special educators working with pre-school age children in early intervention centres, schools and anganwadis as well as in child care institutions (adoption agencies and others that deal with young orphan/ abandoned children); it is also for use by community health workers attached to primary healthcare centres, as they provide house-to-house education on various child health issues. These service providers may use them in their discussions and sessions with parents and other care-givers of young children (such as institutional staff), to educate them on the importance of early stimulation, so that parents and care-givers can learn what activities to do with their young children, in order to help them grow and develop in a holistic manner.

Note: This Flip-chart is NOT for use directly with children!

4. Why Use this Flip-Chart?

- Pictures are used to reinforce messages, clarify points, and motivate targeted group towards positive child rearing practices.
- Pictures and posters are used as learning aids to make discussions more effective.
- Seeing is remembering: people understand and learn better with images.
- Not everyone can read! Pictures are therefore more useful than written material, in communicating messages.

5. Before You Start...

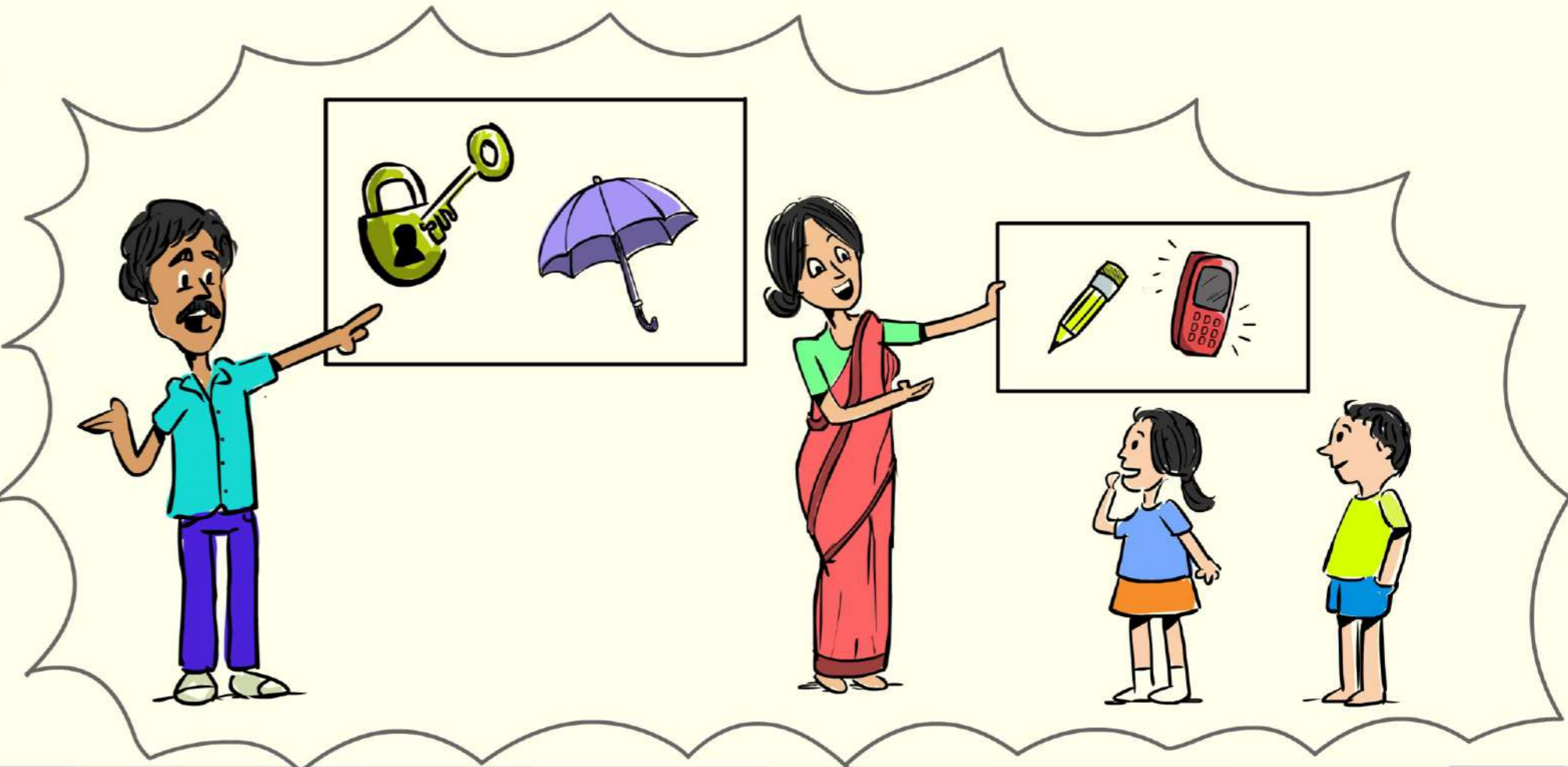
- If presenting a series of pictures, make a plan and practice before actually doing it.
- Look at the size of your picture/poster and decide:
 - Whether your education sessions will be individual or group.
 - How big your group size should be i.e. if the pictures are smaller, decide on smaller groups.
 - Ideally, the group size should be greater than 10 to 12 individuals, so as to ensure maximum participatory discussion and learning.
 - How much time you have and whether you will cover all five domains in a single session.
 - Whether you need to go over all five domains with a given parent—or whether, as per an individual child's needs, you need to focus more on particular domains only.

6. How to Use the Flip-chart

- Present the posters one (page) at a time.
- It is always good to start with an introduction on how child development and health is not just about good nutrition, immunization and healthcare but that it is also about education and mental health.
- Then explain that there are 5 domains in child development (name them)—before you move on to describe and discuss specific domains.
- Explain the content on the right and left hand side i.e. skills and abilities and activities and opportunities, and how these are linked.
- Make it participative:
 - Ask the group to look at each picture and describe what they see: ask them to observe the actions and behaviours depicted in the picture.
 - Ask participants to share other activities and methods they use to play with and teach their children (remember, this Flip-chart is not an exhaustive list of activities!)
- Summarize the discussion and agree on some key points/ target activities that the group feel they can do or at least start with. (These can be reviewed in the next session).

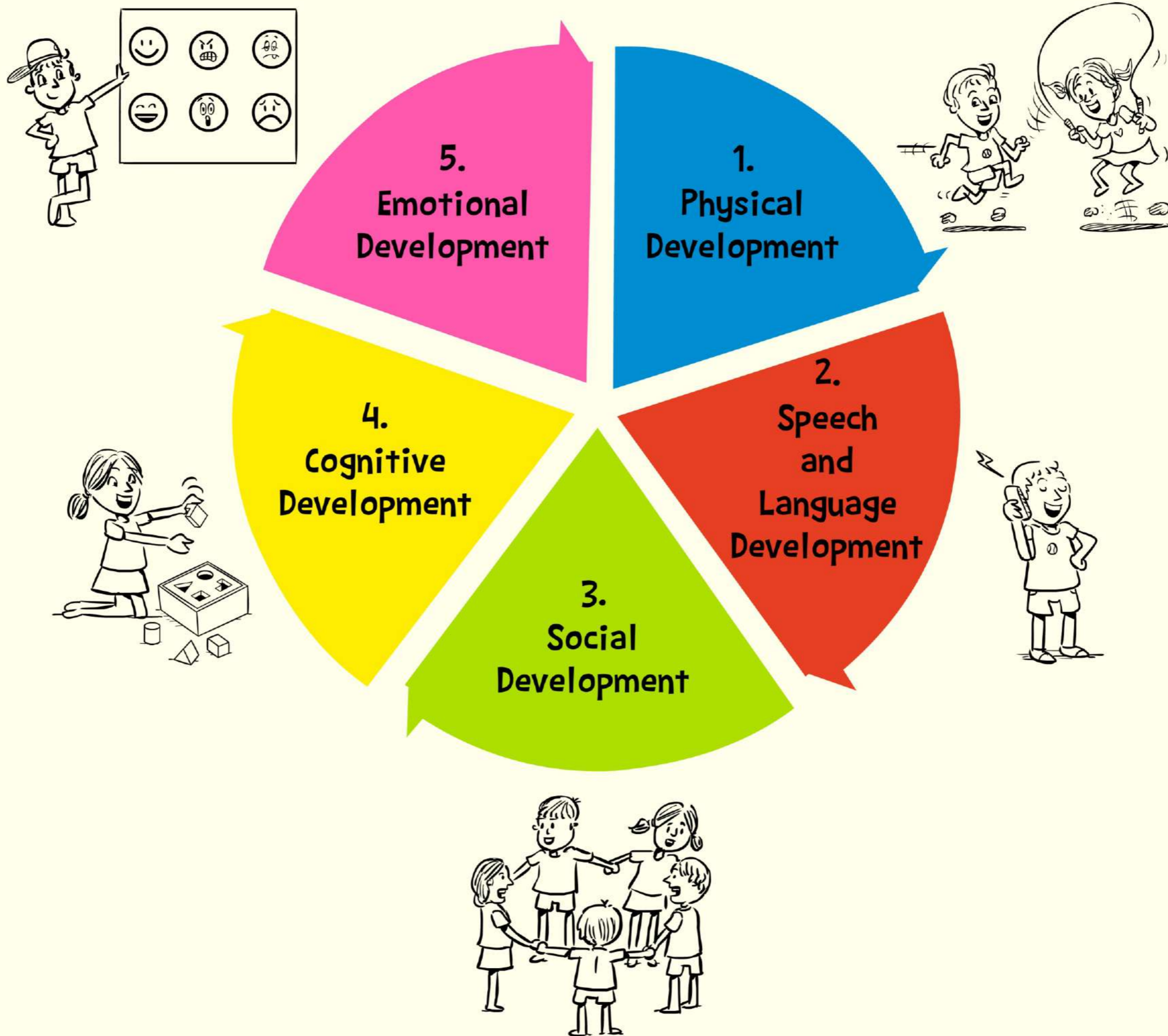
Note: As mentioned, the Flip-chart may be used in individual or group sessions. The process of use with individuals (or in door-to-door messaging/ house-to-house education) is the same as for groups.

What young children need for optimal growth and development



Not just nutritious Food and healthcare... but stimulation and play activities so that young children's minds and bodies develop... to get ready to know and do the things they need to, as they grow old.

There are Five Key Domains of Child Development...



