

Recognizing disabilities (**Disorders**) early and providing the right support can help children lead a better and more secure life.

WHAT ARE COMMON DISORDERS?

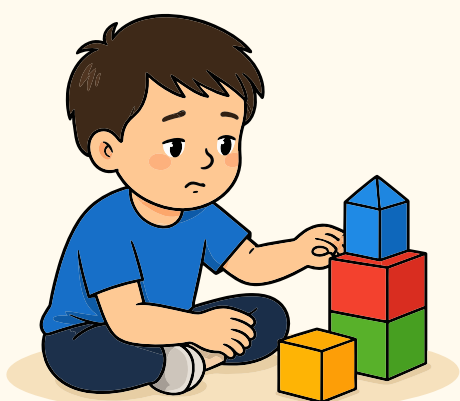
Attention Deficit Hyperactivity Disorder (ADHD)



Difficulty in paying attention, hyperactivity and restlessness.



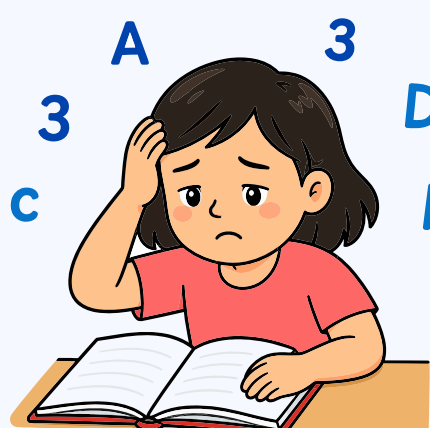
Autism Spectrum Disorder (ASD)



Difficulty in social interaction, unusual behaviors and limited interests.



Learning Disorders (LD)



Difficulty in reading, writing or maths. Learning happens more slowly.



Speech and Language Disorders



Difficulty in speaking, understanding words or expressing thoughts.



Behavioral and Emotional Disorders



Frequent anxiety, sadness, fear, anger or unusual behaviors.



WHY IS EARLY IDENTIFICATION IMPORTANT?



Helps in better brain development



Improves learning ability and confidence



Builds better behavior and emotional balance



Helps in better adjustment and future success

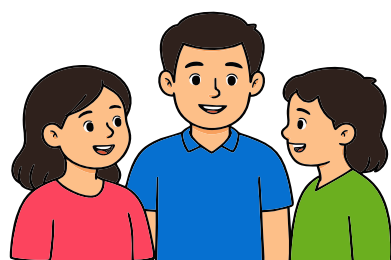


Reduces the need for bigger help later in life

WHAT SIGNS SHOULD YOU LOOK FOR?

- Delays in development as per age
- Poor eye contact
- Difficulty in speaking or understanding
- Difficulty in social situations
- Frequent mood changes
- Excessive anxiety, fear or staying withdrawn

WHAT CAN YOU DO ?



Understand your child with patience, love and care.



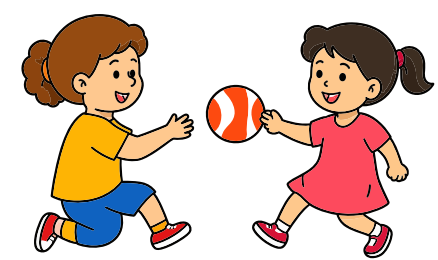
Get the child evaluated and seek guidance.



Consult specialists early.



Work with schools and teachers for the child's support.



Encourage daily routines, play, healthy habits and a positive outlook.

A well-supported child can learn, grow and succeed -

Let's come together to give every child the right support and guidance for a brighter future!



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Little Lives India is with you

Every child deserves care,
every family deserves support,
every life deserves respect.



Together we can

Ensure that every child gets proper support, grows up healthy and is protected from diseases.



Every child is special, deserving of care and inclusion!

Recognizing disability early and providing support can help children lead a better, confident and independent life.

TYPES OF DISABILITIES

PHYSICAL DISABILITY



Difficulty in movement, such as in walking, climbing stairs or using hands.

