

Have you ever worried about your child's development?

What are you telling me with constant crying?



Oh dear!
That's not food!!





Why is my child so different from other children?



● Most children eat and sleep well, and grow up in the typical way described in child-rearing books. But some parents worry that **their children are smaller than average or that they don't talk or walk**. Some children wear out their parents because they can't stop crying or shouting, **they have food allergies, very dry skin, only eat some specific foods, or sleep much less than average**.

● Do these characteristics describe your child? If so, you must have had a difficult time since your child was born. If others have started to call you 'cold' or 'unresponsive', you might also be feeling disheartened. Your child's atypical development is no one's fault. **Although you've been doing your best to raise your son or daughter, your family needs support to help your child meet his/her developmental milestones.**



Do some research...

● Although it's easy to find treatments for serious dry skin or food allergies, **it is not as easy to find appropriate treatments for unusual behaviours, sleep problems, or slow language development**. If you think your child has some difficulties, **you might want to search for information on the Internet as a first step**. However, **it is also important to seek professional advice** from a clinical child psychologist, health and welfare worker, or a community-based service (see the red frame on the next page)*. We recommend local Child-Raising Support Centres as a good support system that offers parent-training programs and special child-rearing classes.

*Each organization is called a different name in each city.



How to search for information on the Internet

Input the word "child/children" and the type of problem.

For example

If you can't find the information that you want, try to use other words with the same meaning.

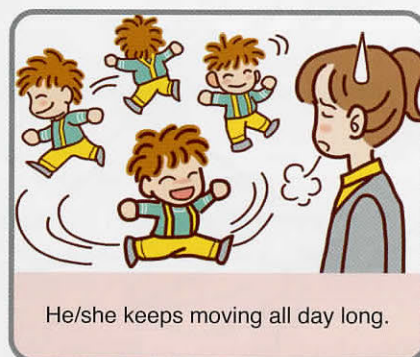
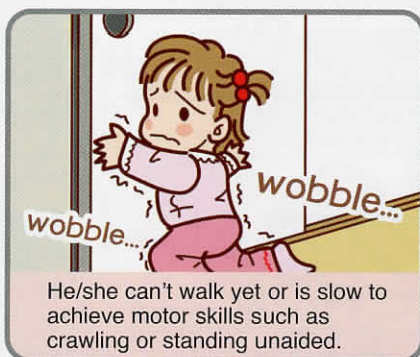
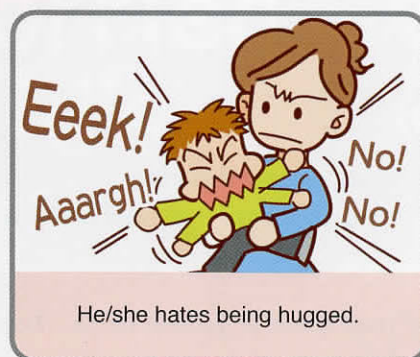
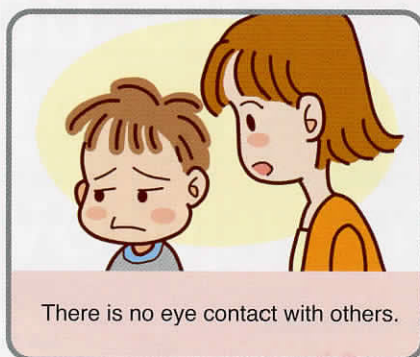
"child eating problems" → "eat less child"

One Point Column

In the past, if a child developed slowly or was difficult to raise, specialists often blamed mothers, and they focused on the child's environment for the cause of these problems. Today the professional community has more knowledge about diverse patterns of child development. This new knowledge helps parents access appropriate treatment and educational

supports for their child. However, social attitudes can be slow to change. If you find that a specialist is using discriminatory language regarding marital status, family background, or personality types, tell the Health and Welfare Centre about it right away. Also consider finding another professional if you are not satisfied.

Do you feel something is wrong with your child?



Also, he/she

- is very sensitive to sounds and hates specific ones that other children ignore.
- is scared of specific things which other children are not afraid of.
- always plays in a fixed way and repeats the same play endlessly.



If you need more detailed information or advice, please contact these organizations as follows:

Child-raising Support Center (CSC)

There is a CSC in each municipality, and they provide much information on child-raising and services that give families the opportunity to meet each other and have lots of fun.

Health and Welfare Center (HWC)

They usually do checkups for children of a specific age. They also give you useful advice for your child's problems, or create training or treatment plans if you want. They will also recommend some special facilities.

Child-Development Support Organization (CDSO)

They will train or treat your child. Each organization is called a different name in each city. Mostly, people are referred to the CDSO by the CSC or the HWC.

*Each organization is called a different name in each city so if you want to contact them, please visit or call your local city hall.



Tips on Communicating with Professionals

How do you share your concerns with specialists who don't know you or your family well? It's often hard to make doctors, psychologists, or health and welfare specialists understand your situation during a short consultation. How can you overcome typical professional responses, and communicate clearly and effectively?

When you tell them that you are worried about your child, they say, "Let's wait and see how it goes."



Ask them how long you should wait or what you should do if things don't change.

They speak in general terms: "Boys are hard to care for," or "An only child is disobedient."



Ask for advice to help your child specifically.

You believe they blame you for your child's behaviour.



Use concrete examples to demonstrate what you are doing for your child.

When they see your child with bruises or scars they question your caretaking ability.



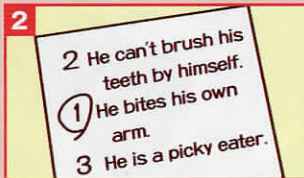
Explain in detail how he/she hurts him/herself and ask them how you can avoid it.

Consulting professionals can be intimidating, especially if you feel misunderstood, but professionals depend on the information you give to provide appropriate advice. Be as specific as possible in explaining your concerns about your child.

How can you prepare yourself to avoid misunderstandings?



Make a list of questions.



Rank your questions in order of importance.



Talk to the staff clearly with simple expressions.

Enjoy your caretaking role!!

If you feel frustrated that your child can't do things that other children can do naturally, don't lose hope.

Some children need direct teaching and lots of practice to reach milestones. Your child has already learned a lot since birth, and he/she will

learn more. Avoid comparing your child with others.

Every child is special. It's important to find the key to your child's progress. Seek professional help if you are worried about your child's development.

JDD net (Japan Developmental Disorder Network) <http://jddnet.jp/>

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*Japan Developmental Disorder Network consists of five groups, "Autism Society Japan" "Japan LD" "NPO Asperger Society Japan", "NPO Edison club" "NPO-EDGE", that came together on Dec. 3rd 2005. Recently, 60 organizations, including local or national NPOs, academic societies, and job-training organizations, have joined to help families and their children. Our aim is to work together nationwide.

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