Red-flag signs associated with development

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## Red-flag signs associated with development domains of 0-6 year children

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What is red-flag sign : Red Flags is a quick reference guide which outlines a range of functional indicators or domains commonly used to monitor healthy child development, as well as potential problem areas for child development. It is intended to assist in the determination of when and where to refer for additional advice, formal assessment and/or treatment. This quick reference guide assist professionals in identifying when a child could be at risk of not meeting his health and/or developmental milestones, triggering an alert for the need for further investigation by the appropriate discipline.

Red flag signs associated with growth and Development: be alert, If you see any of following in your child :

Red flag signs associated with nutrition and physical development: If an infant/child experiences any of the following signs related to nutrition and health, it should be considered a red flag:

- Sudden and rapid weight loss or gain

- Sudden increase in urine and stool. Urine/stool has a fishy smell or blood in it

Sudden decrease in wet and soiled diapers. Consistent green watery stool. Hard pellet like stool

 Consuming fruit drinks or soft drinks. Eating highly allergic foods (egg white, nuts, sesame, peanut, shellfish). Refuses mashed or chopped foods

Food allergy symptoms or reactions (e.g., diarrhea, vomiting, hives, swelling of tissues, anaphylaxis, etc.)

Change bone structure of child (hand and leg bones look like bow).

- Skin problems in children.
- Increased or decreased intake or demand food/
- Family is experiencing problems around feeding

- mealtimes are unpleasant. Food is used as a reward or punishment.

\_ Use this chart for monitoring height and weight of children.

Age	Weight (kg)	Height (cm)
At birth	2.5- 3.5 kg	50
AUDIT	2. <b>J</b> - <b>J</b> . <b>J</b> Kg	50
6 months	5-7 kg (doubled of birth weight)	60-65
1 year	7.5-10.5 kg (tribbled of birth weight)	72-75
2 Year	10-14 kg (quadrupled of birth weight)	85-87
3 year	Birth weight x 5	96
5 years	Birth weight x 6	108
Then weight increases rapidly during puberty followed by		
weight increase to adult size		

Red flag signs associated with behaviour, emotional and social development: Children may engage in one or more problem behaviours from time to time. Some factors should be considered in determining whether the behaviour is truly of concern. These include:



Injuring themselves or others

Bites self, slaps self, grabs at self, Picks at skin, sucks excessively on skin/ bangs head on surface

Eats inedible, Intentional vomiting (when not ill), Potentially harmful risk taking (e.g., running into traffic, setting fires)

Temper tantrums, excessive anger, threats, Hits,

kicks, bites, scratches others, pulls hair

- Bangs, slams objects, property damage, Cruelty to animals, Hurting those less able/bullies others

– Difficulty paying attention/hyperactive,overly impulsive, Screams, cries excessively, swears, Hoarding, stealing

- No friends, socially isolated, will not make eye or other contact, withdrawn, Anxious, fearful/extreme shyness, agitated

Compulsive behaviour, obsessive thoughts, bizarre talk

- Touches self or others in inappropriate ways, precocious knowledge of a sexual nature

- Flat affect, inappropriate emotions, unpredictable angry outburst, disrespect or striking

- Oppositional behaviour, Running away, Resisting assistance that is inappropriate to age

– Deficits in expected functional behaviours (e.g., eating, toileting, dressing, poor play skills)

- Regression, e.g., loss of skills, refusal to eat, sleep disturbances

- Difficulty managing transitions/routine changes, Hand-flapping, hand wringing, rocking, swaying, Repetitious twirling, repetitive object Manipulation *Red flag signs associated with motor development:* 

 Baby is unable to hold head in the middle to turn and look left and right.



- Unable to hold fingers of parents, their toys etc.

– Unable to hold and play with different play material;

- Unable to walk with heels down four months after starting to walk.

- Asymmetry (*i.e.*, a difference between two sides of body; or body too stiff or too floppy).