VISUAL IMPAIRMENT



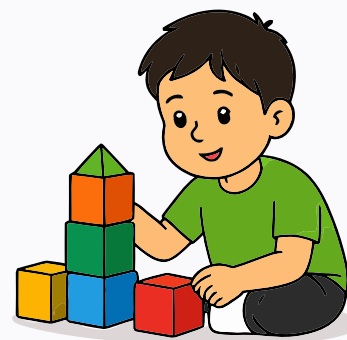
Difficulty in seeing near or far, or total loss of sight.

HEARING IMPAIRMENT



Difficulty in hearing sounds, or total loss of hearing.

INTELLECTUAL / DEVELOPMENTAL DISABILITY



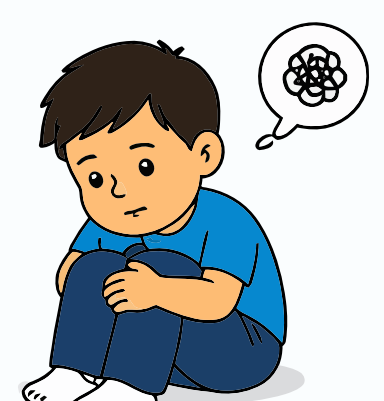
Difficulty in learning, understanding, remembering or solving problems.

SPEECH & LANGUAGE DISABILITY



Difficulty in speaking understanding or expressing thoughts.

AUTISM SPECTRUM DISORDER

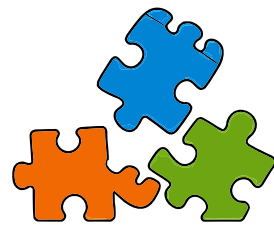


Difficulty in social interaction, communication and repetitive behaviors,

WHAT ARE SOME SIGNS TO LOOK FOR?



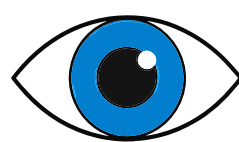
Delays in reaching developmental milestones



Difficulty in learning or remembering



No response to sound



Poor eye contact or not following objects with eyes



Difficulty in speech or limited use of words



Unusual behaviors, tantrums or hyperactivity

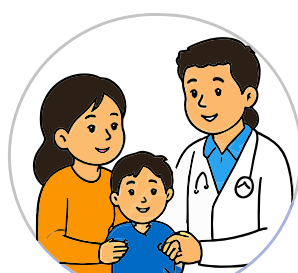


Withdrawal, lack of social interaction or playing alone



Early identification, timely support and inclusion can help children grow with confidence and happiness.

WHAT CAN YOU DO?



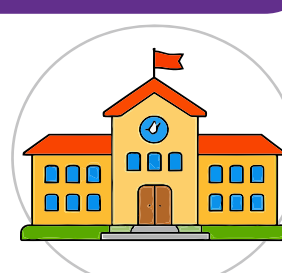
Observe and understand your child with love and patience.



Accept them, encourage them and celebrate their abilities.



Seek guidance from experts and early intervention centers.



Ensure inclusive education and support in school and community.



Encourage play, creativity and independence.



Spread awareness and create an inclusive environment.

BENEFITS OF INCLUSION



Children feel accepted and respected,



Improved self-esteem and confidence.



getter social relationships and friendships.



Opportunity to learn and grow to their full potential.



Stronger and more inclusive society.



Remember

Disability is not inability, it is a different ability.

Every child is special, let's build an inclusive society!



Let's love, understand and build a society where every child feels - **I AM SPECIAL TOO!**



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Together we can

Ensure that every child gets proper support, grows up healthy and is protected from diseases.



KNOW ABOUT NUTRITIONAL DEFICIENCIES, BUILD A HEALTHIER FUTURE

Nutritional **deficiencies** can affect a child's growth, immunity and learning. Early detection, balanced nutrition and timely care help children grow healthier and stronger.

GOOD NUTRITION - STRONG BODY - BRIGHT FUTURE

HOW CAN YOU KNOW IF YOUR CHILD IS NOT GETTING ENOUGH NUTRITION?



Slow growth or not gaining weight as per age



Weakness, fatigue or lack of interest in daily activities



Frequent colds, cough, fever, or falling sick often



Poor concentration, forgetfulness



Pale face, hair fall, dry skin or frequent infections



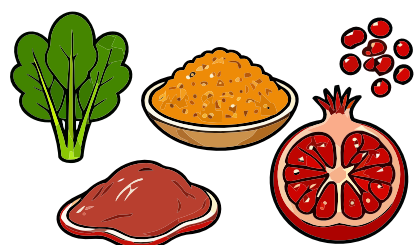
If yes, it may be a sign of poor nutrition - Act today!