Physical Development: Gross Motor Skills & Abilities

BELOW 1 YEAR

3 months



6 months



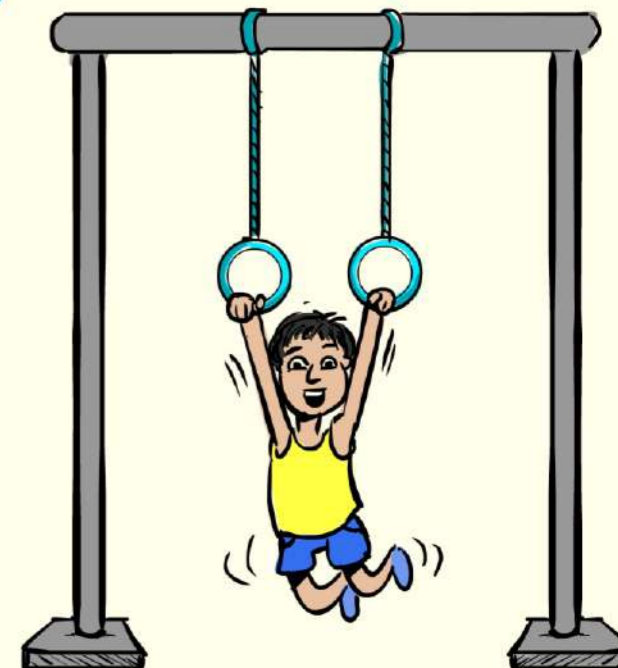
12 months



AGES: 1 - 3 YEARS



Activities to Promote Gross Motor Skills & Abilities



AGES: 4 - 6 YEARS



Physical Development: Fine Motor Skills & Abilities

AGES: 1 - 3 YEARS

BELOW 1 YEAR



Activities to Promote Fine Motor Skills & Abilities



Physical Development: Activities to Promote Sensory Skills

Vision



Hearing



Physical Development: Activities to Promote Sensory Skills

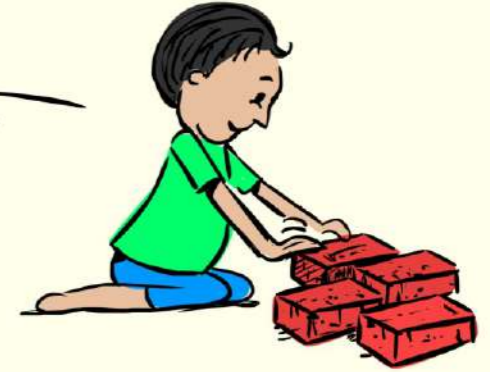
Taste



Smell



Touch



Physical Development: Self-Help Skills



Activities to Promote Self-Help Skills



Activities to Promote Self-Help Skills

1.



2.



3.



4.



Speech & Language Development: Skills & Abilities

Increased Fund of words



Activities to Promote Speech & Language Skills & Abilities

Naming and Pointing games



Speech & Language Development: Skills & Abilities

Ability to construct short sentences

These are my shoes.



Amma makes food.



Appa goes to office.



Activities to Promote Speech & Language Skills & Abilities

Phone games

Hello Rani, what are you doing?



I am playing



Very good!

Amma, you also come.



Hello Rani, what did you eat today?



I ate Dosa.



Was it nice.??

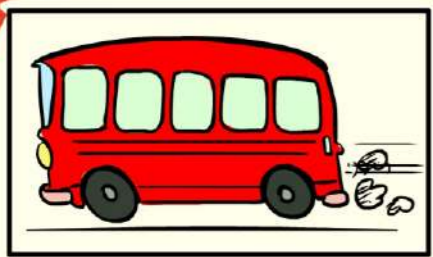


Yes, it was tasty with chutney and palya!

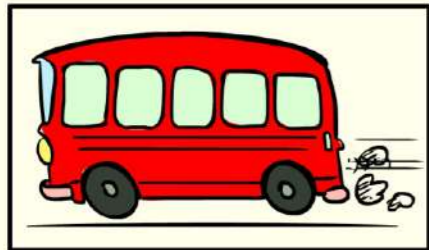


Speech & Language Development: Skills & Abilities

Ability to describe



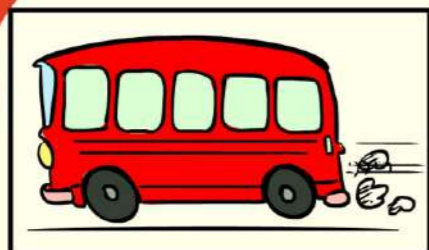
BUS!



Red bus!
Very nice!



This red bus can go
very fast!
We can all sit in it
and go to the market.



Activities to Promote Speech & Language Skills & Abilities

Use of concept book



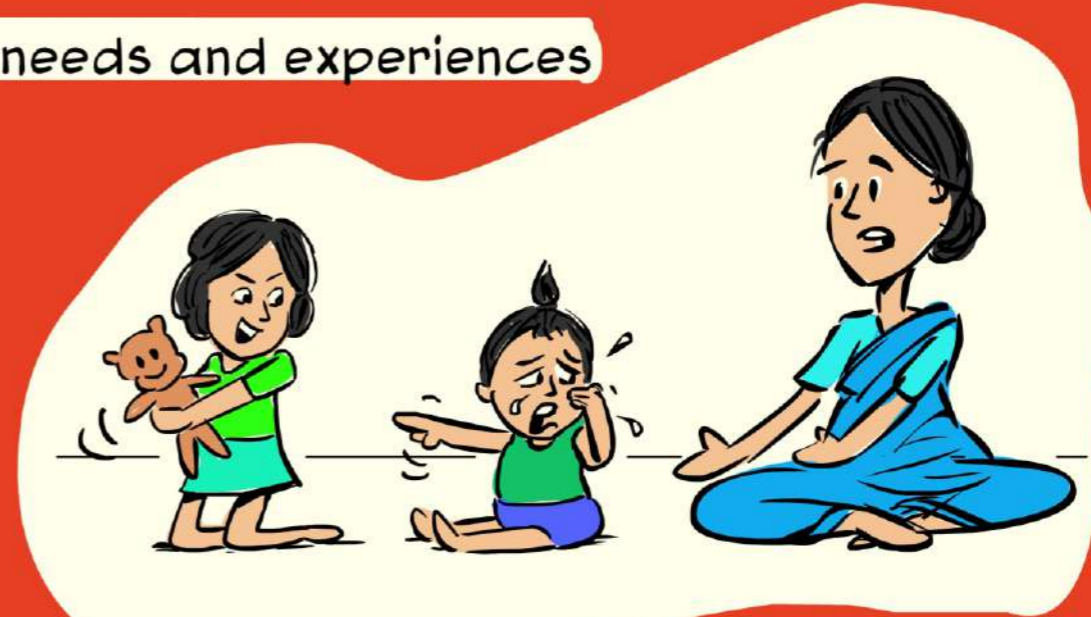
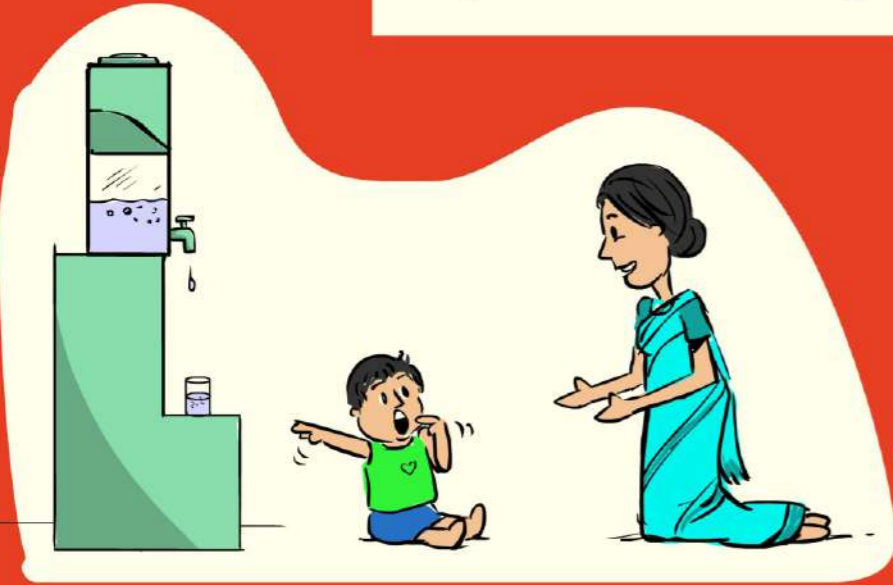
What is this?
What do you do
with this?

Phone!
Tring, trringgg!



Speech & Language Development: Skills & Abilities

Ability to communicate needs and experiences



Speech & Language Development: Skills & Abilities



Ability to describe



I was playing with my toys and he just came and grabbed my doll and hit me! It hurts now!



Activities to Promote Speech & Language Skills & Abilities

Story-Telling

The lion was very happy!
And then,
what happens...?



The lion and mouse become friends!

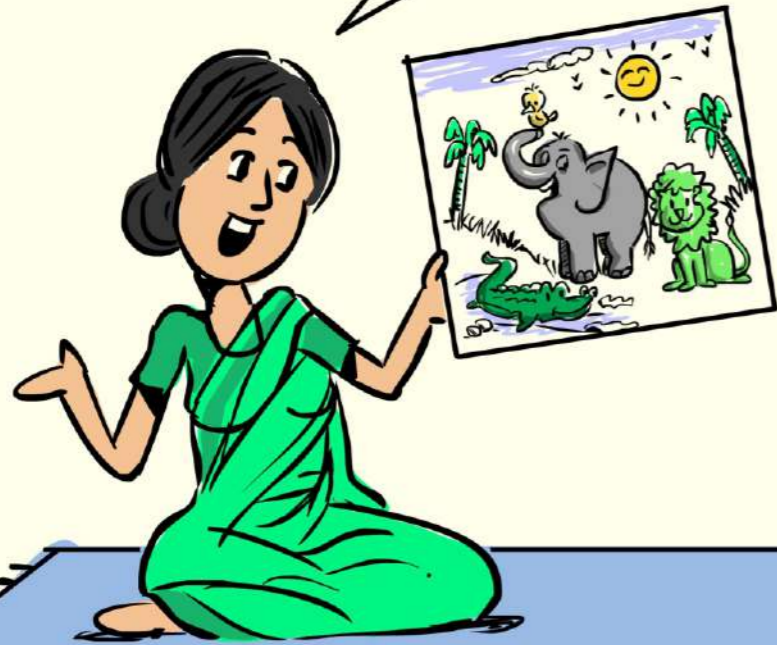
And live happily ever after!