- Continually seeks out all kinds of movement activities (being whirled by adult, playground equipment, moving toys, spinning, rocking)

Becomes anxious or distressed when feet leave ground

Poor endurance - tires easily; seems to have weak muscles

- Avoids climbing, jumping, uneven ground or

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roughhousing ? Moves stiffly or walks on toes; clumsy or awkward, falls frequently

- Does not enjoy a variety of playground equipment

- Enjoys exaggerated positions for long periods

(e.g., lies head-upside-down off sofa)

**Red flag signs associated with sensory development:** Sensory integration refers to the ability to receive input through all of the senses - taste, smell, auditory, visual, touch, movement and body position, and the ability to process this sensory information into automatic and appropriate responses to the sensation. Problem signs... if a child's responses are exaggerated, irrational, extreme, and/or oppositional and do not seem typical for the child's age, consider this a red flag:

Vision:

- Children over 3 trouble staying between the lines when colouring

Avoids eye contact

- Squinting, or looking out of the corner of the eye

- Staring at bright, flashing objects

– Uncontrolled eye balls,

– Vision is blurred, 🗔

eyelids get red and swell frequently

– Blinking and/or rubbing eyes often; a lot of tearing or eye-rubbing

Headaches, nausea, dizziness; blurred or double vision

– Eyes that itch or burn; sensitive to bright light and sun

– Unusually short attention span; will only look at you if he hears you

- Avoidance of tasks with small objects

- Turning or tilting head to use only one eye to look at things

- Covering one eye; has difficulty, or is irritable with reading or with close work

- Eyes that cross, turn in or out, move independently

- Holding toys close to eyes, or no interest in small objects and pictures

- Bumping into things, tripping; clumsiness, restricted mobility

– Squinting, frowning; pupils of different sizes

- Redness, soreness (eyes or eyelids); recurring styes; discoloration

- Constant jiggling or moving of eyes sideto-side





(roving)

Children over 3 - trouble staying between the lines when colouring

- Avoids eye contact
- Squinting, or looking out of the corner of the eye
- Staring at bright, flashing objects

Auditory:

- Early babbling stops
- Ear pulling (with fever or crankiness)

– Does not respond when called

- Draining ears; a lot of colds and ear infections

Loud talking

- Responds negatively to unexpected or loud noises

- Is distracted or has trouble functioning if there is a lot of background noise

 Enjoys strange noises/ seeks to make noise for noise sake

- Seems to be "in his own world"
- Responds negatively to unexpected or loud noises

– Is distracted or has trouble functioning if there is a lot of background noise

- Enjoys strange noises/seeks to make noise for noise sake

- Seems to be "in his own world"

Taste/Smell :

- Avoids certain tastes/smells that are typically part of a child's diet

 Eat certain tastes/ smells that are typically part of a child's diet

 Chews/licks nonfood objects

- Gags easily, Picky eater, especially regarding textures

- Vomits and allergic certain tastes, smells. *Touch* :

- Becomes upset during grooming (hair cutting, face washing, fingernail cutting)

- Has difficulty standing in line or close to other people; or stands too close, always touching others

– Is sensitive to certain fabrics, environmental

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pollution, insects, pets etc

Fails to notice when face or hands are messy or wet

- Cannot tolerate hair washing, hair cutting, nail clipping, teeth brushing

- Craves lots of touch: heavy pressure, long sleeved clothing, hats and certain textures

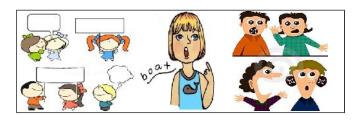
## Red flag signs associated with speech and language:

- Stumbling or getting stuck on words or sounds (stuttering)

- Ongoing hoarse voice
- Excessive drooling

- Problems with swallowing or chewing, or eating foods with certain textures (gagging).

- Lack of eye contact and poor social skills for age
- Frustrated when verbally Communicating.



## Red flag signs associated with cognitive development :

- Poor concentration
- Poor memory.
- Child is unable to recall what is learned and seen.
- Child is hyperactive and often becomes restless
- Difficulty in understanding child.
- Child is unable to learn, express and explain.

- Slow leaning of basic/conceptual (Number, Alphabets, Words).

- Learning is slower than the age of child.



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