COMMON VITAMIN DEFICIENCIES IN CHILDREN

IRON (Fe) DEFICIENCY

May lead to: weakness, tiredness, pale skin, reduced immunity

Eat:

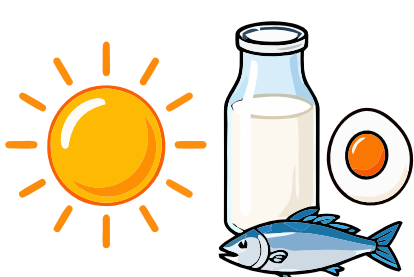


Green leafy vegetables, pulses, jaggery, meat, egg, pomegranate

VITAMIN D DEFICIENCY

May lead to: weak bones, rickets, back or leg pain

Eat:



Sunlight, milk, eggs, fish, mushrooms

VITAMIN A DEFICIENCY

May lead to: poor night vision, weak immunity, dry eyes, dry skin

Eat:



Carrot, pumpkin, mango, green leafy vegetables, papaya, egg, milk

VITAMIN B12 DEFICIENCY

May lead to: weakness, lack of appetite, anaemia

Eat:



Milk, curd, paneer, egg, meat, mushrooms

IODINE DEFICIENCY

May lead to: goitre (swelling in neck), mental retardation in children

Eat:

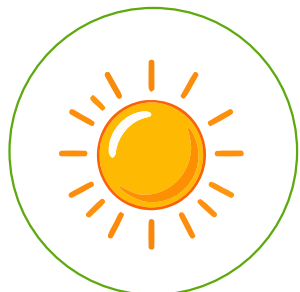


Iodised salt, seafood, eggs

WHAT CAN YOU DO?



Give a balanced diet daily



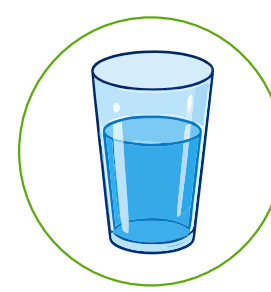
Ensure 15-20 minutes of sunlight daily



Encourage children to play and be physically active



Ensure regular health check-ups



Give clean and safe drinking water



Follow advice of Anganwadi / ASHA workers or health centres

A well-nourished child is a healthy child, a strong child, the future of a developed India.

Let's give every child good nutrition and a bright future!



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Ensure that every child gets proper support, grows up healthy and is protected from diseases.

KNOW ABOUT BIRTH DEFECTS

PREPARE FOR A HEALTHY TOMORROW!

Birth defects are health conditions present at birth or that develop early in life. Early awareness and timely care can help children live a better, healthier and happier life.

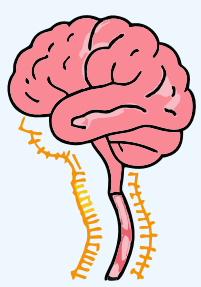
WHAT ARE BIRTH DEFECTS?



Birth defects are physical, mental or structural changes that affect a baby's body before birth, during pregnancy or shortly after birth. They can range from mild to severe and may affect a child's ability to grow, learn and thrive,

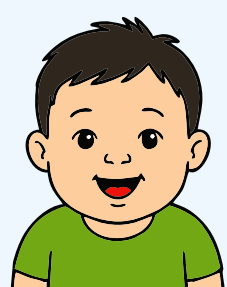
TYPES OF COMMON BIRTH DEFECTS

Neural Tube Defects



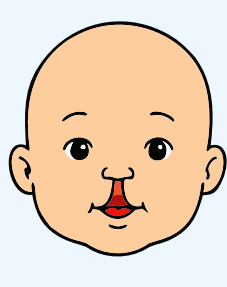
The brain, spinal cord or its covering does not develop properly.

Down Syndrome



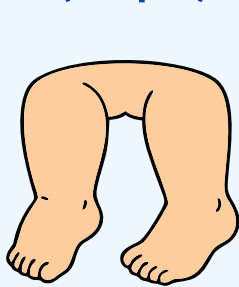
A genetic condition that affects physical features and intellectual development.

