

Development Anxiety

Today's Parenting post is- Development anxiety

It's amazing watching your child develop new skills, but it's easier to become anxious too. Here's some tips on when to seek other professionals and when not to worry. We encourage families to attend 24-month-old checks with the health visitor as this is an opportunity to discuss development, growth, diet and seek further support if needed.

Growing up fast

We all want to see our children grow and flourish to become the confident, happy people we know they can be. With children comes lots of worries with their development, but that does sometimes mean we get sucked into the world of competitive parenting where you can often compare your own child's development to another child's. The truth is, there are some things to act upon and some things to patiently wait for your child to catch up on.

It's possible that there may be a delay within your child's development, your child's Keyworker is here to support and discuss what they see at Nursery and if there's anything we can work on with them. We follow EYFS guidance to track your child's development and Keyworkers will discuss activities at home to support if your child is 'not currently on track' in different areas.

What to keep an eye on

Your child's speech- every child develops differently, we encourage you to celebrate the small goals as this creates the end result and bigger picture. If your child has learnt a new sound or phrase they're still achieving a personal goal.

You may read online that a child should be saying 50 words by their second birthday, but we are here to reassure you that if that's not the case we can guide you to seek support from Speech and Language and other professionals. With both home and Nursery following the advice given for your child we can plan next steps proactively.

Additional Information

When it comes to general development, look for difficulties that your child is experiencing, such as:

- Problems with understanding- your child may take a longer when processing information, keeping to short simple phrases will make it easier for them to understand the instruction you're giving. If you were to say "Can you find your shoes and bring them here" that could be a lot to process, try saying "where's your shoes".
- Difficulties with hearing or sight. If you've noticed your child squinting, we encourage to get this checked as soon as you can. If you feel your child isn't

responding to instructions, an audiology appointment may be worth attending to rule out any hearing difficulties

- Has troubles with balance and not walking steadily
- An inability to make eye contact and barriers when interacting with other children and adults.

Please see attached guidance below if you have a concern regarding anything listed above-

Audiology- Hearing tests - NHS (www.nhs.uk)

Eye tests- Eye tests for children - NHS (www.nhs.uk)

Eye contact- Eye-contact-00155-v1.pdf (kentcht.nhs.uk)

You as the carer know your child best and if you need support with their development please talk to us, we can refer/signpost you to the appropriate professional depending on the concern.

If you would like to discuss anything please contact me-

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