



TIPS FOR PARENTS TO RECOGNISE AND SUPPORT THEIR CHILD'S GROWTH

From newborn to toddler to a playful child – watching a child grow is one of the greatest joys of parenting. Every smile, new word or step forward is cause for celebration. But often a thought crosses the minds of parents – “**Is my child growing as they should?**” In this regard, recognising and supporting your child's growth early on can make a world of difference in their confidence, health, and happiness. Read on for a few practical tips that will prove invaluable:

Observe milestones without panicking

Every child develops differently and at their own pace. While there are general milestones like walking by one year or speaking short sentences by two, a few weeks or months of delay aren't always something to worry about. Instead of comparing, notice steady progress. If you feel something's wrong, your paediatrician is the best person to help.

Encourage curiosity and play

Play is crucial as that is how children learn. Whether it's building blocks, drawing or make-believe games, play enhances creativity, problem-solving and motor skills. Hence it's important to encourage your child to explore, ask questions and try new things.

Talk and listen-communication builds confidence

Regular, warm conversations with your child are essential. Ask about their day, listen to their feelings and acknowledge their emotions. Simple chats strengthen language development and emotional security.

A balanced diet and adequate sleep

Physical growth is dependent on nutrition and rest. Make sure your child eats a variety of fruits, vegetables, grains and proteins. Minimise consumption of processed snacks and ensure they get sufficient sleep based on their age. A well-rested, well-fed child is more alert and ready to learn.



Celebrate small wins

Clapping for every new skill – whether tying shoelaces or finishing homework – boosts your child's self-esteem. Positive reinforcement motivates them to keep trying.

Stay connected with teachers and caregivers

It is important to stay in touch with teachers as they often notice developmental or behavioural changes early on. Working together with them ensures your child gets consistent support both at home and school.

Trust your instincts

Your instincts will not let you down. No one knows your child better than you. If something feels unusual—whether it's a learning difficulty, speech delay or emotional change, don't hesitate to seek guidance. Early support can make a lasting difference.

Parenting is not easy, but it is filled with moments of joy. Love, patience and attention are your best tools. **It is crucial to understand that recognising and nurturing your child's growth isn't about perfection – it's about being present and supportive every step of the way.**