



CDRC

CHILD DEVELOPMENT AND RESEARCH CENTRE



Special Training and Empowerment Program for Parents
of Children with Special needs

SPECIAL TRAINING AND EMPOWERMENT PROGRAM FOR PARENTS (STEPS).

"Helping children make big strides one step at a time!"



What is STEPS @ NIPMR ?



It is a 3 to 6 months intensive training and empowerment program for parents of children with special needs or those infants who are at risk for developmental delays.

The First few years of life is the '**GOLDEN PERIOD**' where dynamic changes occur in a child's brain.

Together, WE can help to improve Neurodevelopmental outcome through early intensive training

STEPS empowers parents to understand and manage their child better!

Three programs in STEPS @ NIPMR

1

First STEPS

Early intervention for at risk infants

Intensive Training program for 3-6 months for parents/caretakers of infants from birth to 18 months who are at risk of neurodevelopmental problems. This will include home training for parents on how to monitor development and how to provide therapy at home.

Follow up of all children seen at CDRC annually through school age for early detection of learning difficulties and behavioral disorders.

2

Little STEPS

Holistic care and intervention for children upto 3 years of age.

Intensive Training program for 1 to 3 months for parents/caretakers of children upto 3 years of age with developmental delay, deviation or disorder.

3

Bright STEPS

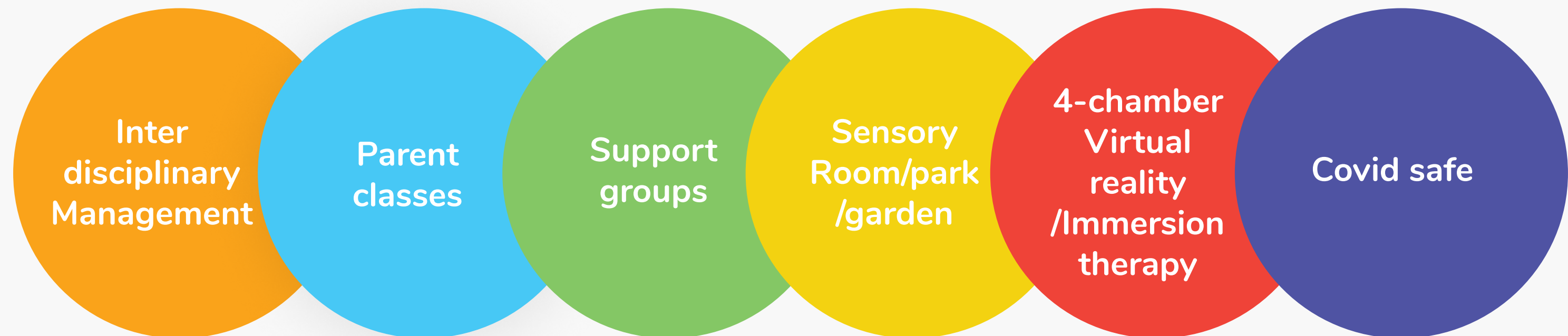
Holistic care and intervention for children above 3 years upto 8 years of age

Intensive Training program for 1 to 3 months for parents/caretakers of children upto 8 years of age with various Neuro-developmental conditions.

Who will benefit from STEPS ?

Parents of children with special needs or those infants who are at risk for developmental delays (eg: Preterm infants, Low birth weight babies) will benefit from STEPS!

Families and children with Autism spectrum disorders, Early Cerebral Palsy, Neuromuscular disorders, genetic syndromes or any other Neurodevelopmental manifestations will benefit!



At Risk Infants Clinic

'At risk' infants clinic offers a bridge to transition care between NICU, the home, and the community.

'At risk' infants are those infants who regardless of gestational age or birth weight, has a higher than average risk for Neurodevelopmental disorder /disability.



Research and Development Activities

We aim to conduct ethical studies within and outside our centre that will help us to change improvise or modify our practices based on local evidence. Research activities will be conducted in liaison with Medical college Thrissur.

New avenues for research will lead to a paradigm shift in terms of understanding the cause, pathogenesis and management of various neurodevelopmental conditions especially Autism spectrum disorders.



Team Members



- ▶ Developmental Paediatrician
- ▶ Developmental Therapist
- ▶ Occupational Therapist
- ▶ Speech Therapist
- ▶ Special Educator
- ▶ Clinical Psychologist
- ▶ Dietician
- ▶ Psychiatrist
- ▶ Physiotherapist
- ▶ Social worker





The '6 F-Words' in Child Development

The 6 'F - words for child development (Function, Family, Fitness, Friends, Fun & Future) is currently the international standard for describing health and disability.

We at CDRC, NIPMR recognises that all of these factors are equally important , and has adopted it as a guideline to ensure our services focus on all areas of child development.

Function

Family

Fitness

Friends

Fun

Future

