



IAP Action Plan 2021

(Approved by the Executive Board of IAP)

GUIDELINES FOR PARENTS

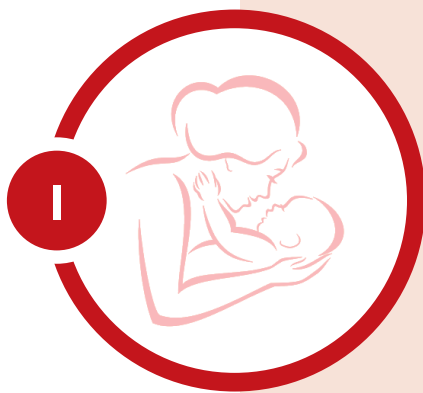


Aim: To develop guidelines for parents for taking care of their children in health and disease and making them available freely in their language



Contents

How To Take Care of My Child



1. Healthy Eating and Junk food 00
2. Normal sleep and Physical activity 00
3. Hygiene, Dental care, and clothing 00
4. Prevention of Injuries and accidents 00
5. Screen time (include online games, social media) and tips for deaddiction 00
6. Selecting a School for Your Child: Distance from home, medium, hours of school, food at school, weight of school bags, etc 00
7. Toys, plays and sports: Ages for various sports and importance of free play, structured sports time. Instructions on Introduction to use of gym, contact sports, protein powder, etc. 00
8. Early childhood development – importance of reading aloud, interaction, introduction/ avoidance of developmentally supportive applications, socialization, sharing, etc. 00
9. Studies, coaching, vocation counseling, etc. 00
10. Traveling with a child (Neonate, infant, etc. Food, Air travel, etc.) 00

Preventing Diseases by Immunization

11. Recommendation for vaccination
12. Dealing with adverse events following immunization



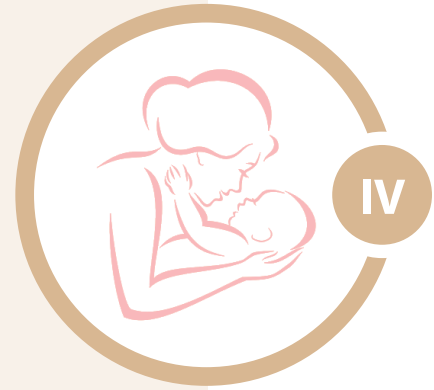
Behavioral and Developmental Issues



13. Prepare your child to deal with Bullying
14. Dealing with Pica, thumb-sucking, temper tantrums
15. Care of Enuresis and Encopresis
16. Stammering and stuttering
17. Suspecting abuse in child
18. Suspecting Autism and care of the autistic child
19. Care of an Inattentive/Hyperactive Child
20. When to suspect learning disability and dealing with it
21. Care of a child with Intellectual disability

Is My Child Growing Well?

22. Normal growth and When to suspect abnormal growth
23. Normal development and When to suspect abnormal development
24. When to suspect Visual impairment
25. When to suspect hearing impairment



Understanding My Adolescent Child

26. Normal psychosocial development during adolescence
27. Attainment of puberty and when to suspect abnormality. Concerns on excessive body hair/small penis/gynecomastia
28. Mental health issues during adolescence including anxiety, depression, and suicide prevention
29. Identification/care of adolescent with Anorexia/Bulimia

Infections

30. Fever: General management
31. Care of a Child with Fever and Rash
32. Care of a Child with Typhoid Fever
33. Care of a Child with Viral Hepatitis/Jaundice
34. Suspecting a serious bacterial illness in a young infant
35. Care of a Child with tuberculosis
36. Care of a child with HIV/child born to HIV positive mother
37. Care of a child with immune deficiency
38. Preventing mosquito-borne illnesses (malaria, dengue etc.)
(personal protection, environmental management)

