

Determinants of Child Health

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Abstract: *A child's attainment of milestones at right age is of utmost concerning thing to the parents. It is their duty to closely look after the child and have a note on their day to day activities as they grow. Several reversible defects with regards to the milestones can be corrected if found earlier and treated by the respective professionals. In this article, we brief parental concerns regarding the milestone development in the child and the methodologies that will help them attain a healthy lifestyle and for a better learning experience with sharper brain. Making them compete in all the walks of life must go hand in hand with a quality lifestyle.*

Keywords: *Measurement of Child Health, Weight of the child, Melatonin Hormone, Smart Studying, Boosting Concentration Abilities*

INTRODUCTION

Parental concern arises when the child has not attained the milestones at right time. There is no worrying factor when the child is actively engaging in different activities and when it plays in normal manner. In case if the child instead of walking around the normal age range, and if he/she is spending more time crawling, it could possibly infer that the child might be a late bloomer. Other than the motor skills, domains like speech

and communication skills can also be a predictor in indicating any milestone development issue.

If the child was born prematurely that has to be taken into consideration when assessing the milestones. The children if they were born prematurely one month back then we have to add the same one month while calculating his stage of development. It is important to know whether the child can move freely in all the directions without any help. It does not imply that if the child is unable to move steadily it is an indication of some sort of a disorder pertaining to development.

CONCERNING SYMPTOMS AND SIGNS

If the parental concerns arise regarding the child's movement, then on going to the child specialist, he would first look into the generalized movements that the child can do. Herein, the movement's quality is first taken into account. If there are any signs indicative of flaccidness or rigidity in the child's limbs, it might be indicative of cerebral palsy. It cannot be ascertained with surety unless all the tests including MRI and complete blood investigations are complete. In the meantime, we have to know pretty well that if the baby is not making good attempts at walking, then it's better to provide some space for him to try making attempts at it.

Measurement of Child's Health

In this obesity pandemic situation, quantitatively people with morbid obesity and overweight has been on the raising trend. It has become a matter of concern right from the kinder garden age nowadays. Innumerable health issues and concerns like heart conditions, diabetes will arise if an overweight or obese child enters into adulthood with the same momentum.

On the other hand, such children go on to live a life of mockery and teasing leading to a deranged psychological impact causing a worrisome social well-being which in turn causes a downturn in the self-pride and esteem in the child. This poses a threat for the development of depression during the childhood days or in adolescent age. This issue can be tackled well if handled earlier so that normalcy can be achieved.

Such disorders pertaining to eating habits is likely to cause some abuse potential in the adulthood. The possible disorders which may arise due to such non healthy practices includes – Hypertension, Orthopaedic problems, Diabetes in the young, Bronchial asthma, disorders pertaining to sleep, gall bladder and liver, hypercholesterolemia and mental health problems.

Weight of the child and its welfare

The rate in which a child grows is highly variable with regards to its stage of life. In the growing stage, it is not easy to label as an obese or overweight child. Measurement of BMI will predict the child's weight and health status and serves as a screening tool. The accuracy in calculating BMI is essential in order to arrive at a correct conclusion. Additional measurements like that of thickness of the skin fold, evaluation of the dietary intake correlating it with the physical activities will give a better insight towards the child's overall well-being.

The pattern of food supplementation of a kid determines how healthy he/she is. Parents should provide them with

protein rich and calorie sufficient foods like leafy vegetables, fruits and nuts all in appropriate proportions.

A routine scheduled eating practise should be followed for a better and a healthy lifestyle. This keeps the possibility of becoming obese at bay. It is better to avoid taking fried items with high trans fatty acids, junks, chocolate containing articles and those with high sugar content. The timing of the meals for the children should be kept constant.

When there is provision of little care and concern regarding the eating habits of the child, then there is a high risk of the child developing obesity and major health problems In the future.

SLEEPING SCHEDULE IMPORTANCE:

A good peaceful sleep improves memory in a child, helping in restoring the energy loss, giving a good thinking capacity, providing attentive nature and improving the immune system. Melatonin hormone plays a pivotal role in the induction and maintenance of the sleep patterns in a person. It is secreted from the pineal gland when no light stimulation is present, i.e., in the dark while its secretion stops when illumination is present.

Melatonin observes our biorhythm, senses the changes in our body and provides us with good sleeping. Due to the hormone, there is complete restoration of the energy lost during the day and gives a rejuvenation. In addition to its property to induce and maintain sleep pattern, it is an antioxidant and an immune modulator of natural origin.

SMART STUDYING FOR BRAIN DEVELOPMENT

A child's mental health is more important than the grades and exam results. This has to be borne in every parent's mind. In order to give a better and a smart learning experience and improving their mental capabilities, it is good that we teach them the importance of learning with attention for a speculated short interval of time rather than long hours of studying with distraction. We have to give them the perfect platform which helps them increasing their attention capacity. The environment in which they learn must also be kept peaceful so that they can concentrate and learn easily.

BOOSTING CONCENTRATION ABILITIES

In our daily routine, it is found to be of great significance if we add meditation. Approximately fifteen to twenty minutes of meditation for a child has been found to be helpful in improving the concentrating ability and their attentive nature. Studying for long hours in the night time will not show improvement in the grades. Thus an adequate sleep is necessary for a child to have a proper mental health.

Learning new skills help in the development of brain. Games that require concentration should be played constantly at regular intervals helps improving the child's ability to concentrate. Playing each day will keep the child mentally and physically fit. Keeping him compete in physical activities help him to score more in the exams.

Healthy foods keep our mind and body awake and fresh all times. All the nutrients in proper proportion allow the child to gain more immunity and keep the health in good condition. With the avoidance of junk foods, eating a healthier diet containing fruits and vegetables will help the children lead a healthy lifestyle all through their adulthood and beyond.

Motivate the child to exercise regularly. It is a good stress relieving factor and serves as a positive energy booster. Creating a good environment for studying and making the child sit and learn in that comfort zone will create a better possibility for them to acquire the concepts soon. It has to be made as a habit not to study in the bed which reduces their concentration power.

While involving the activities with the children, we have to take off the distractions. Without any interruption, we have to spend quality time with them. All the electronic gadgets like mobile phone and television must not be turned on while the children are learning.

Both at home and at school, a peaceful environment is of utmost importance for the child to improve his concentration. Hence the unnecessary background noise should be minimal and it should practically be a noise-free zone. This creates an enhanced learning experience.

CONCLUSION

Thus, the child's mental and physical well-being can be brought about by providing good nutrition, better environment, quality education, making them a skilful human being with responsibility taking ability conferred on them. From monitoring the milestone development to providing a quality life, it is the responsibility of the parents to look after all their needs.

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