Activities to Promote Speech & Language Skills & Abilities

Opportunities for conversation and Discussion

What all do you see in the picture?



Hmm, elephant, lion, sun....



Tell me what you did at school.



Yes, Amma. Today, we played a new game...



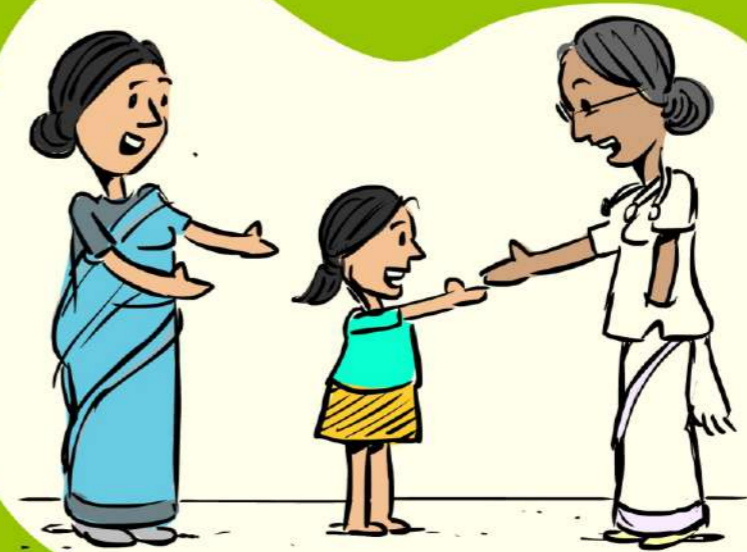
Social Development: Skills & Abilities

Recognizing Familiar people



Activities to Promote Social Skills & Abilities

Naming and pointing Familiar people



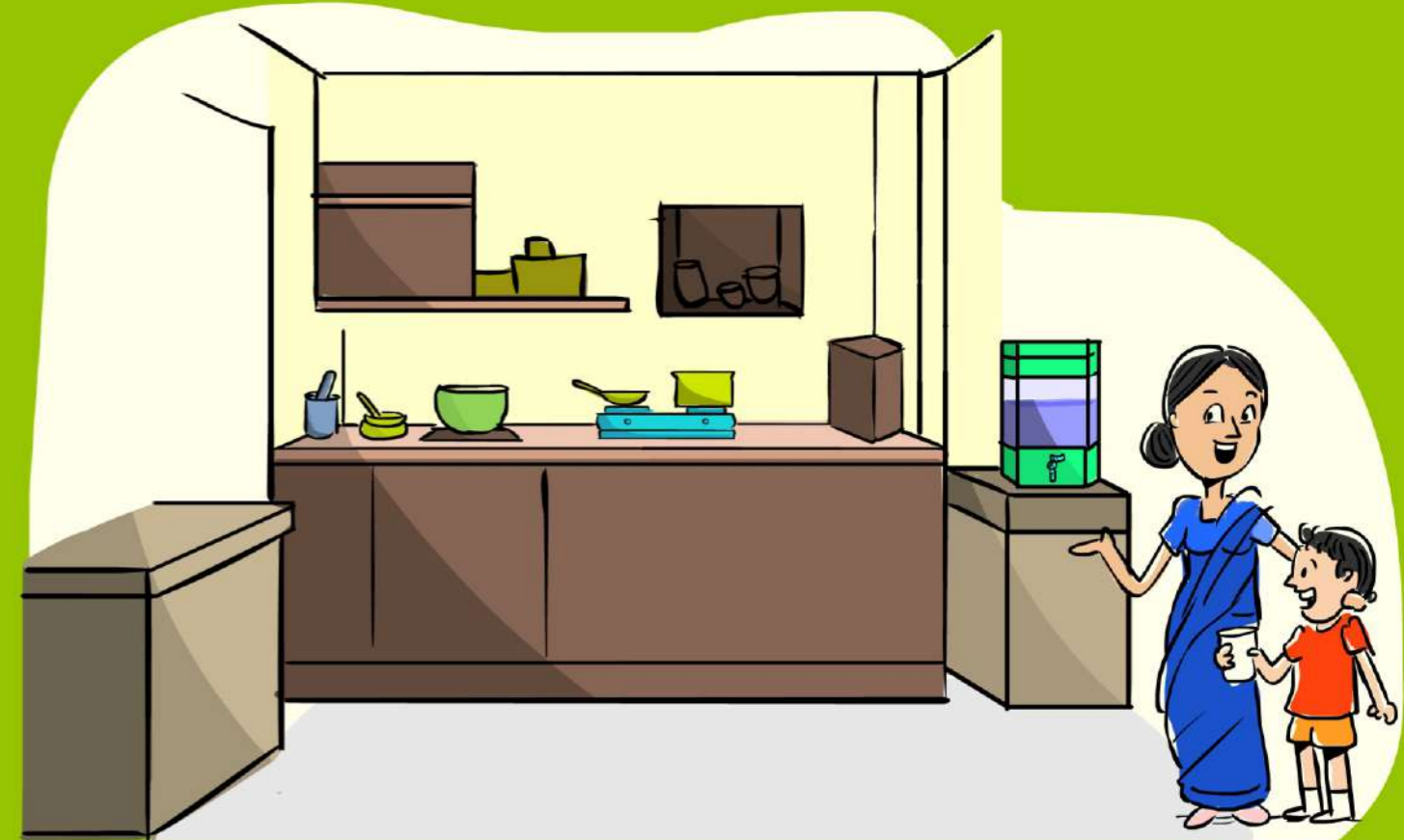
Social Development: Skills & Abilities

Understanding Social Spaces



Activities to Promote Social Skills & Abilities

Naming and pointing Familiar places



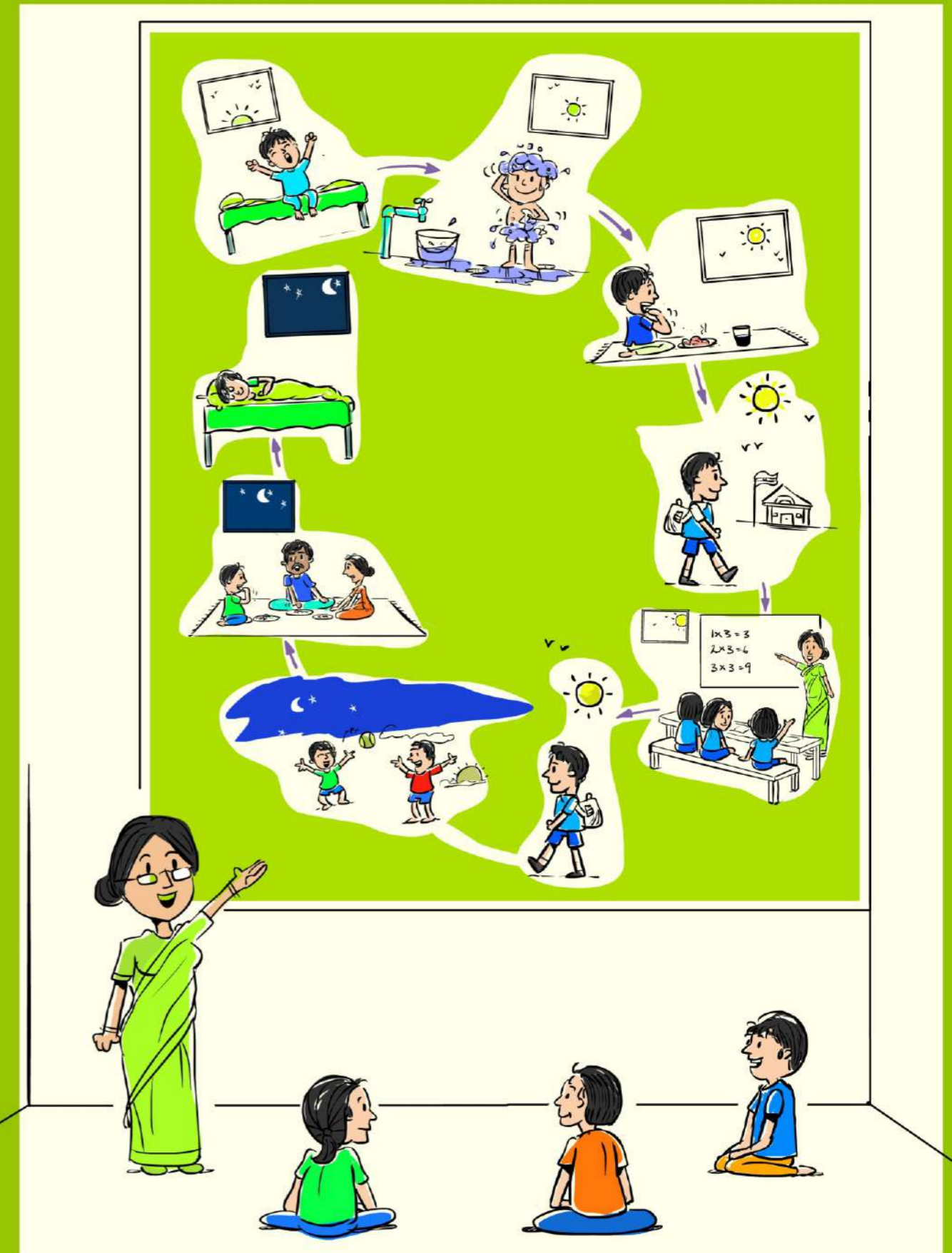
Social Development: Skills & Abilities

Understanding Daily Routine and Activities



Activities to Promote Social Skills & Abilities

Explaining Daily Routine & Activities