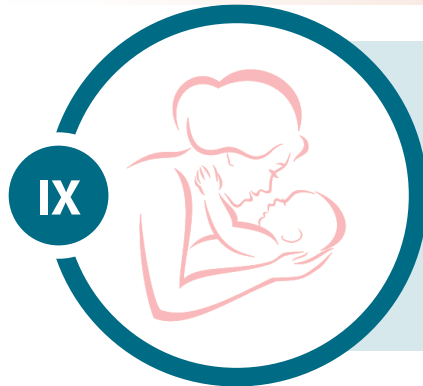


Nutrition

39. Breast feeding: important tips
40. Complementary feeding: when and how
41. Important Vitamins and Minerals and When to suspect Deficiency
42. Nutrition between 1-2 years of age
43. Nutrition of a Pre-schooler (2-5 years)
44. Nutrition of School going Child (5-12 years)
45. Nutrition of Adolescent (12-18 years)
46. Nutritional supplementation in normal children
47. Care of a Child with malnutrition
48. Overweight and Obesity: Detection, Prevention, and Management

Newborn Infants

49. Preparing for arrival of newborn and immediate care in first 3 days
50. Physiological variations in a newborn
51. Care of a low birth weight newborn
52. Identifying a sick newborn
53. Neonatal jaundice
54. Baby with visible birth defect-what to do

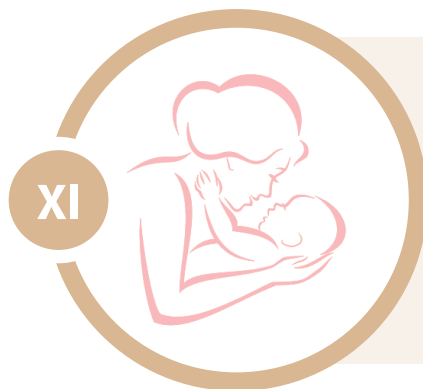
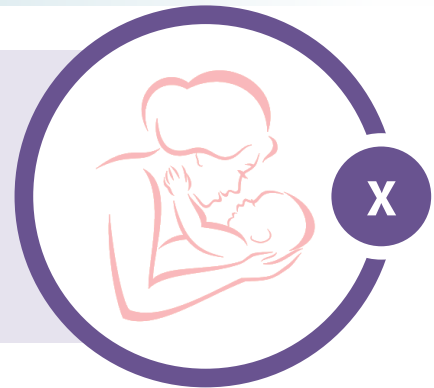


Cardiovascular Disorders

55. Care of a child with congenital heart disease
56. Importance of BP Check and When to suspect Hypertension
57. Taking care of my child after heart surgery

Endocrinologic Disorders

58. Stunted Growth: How to monitor and manage
59. Delayed and precocious puberty
60. Hypothyroidism-congenital and acquired
61. Care of a child with diabetes mellitus



Gastro-Intestinal Disorders

62. Diarrheal illness
63. Care of a child with Celiac disease
64. Constipation
65. How to deal with recurrent pain abdomen
66. Care of a child with chronic liver disease

Hematological Disorders

67. Care of a child with Thalassemia
68. Care of a child with Hemophilia
69. Care of a child with Anemia
70. Care of a child with leukemia
71. Care of a Child with malignancy/on cancer treatment
72. Care of child after Hematopoietic stem cell transplant
73. Care of childhood cancer survivors



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Nervous System Disorders

74. Home care of a paretic child
75. Home care of a child with Cerebral palsy
76. Care of a child with Duchenne muscular dystrophy
77. Care of a child with epilepsy
78. Acute episode of seizure: What to do?
79. Care of a child with febrile convulsions

Respiratory Disorders

80. My child has fever and cough
81. Care of a child with cystic fibrosis
82. Care of a child with allergic rhinitis
83. Acute attack of asthma: What to do?
84. Home care of Chronic Asthma
85. Home care of child on oxygen and ventilation
86. Care of the child with recurrent cough

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Renal Disorders

87. Care of a child with nephrotic syndrome
88. Care of a child with recurrent UTI
89. Care of a child with Congenital Anomalies of Kidney and Urinary Tract (CAKUT)
90. Care of a child with chronic Kidney Disease

Miscellaneous

91. Care of a Child with Skin allergies
92. Dealing with environmental pollution
93. Animal bite
94. When to suspect Drug and substance abuse
95. Genetic disorders: Preventing Recurrence?
96. Care of a child with Down syndrome
97. Rheumatoid disorders
98. Child Rights and Child Labor
99. Adoption
100. Care of a child with chronic disease
101. Care of a terminally ill child
102. First Aid in Common Emergencies

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