



Global Developmental Delay: A Parent's Guide



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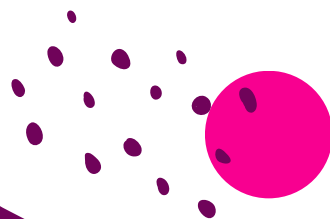
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What is Global Developmental Delay?

Global Developmental Delay (GDD) is a term used to describe a condition in which a child does not meet the expected developmental milestones in several areas of development, such as motor skills, language, cognitive abilities, and social skills. It means that a child is significantly behind their peers in various aspects of development. Children need to present with these difficulties prior to the age of 5 and if characteristics persist after 5 years can be assessed for an intellectual disability.





Areas of Global Developmental Delay

There are different areas of Global Developmental Delay, which may include delays in:

Cognitive Development:

Delays in thinking and problem-solving abilities.

Motor Skills Development:

Delays in gross motor skills (e.g., crawling, walking) and fine motor skills (e.g., grasping objects).

Language and Communication Development:

Delays in speech and language development.

Social and Emotional Development:

Delays in the ability to interact and communicate with others.



Checklist for Parents: Characteristics of Global Developmental Delay

If you suspect that your child may have Global Developmental Delay, here is a checklist of possible signs to consider:

- ✓ Limited or delayed speech and language development
- ✓ Difficulty with motor skills (e.g., walking, running, using utensils)
- ✓ Difficulties with social interactions and making friends
- ✓ Challenges in understanding and following instructions
- ✓ Delayed or atypical play behaviours
- ✓ Difficulty with self-care tasks (e.g., dressing, toileting)
- ✓ Unusual behaviour patterns or repetitive movements
- ✓ Difficulty with attention and focus
- ✓ Challenges with social interactions and forming relationships
- ✓ Delayed cognitive skills and problem-solving abilities

Diagnosis of Global Developmental Delay

Global Developmental Delay is typically diagnosed by healthcare professionals, such as a Paediatrician or a multidisciplinary team. The diagnosis involves a thorough assessment of a child's developmental milestones and may include, developmental screening questionnaires, standardised assessments, observations, genetics testing, neurological and physical examinations.



Steps to Take if You Suspect GDD

If you suspect that your child may have Global Developmental Delay:

1. Consult a Healthcare Professional: Schedule an appointment with your child's Paediatrician or Allied Health Professional.

2. Document Your Concerns: Keep a record of your child's developmental milestones, behaviours, and any concerns you have.

3. Seek Early Intervention: Early intervention services can provide therapies and support for children with developmental delays.



Next Steps to Support a Child with GDD

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- **Early Intervention Services:** Enrol your child in early intervention programs that offer speech therapy, occupational therapy, psychology, music therapy, art therapy and other supportive services.
 - **Individualised Education Plan (IEP):** Work with your child's school to develop an IEP tailored to their specific needs.
 - **Speech Pathology:** Consider regular speech therapy sessions to improve communication skills.
 - **Occupational Therapy:** Occupational therapy can help with fine and gross motor skill development.
 - **Behavioural Therapy:** If needed, consult a behavioural therapist for managing challenging behaviours.

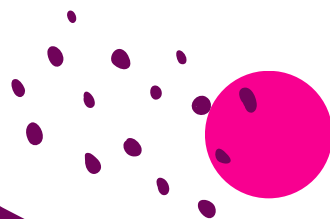
Strategies for Children with Global Developmental Delay



- Provide a structured daily routine.
- Use visual schedules and timers to help with transitions.
- Offer clear and simple instructions.
- Encourage social interactions through playdates and group activities.
- Use visual aids (e.g., picture cards) to support communication.
- Break tasks into smaller, manageable steps.
- Provide sensory activities to stimulate development.
- Offer praise and positive reinforcement for achievements.
- Be patient and allow extra time for tasks.
- Use repetition to reinforce learning.

- Encourage physical activity to develop motor skills.
- Promote independence in self-care tasks.
- Create a calm and organised home environment.
- Limit screen time and promote face-to-face interactions.
- Read together regularly to enhance language skills.
- Engage in activities that stimulate creativity.
- Monitor and address sensory sensitivities.
- Foster a supportive and inclusive community.
- Attend support groups for parents of children with GDD.
- Seek guidance from professionals in your child's care team.

Remember that every child is unique, and the strategies that work best may vary. Consult with specialists to develop an individualised plan for your child's needs. Early intervention and a supportive environment can make a significant difference in helping your child reach their full potential. Please reach out to Inspire Allied Health and Education Group to find out how we can support your child and family.





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