Social Development: Skills & Abilities

Peer interaction



Activities to Promote Social Skills & Abilities

Supervised peer interaction



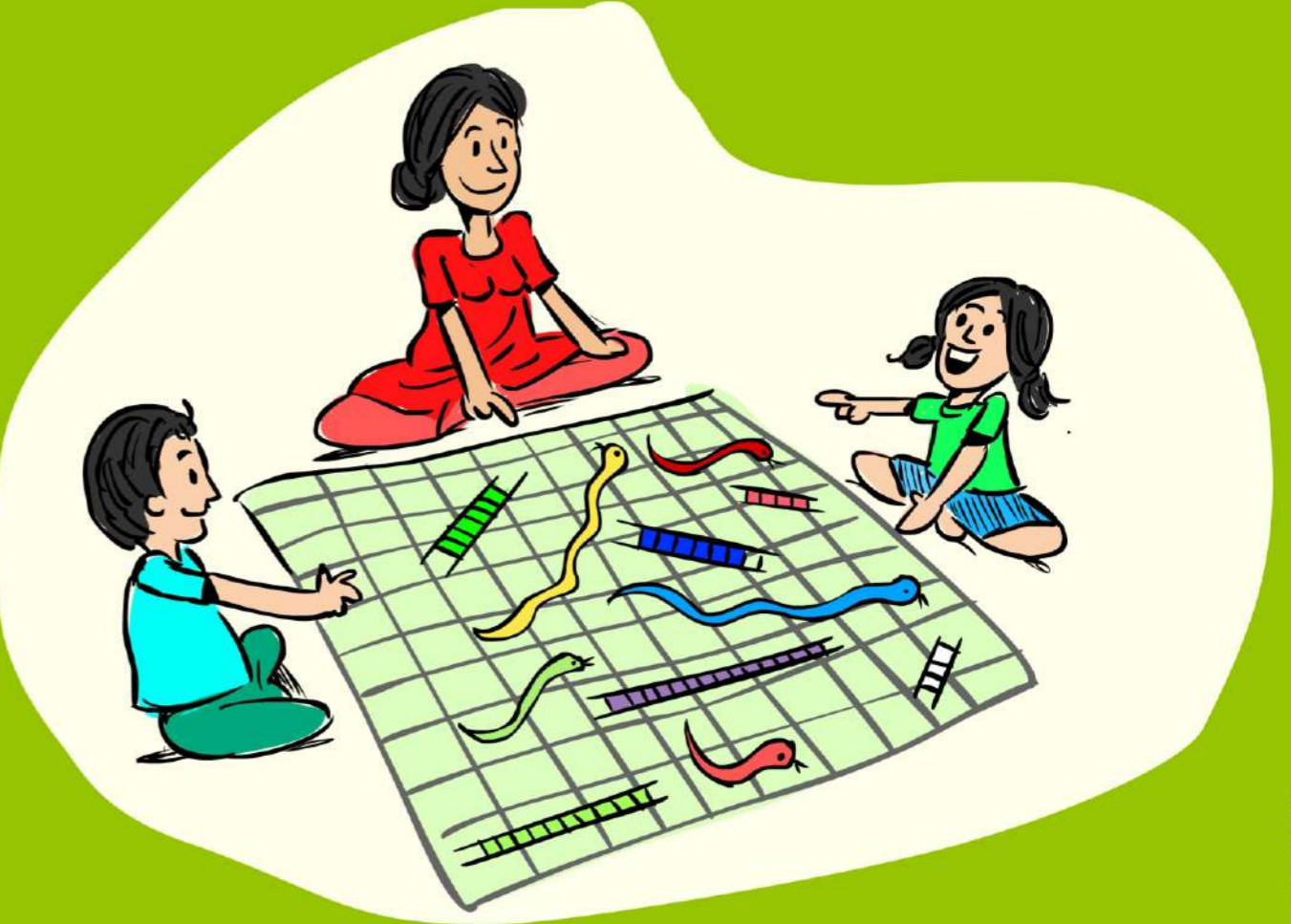
Social Development: Skills & Abilities

Understanding rules of play



Activities to Promote Social Skills & Abilities

Simple rule-based games



Cognitive Development: Skills & Abilities

Knowledge of use of objects



Activities to Promote Cognitive Skills & Abilities

Demonstration of Use of Objects



Other Activities to Promote Cognitive Skills & Abilities

Ability to Form categories



Attention enhancing tasks



Cognitive Development: Skills & Abilities

Identification of Shape



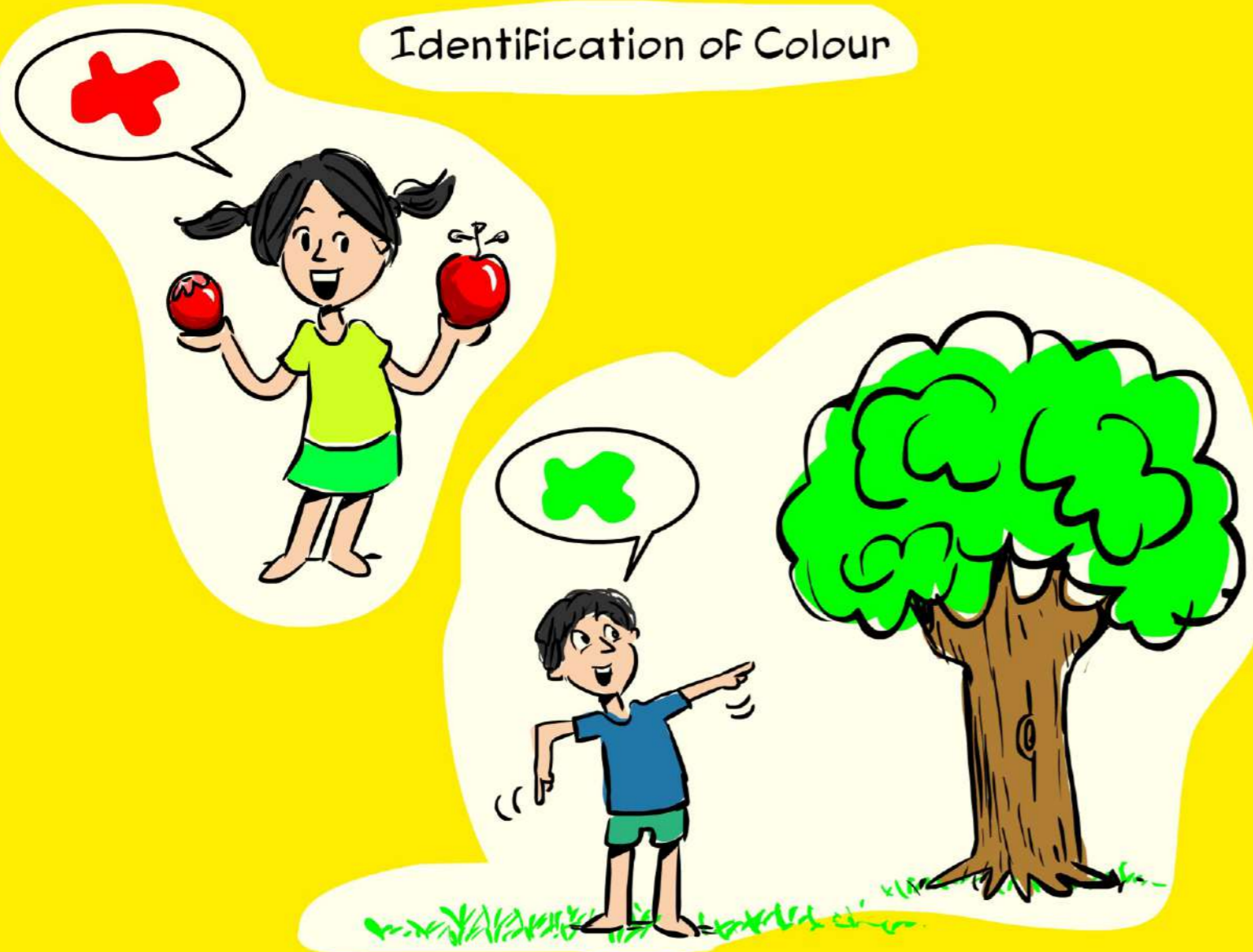
Activities to Promote Cognitive Skills & Abilities

Explaining Concepts of Shape



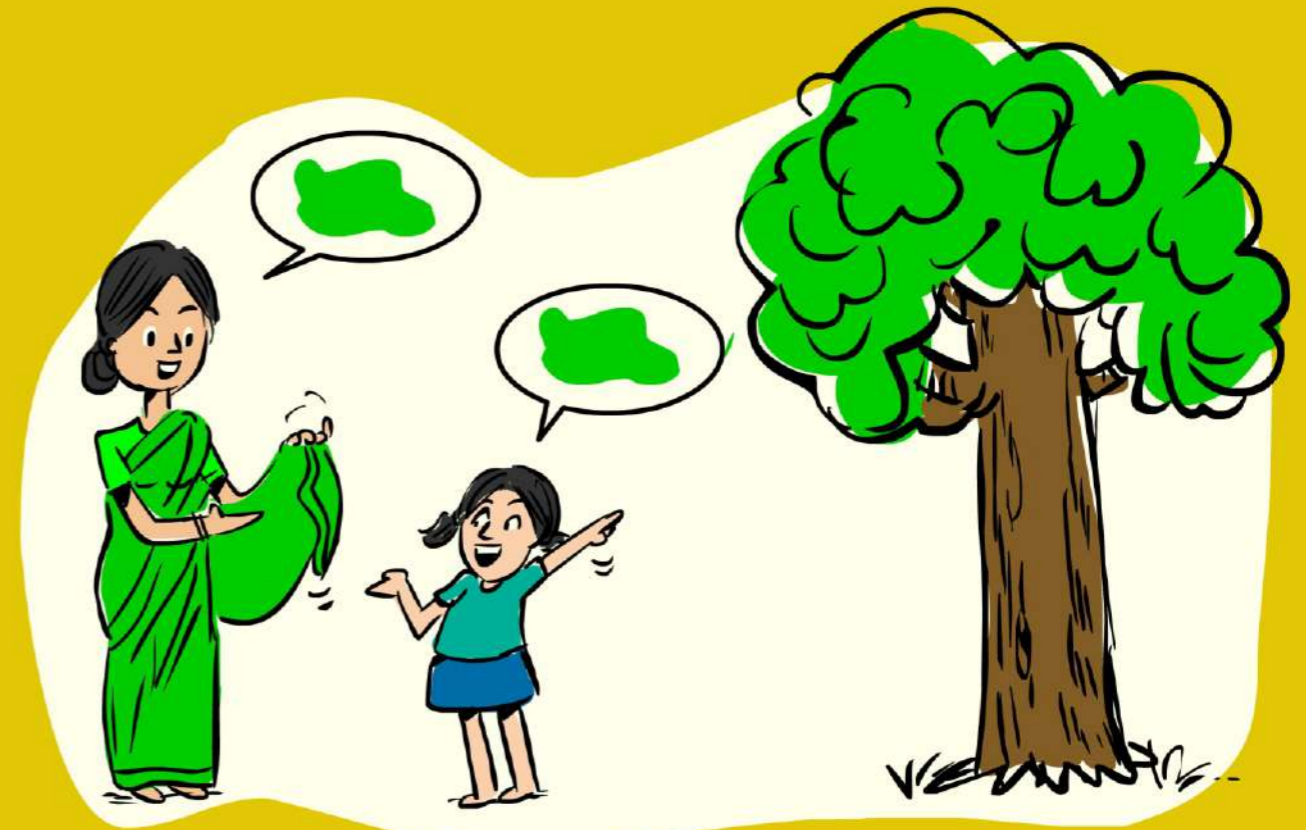
Cognitive Development: Skills & Abilities

