

GLOBAL DEVELOPMENTAL DELAY

A Guide for Mothers, Fathers, and
Caregivers

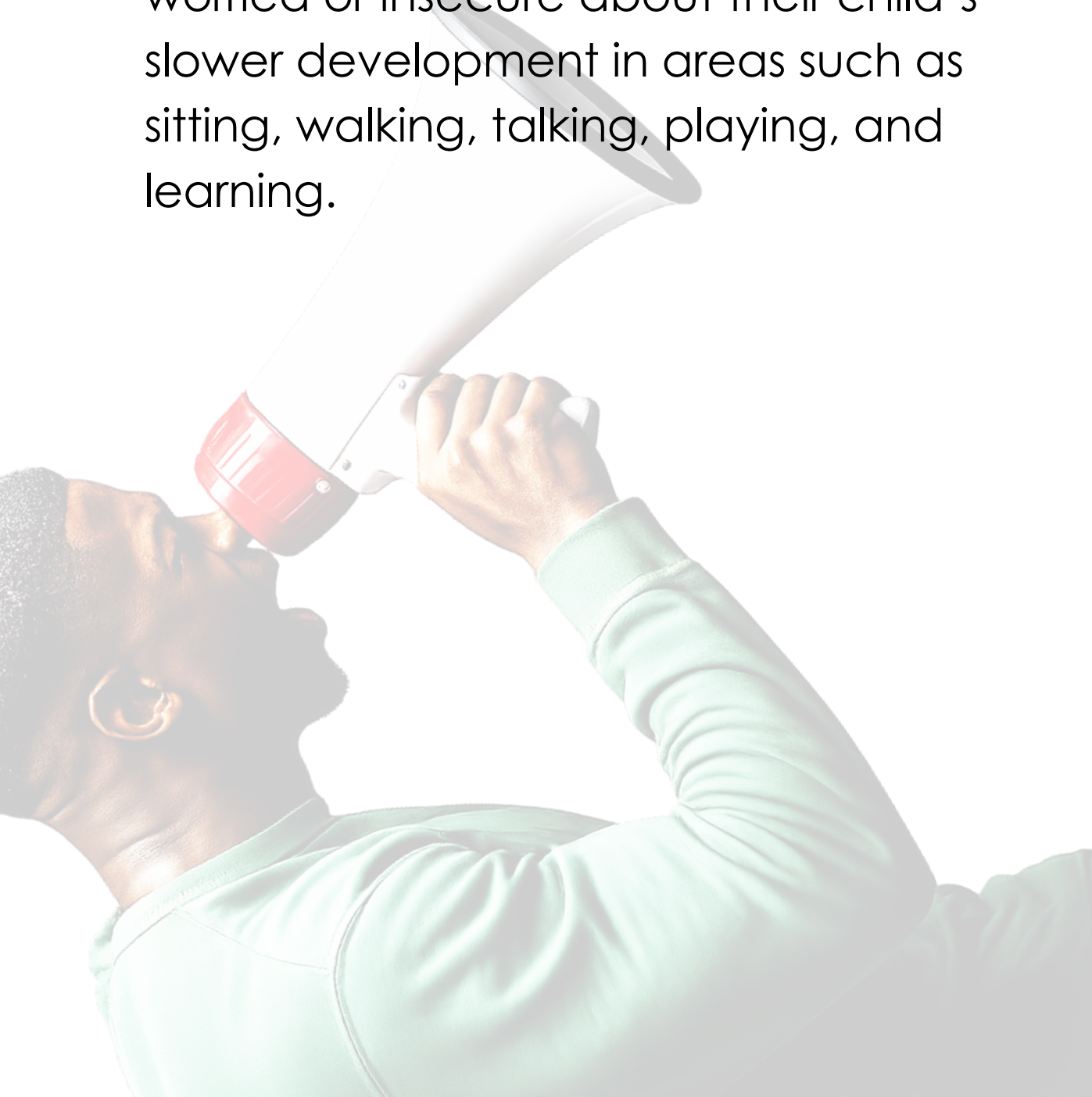


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WHO IS THIS GUIDE FOR?

This guide is for mothers, fathers, and/or caregivers of children with **Global Developmental Delay (GDD)** who feel worried or insecure about their child's slower development in areas such as sitting, walking, talking, playing, and learning.



DO YOU KNOW WHAT GLOBAL DEVELOPMENTAL DELAY IS?

Global Developmental Delay (GDD) means a child develops skills more slowly than expected in two or more areas of development. These areas include gross motor (sitting, walking), fine motor (grasping objects), communication (talking), cognitive (learning and problem-solving), and social skills.

WHAT CAUSES IT?



Genetic conditions



Infections or brain injuries



Complications during pregnancy or birth (e.g., prematurity)



Often, the exact cause is not known

Important

Caused by:

NOT



Witchcraft



Curses



Bad parenting

Every child develops at their own pace, and early support makes a big difference.

GDD is common in young children under 5 years and can improve significantly with early intervention.



MY CHILD IS DEVELOPING MORE SLOWLY

NOW WHAT?

It is common for all families to experience feelings of worry when they notice their child developing more slowly.

After all, it's natural to compare and wonder about the future.

In cases of Global Developmental Delay, these worries can be even greater.

Every child develops at a different pace. Children with GDD often need more time and specific support such as early intervention therapies (physical, speech, occupational), play-based stimulation, and structured routines.



These feelings are normal.

BUT WHERE DOES ALL THIS WORRY COME FROM?

Did you know that our thoughts influence our emotions and actions?



Worry is a feeling that arises when you have thoughts that you're not capable of supporting your child's development. So, we say that it "lives" in our thoughts.



“All other
parents know
how to help
their children
develop faster.”

“I’m a terrible
mother because
my child is
delayed.”



**ON A SCALE FROM 0 TO 10,
HOW CAPABLE DO YOU FEEL
OF SUPPORTING YOUR
CHILD'S DEVELOPMENT?**



NEGATIVE PREDICTIONS

When you think you're not capable of supporting your child, your thoughts are often making negative predictions.



Negative predictions happen when you believe with absolute certainty that things will not improve, even though many children with GDD make good progress with support.

WORRIES LIVE IN OUR THOUGHTS!

In addition to negative predictions, you may also be making unfair comparisons.

"Other children are developing much faster than mine."

"That mother is better at supporting her child."

"I am not doing enough."



CHANGING THE WAY, WE THINK

Your feelings and actions are influenced by your thoughts. To feel better and more confident, we need to change the way we think.



LOOKING BACK AT WHAT WE'VE LEARNED



NEGATIVE PREDICTIONS

(Interactive Worksheet)

Start by writing down one negative prediction you have identified here.

Answer

.....
.....
.....

Now, write down when and where you think this prediction might come up.

Answer

.....
.....
.....

Finally, create a plan with things you can do to support your child:

Answer

.....
.....
.....

(Interactive Worksheet)

Write down one unfair comparison you

Answer

.....

.....

.....

Write down two positive things you have already done while supporting your child.

Answer

.....

.....

.....

What do these things say about your performance?

Answer

.....

.....

.....

After doing this, how would you rate your confidence level in supporting your child?

☐

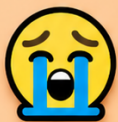
Full Confidence

☐

Good control

☐

Moderately Capable

☐

Completely-Unprepared

See how our thoughts can sometimes deceive us?

What we think isn't always 100% accurate. Our minds often focus on difficulties. It is important to evaluate our thoughts and try new ways of thinking. Only then can we start feeling better and more confident in supporting our child one small step at a time.

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CONTENT DEVELOPMENT

Professor Annette UWINEZA

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telegerne@gmail.com

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