Cleft Lip and Cleft Palate



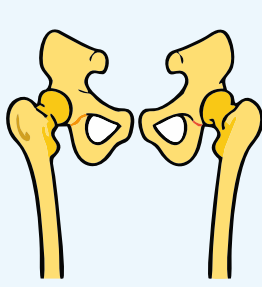
A gap in the lip or roof of the mouth. It may affect eating, speaking and hearing.

Clubfoot (Tatipes)



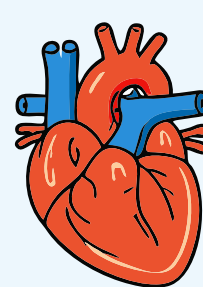
One or both feet are twisted inward or downward.

Hip Dysplasia



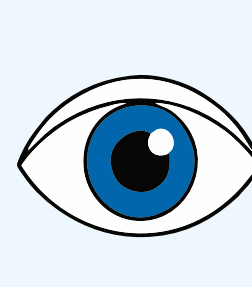
The hip joint does not develop properly and may cause problems while walking.

Congenital Heart Defects



Structural problems in the heart present at birth.

Congenital Cataract



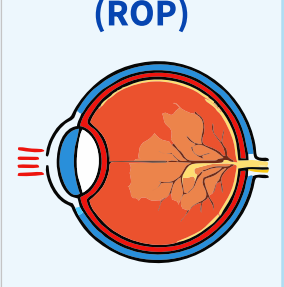
Clouding of the eye lens present at birth which may affect vision.

Hearing Loss



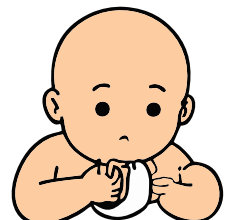
Partial or total loss of hearing present at birth or occurs early in life.

Retinopathy of Prematurity (ROP)

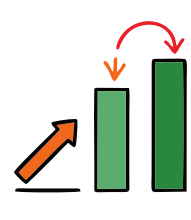


An eye disorder in premature babies that can affect vision.

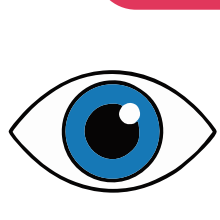
WHAT ARE THE WARNING SIGNS?



Difficulty in breathing



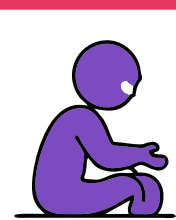
Poor growth or not gaining weight



Eye problems or abnormal eye movements



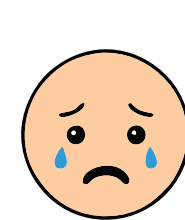
No response to sounds



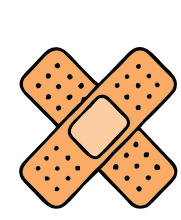
Delayed milestones in development



Bluish lips or skin



Unusual behavior or irritability



Any part of the body missing, extra or unusual in shape



If you notice any of these signs, consult a doctor and get the child evaluated.

WHAT CAN PARENTS DO?



Visit a doctor early in pregnancy and follow the doctor's advice.



Take folic acid (as advised) before and in early pregnancy as per doctor's recommendation.



Eat a balanced diet — rich in vegetables, fruits, pulses, dairy and whole grains.



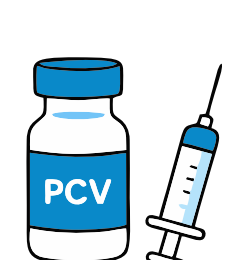
Avoid alcohol, smoking and harmful drugs.



Protect against infections and get vaccinated as advised.



Get regular ultrasound scans (as advised).



Take prescribed medicines and supplements as advised by your doctor.

WHAT ARE THE BENEFITS OF EARLY DETECTION AND CARE?



Better treatment and improved outcomes.



Better growth and development of the child.



Reduced complications and better quality of life.



Less emotional and financial stress for the family.



Better chances of a normal life and brighter future for the child.

Every child is precious, every child deserves care -
Let's love, support and include them to build a brighter future!



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Little Lives India is with you
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every family deserves support,
every life deserves respect.



TOGETHER WE CAN

Ensure early detection of birth defects and provide children with the care, love and equal opportunities they deserve.