Identification of Colour



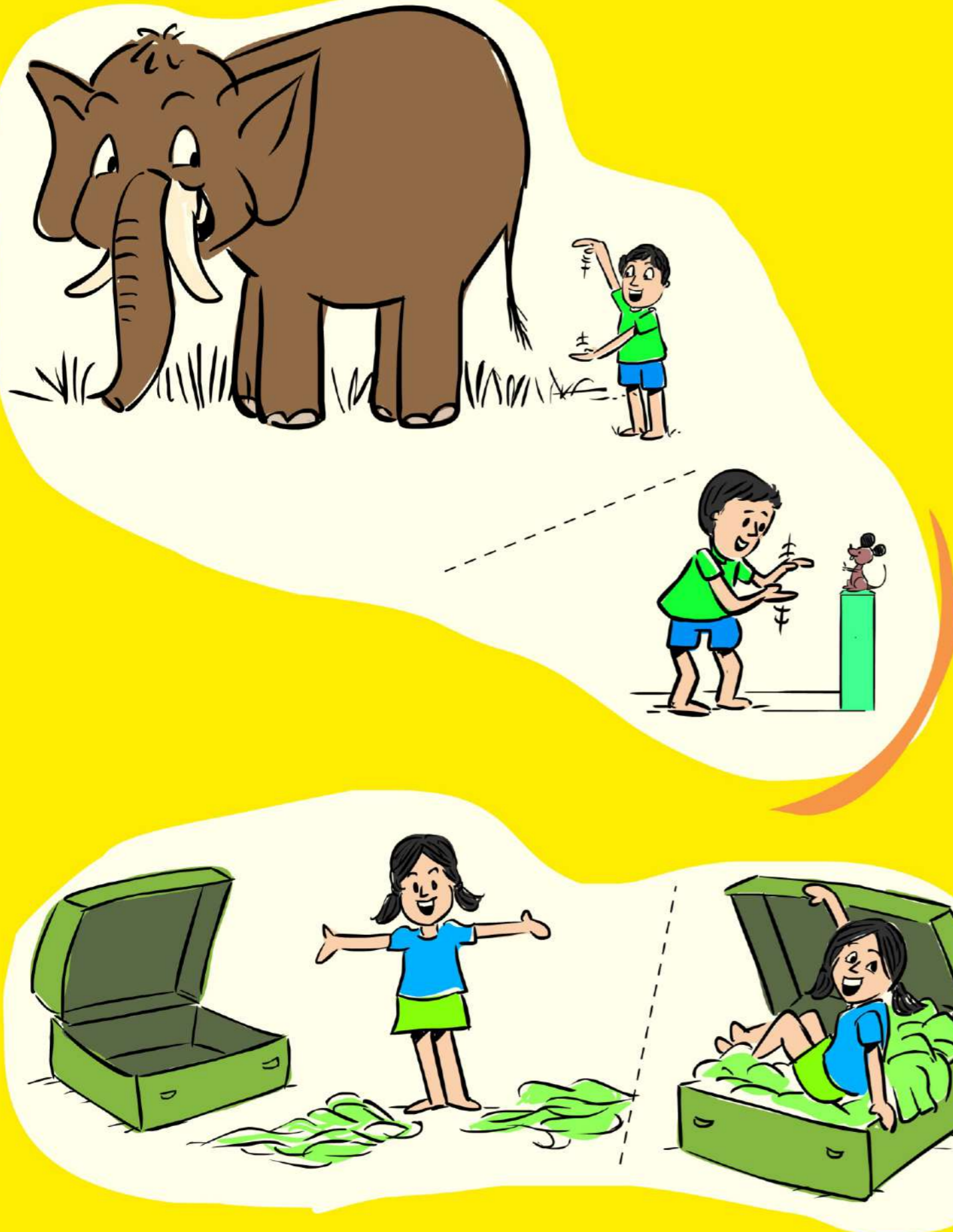
Activities to Promote Cognitive Skills & Abilities

Explaining Concepts of Colour



Cognitive Development: Skills & Abilities

Identification of Size & Direction



Activities to Promote Cognitive Skills & Abilities

Explaining Concepts of Size & Direction



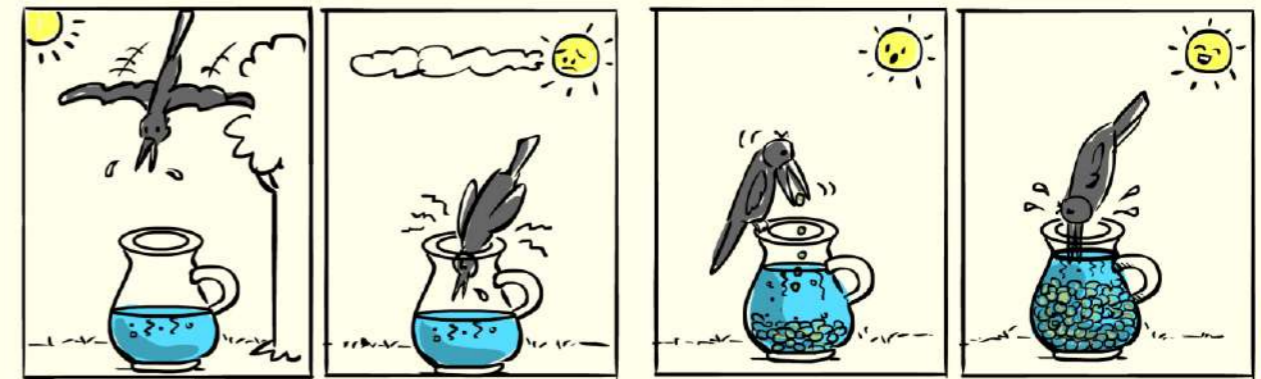
Cognitive Development: Skills & Abilities

Sequencing and organizing abilities

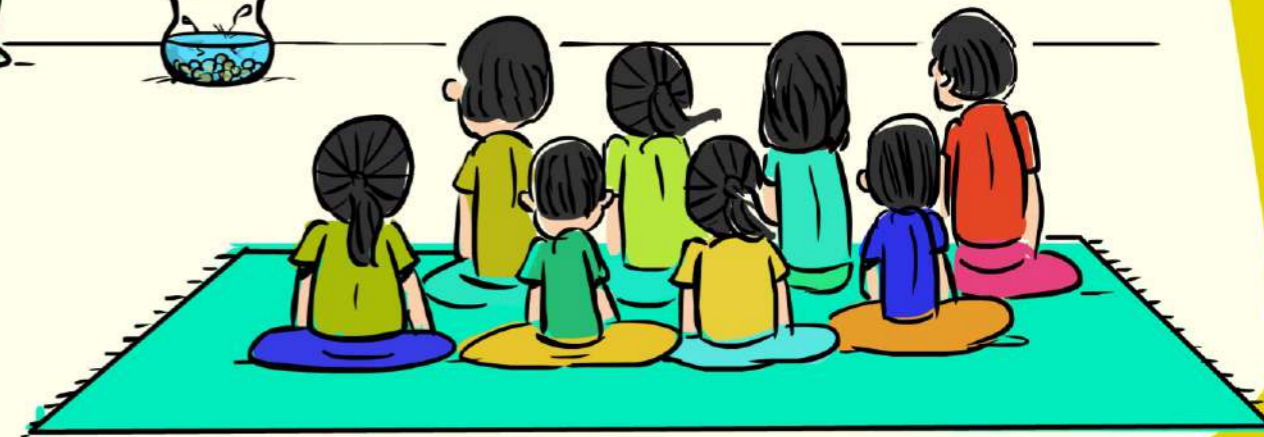


Activities to Promote Cognitive Skills & Abilities

Story-Telling



The crow was thirsty.
She could not reach the water.
So what did she do next...??



