There are a number of professionals and organisations who can help:

- Health visitors
- GPs
- Pediatricians
- Child Development Advisors (Portage)
- Therapists (Occupational, Physio, Speech and Language
- Clinical Psychologists
- Voluntary organisations (charities)
- Affinity Hub (www.affinityhub.uk)

Additional support for me or other family members?

Financial support

Short breaks or 'respite'

Family support programmes

Parent support groups (Grwp 1 Group)

Sibling support groups



For more information, see the useful websites on the back page

Useful Contacts

Disability Helpline:

phone 0808 808 1111

email helpline@mencap.org.uk.

Grwp 1 Group (parent support group for under 5s)

phone 02920 671 466

twitter / facebook @grwp1group

Snap Cymru (provides information, advice and support for families of children who may have, additional learning needs or disabilities)

helpline 0808 801 0608

email enquiries@snapcymru.org



Useful Websites

www.affinityhub.uk (Emotional support for parents of children with special needs)

https://www.mencap.org.uk/advice-and-support (The leading voice of learning disabilities)

<u>https://www.contact.org.uk (</u>A charity for families of children with disabilities)

<u>www.sibs.org.uk</u> (Support for siblings of children with learning disabilities)

www.portage.org.uk (National Portage Association)

References

www.mencap.org.uk, www.contact.org.uk, www.affinityhub.uk, Early Support



Global Developmental Delay / Emerging Learning Disabilities



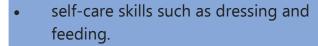
Support for parents

Global developmental delay (GDD)

What is it?

The term 'global development delay' is used when a child takes longer to reach certain development milestones than other children their age. Most children with GDD experience delays in multiple areas such as:

- learning to walk or talk
- movement skills
- learning new things
- interacting with others socially and emotionally



Some children 'catch up' up within typical developmental stages, others do not. For those who do not, some will have a mild learning disability, some a moderate learning disability and some a severe learning disability. Someone with another condition, like Down's syndrome or Cerebral palsy, may also have Global developmental delay/learning disability.

Each child is different. Your child is unique.

Time and support and understanding from others will ensure your emerging child becomes the best and happiest they can be.

What can I do to help my child?

- Get early help and the right support
- Learn about their condition
- Take time to understand their difficulties but focus on their strengths
- Be patient
- Practice, practice, practice
- Take care of yourself

Many ways of helping your child are the same as for other children. Some however will need to be different and almost always, learning will take **time** and (lots and lots of) **repetition** will be needed.

You are not alone

Common feelings for parents when they are told their child has GDD/Learning disability are:

Confusion Pride

Anxiety Stress

Worry

Jealous Isolated Anger

Grief Hope

Determination

These are all normal and typical emotional reactions and can be helpful to be shared with others to make them feel less intense.

Rollercoaster of emotion

Advice from other

families... what helps?

Having family and friends who support you and your child

Taking time for you and your partner

Being in touch with other families who have a child with GDD/Learning disability

Work with professionals

Good quality information and advice

Support for other children in the family

Finding local support

See useful websites and contacts on the back page