Cognitive Development: Skills & Abilities

Ability to Form Associations



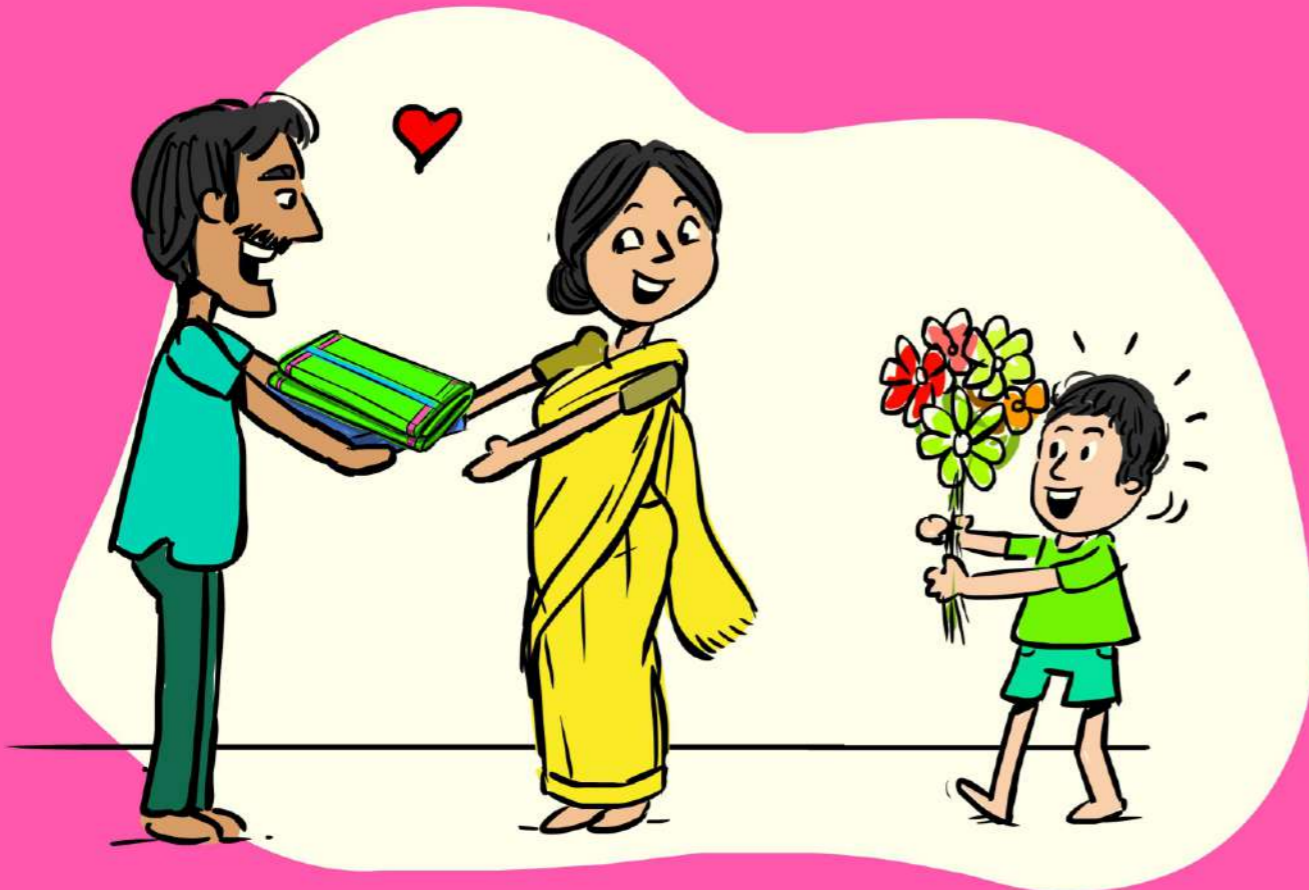
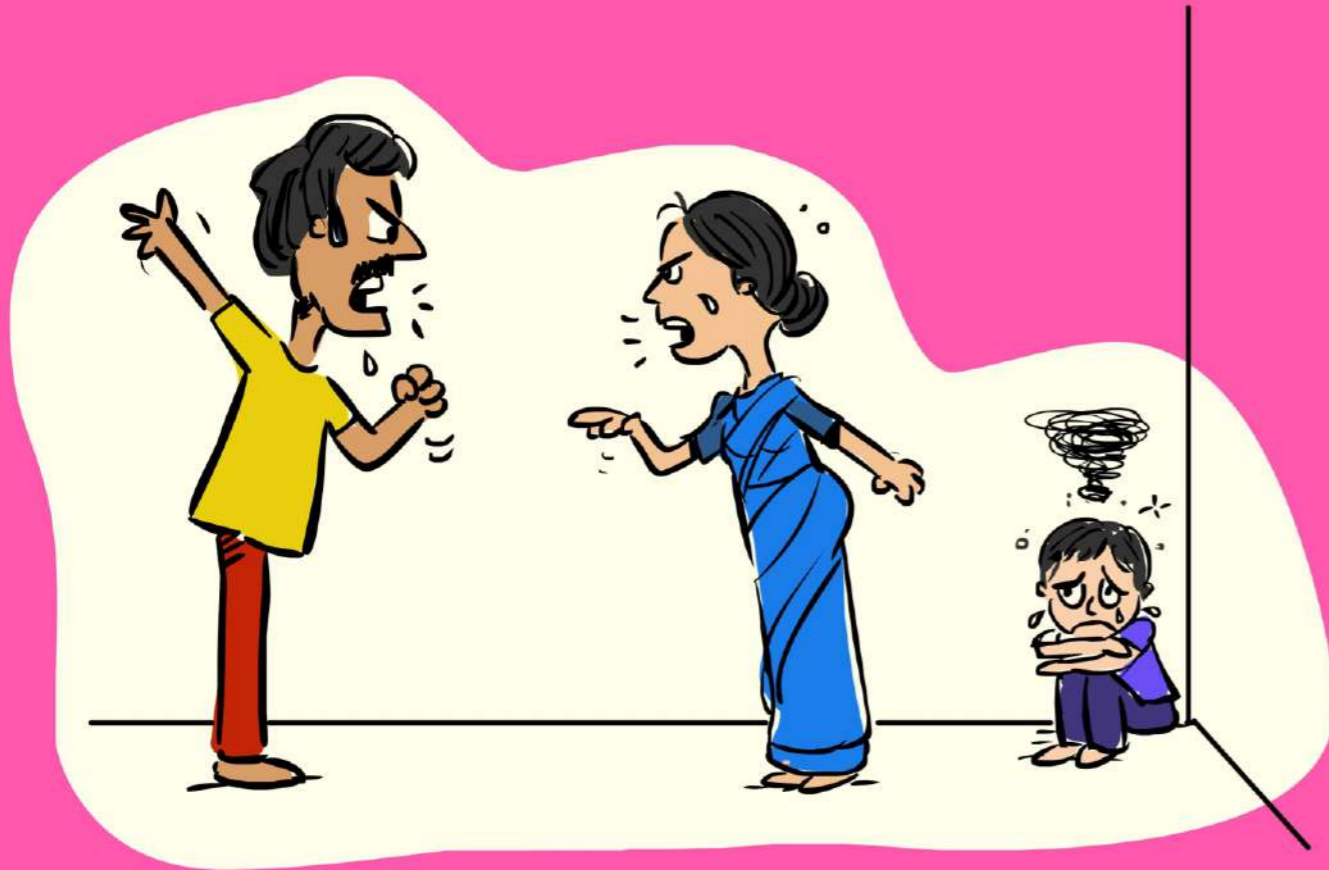
Activities to Promote Cognitive Skills & Abilities

Explaining Cause and Effect Relationships



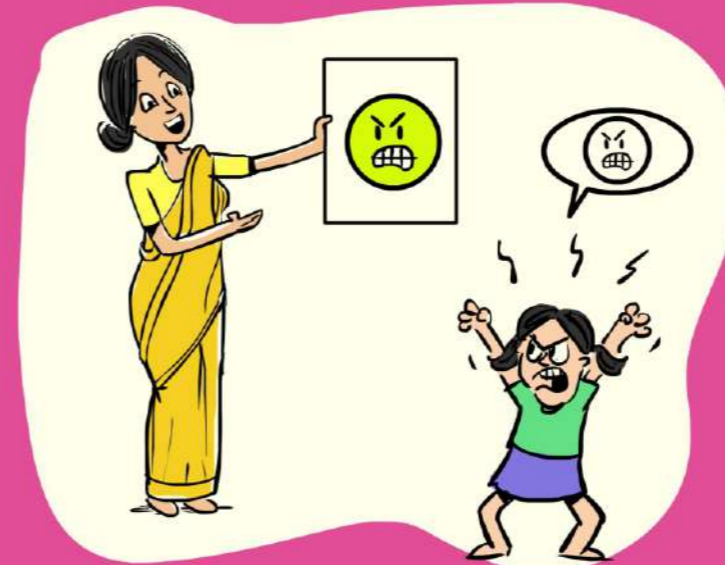
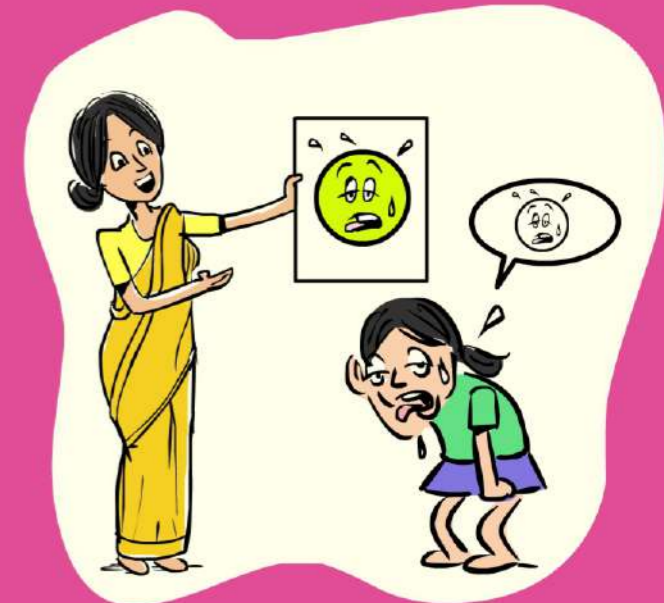
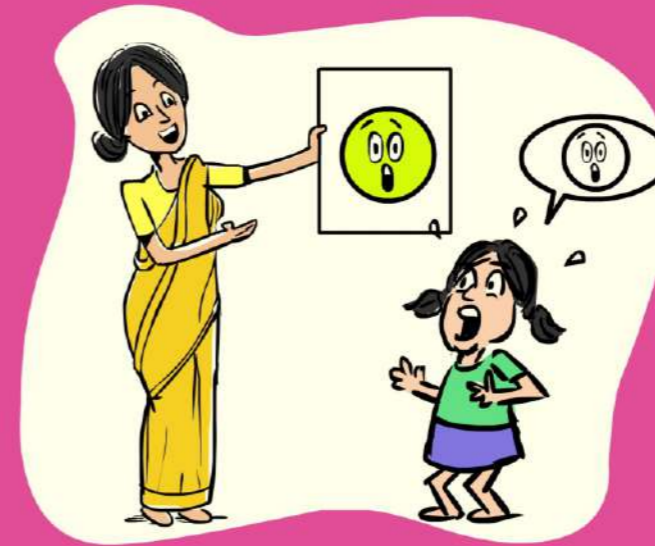
Emotional Development: Skills & Abilities

Understanding Emotions



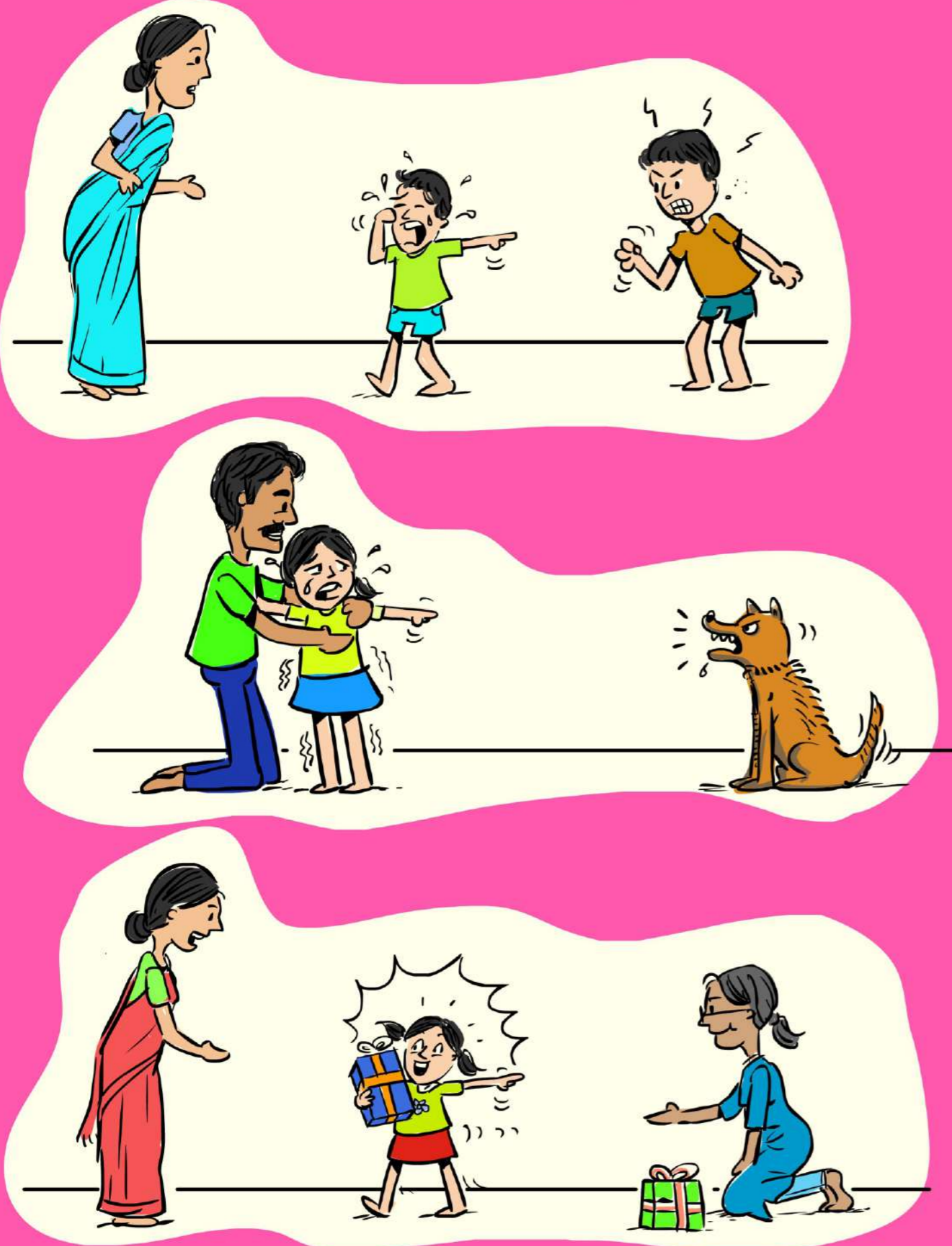
Activities to Promote Emotional Skills & Abilities

Identifying Emotions



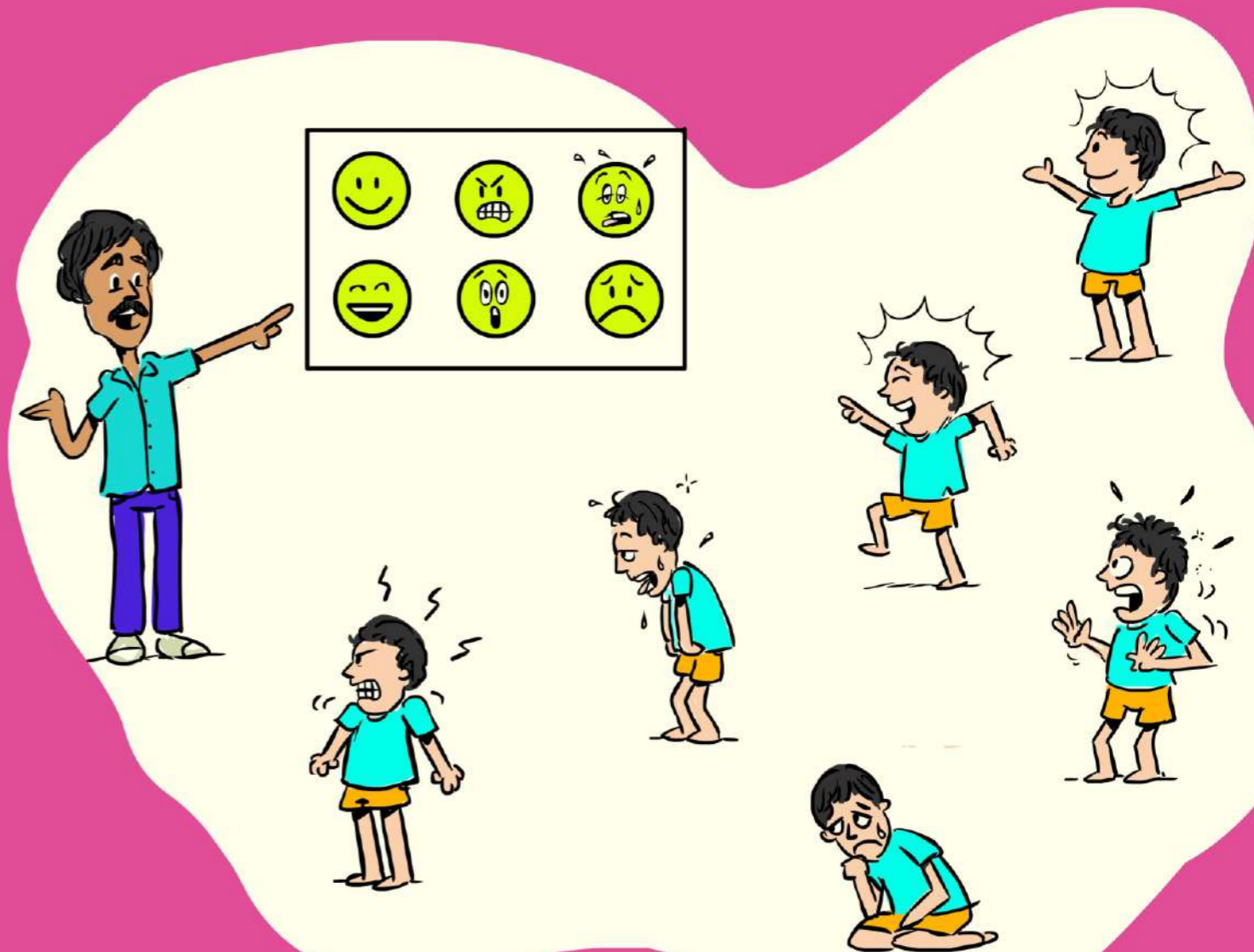
Emotional Development: Skills & Abilities

Ability to report emotions



Activities to Promote Emotional Skills & Abilities

Helping child report emotions by showing picture chart of different emotions.



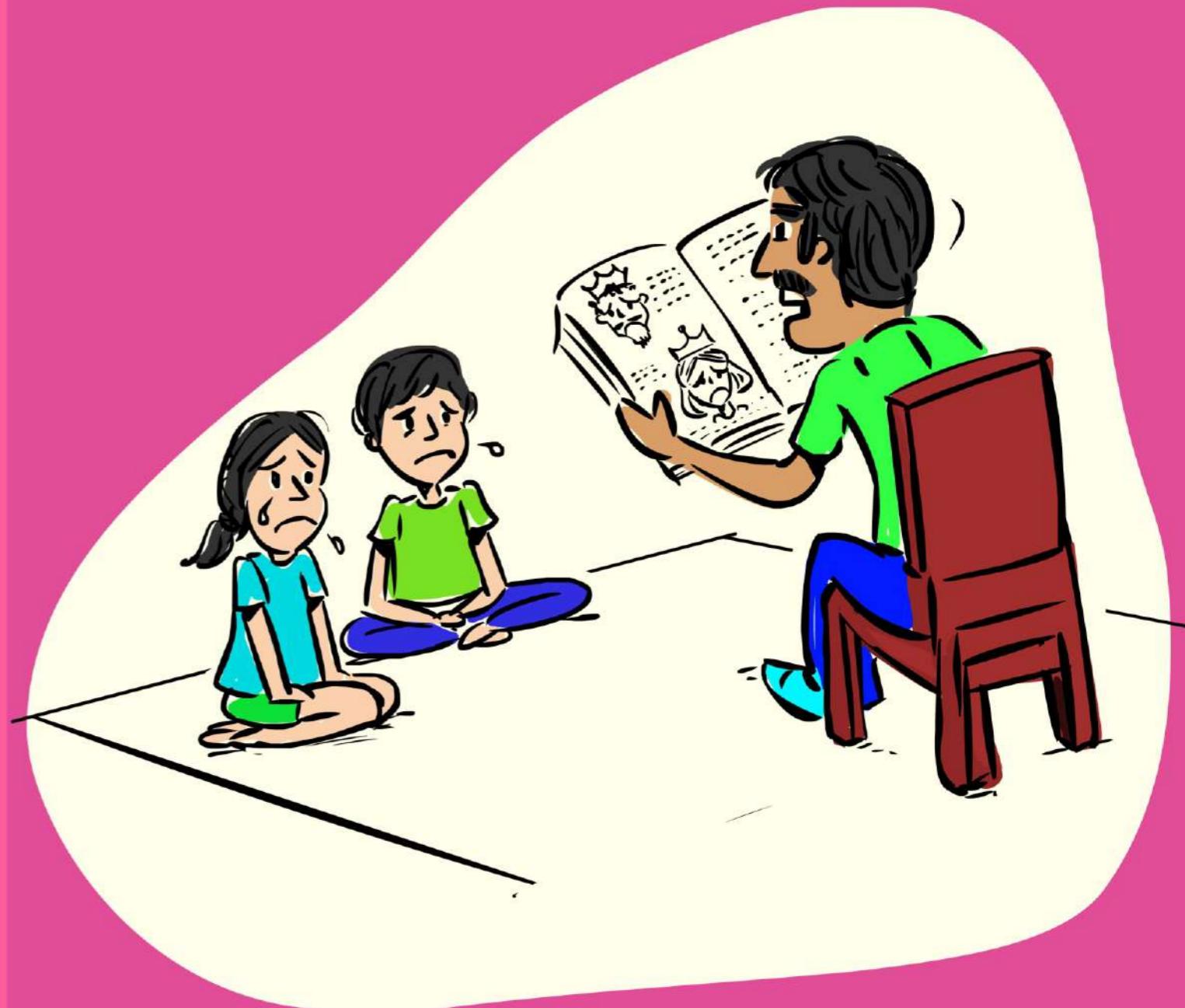
Emotional Development: Skills & Abilities

Ability to recognize emotional states of others and identify their cause



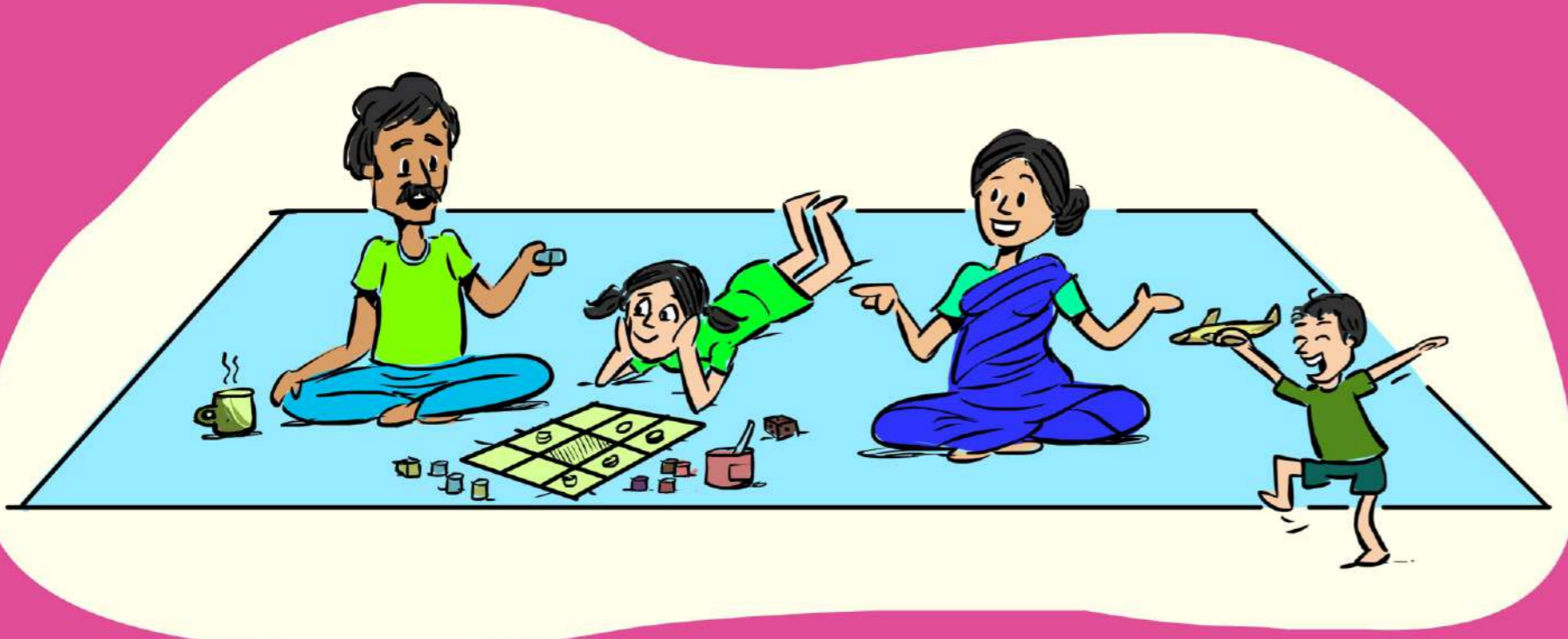
Activities to Promote Emotional Skills & Abilities

Use of Stories

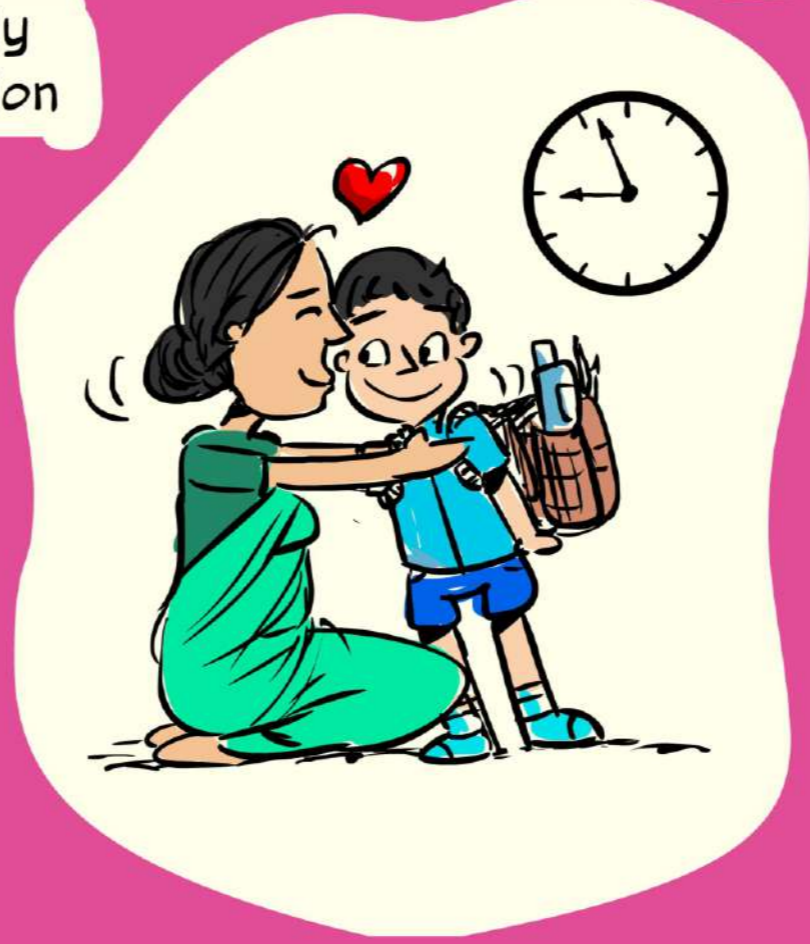
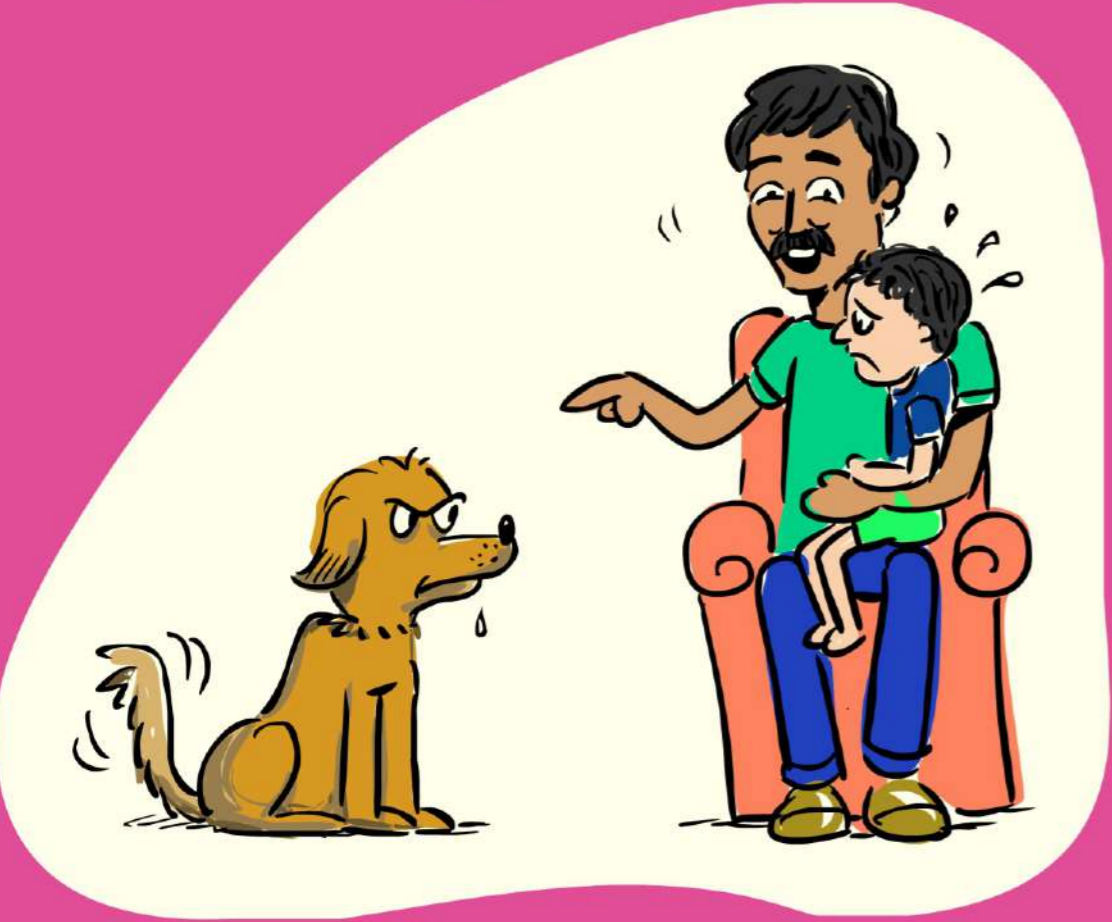


Other Activities to Promote Emotional Skills & Abilities

Spending Quality Family Time



Providing frequent and timely responses of love and affection



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