

# CHILDREN WITH SCHOOLING PROBLEMS



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# Child Psychiatry

-an emerging subspeciality

## Psychiatry

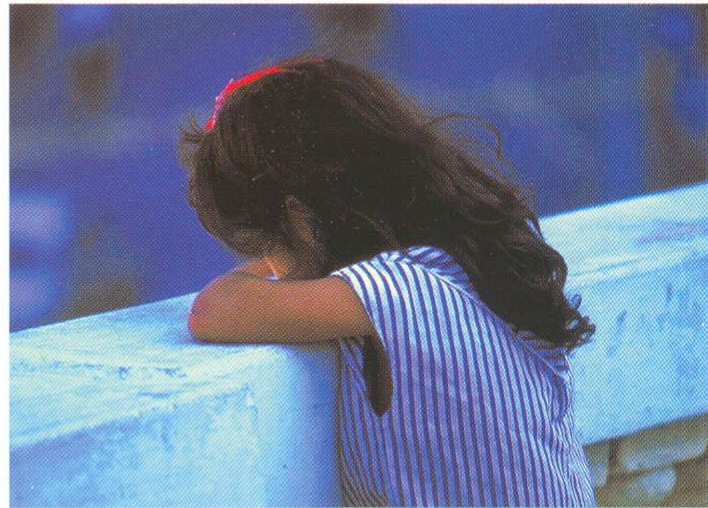
Psychiatry itself is a new branch of Medicine. It is now practised as the application of basic Neuro-sciences to every person's day-to-day problems; this has helped to remove the old misconceptions and stigma about psychiatric consultations.

## The Mind

Using the latest research techniques, doctors today know that the Mind is generated by the Brain; we 'think' and 'feel' inside the brain.

Mind's functions such as Thinking, Feeling, Learning, Speaking &

Writing are carried out by specific biochemicals in designated areas of the Brain.



## Child Psychiatry

Any developmental delay or later dysregulation in these areas can cause Learning Disorders, Attention Deficit Disorders (ADHD), Autism, Speech and Language Disorders etc. in children, as well as Behavior and Emotional Disorders.

With the rapidly-changing family and social structure in these times, Learning and Behavior problems in children have compounded.

Hence the emergence of Child Psychiatry as a subspeciality



# Children who need the services



Many difficulties in children may be just variations of the normal; even so, a professional evaluation is called for...

- Poor School Performance (PSP) and Learning Disorders (LD)
- Various levels of Intelligence (IQ) and types of Intelligence
- Academic Skill Deficits in Reading, Writing, Spelling, Maths etc.
- Speech and Language Disorders. Stuttering, aphasia
- Motor skill deficits: poor handwriting, clumsiness etc.
- Attention Deficit Disorders (ADHD); Concentration/Memory problems
- Eating and sleep disturbances, bedwetting etc.
- Overactivity, Aggression, Bullying
- Defiant/Oppositional Behavior. Conduct disorders
- Addiction to TV/computer; disorganised routines
- Tics/Tourette disorder. 'Silent' epilepsy
- Obsessive behavior/disorders; obs. slowness/procrastination etc.
- Anxiety, School Phobia, Exam phobia and various Fears in the child.
- Depression, social withdrawal, loss of interest.
- Developmental neurological disorders
- 'Functional' symptoms like Headache, Breathlessness, Stomachache, frequent sickness, absenteeism from school etc.

These are some of the difficulties that need to be checked out by a Team of Specialists. Such a facility is provided in one single centre as the CGC



## MIND IN THE BRAIN

### MIND-BODY DUALISM

- **Dichotomy: Visible Vs Invisible**
- **Exponentially grown technology – Neuro imaging.**
- **EEG, CT, MRI, PET, SPECT, fMRI, MRS etc...**
- **Peep into live brain cells through these ‘Windows’.**
- **‘Think & Feel’ inside the Brain.**



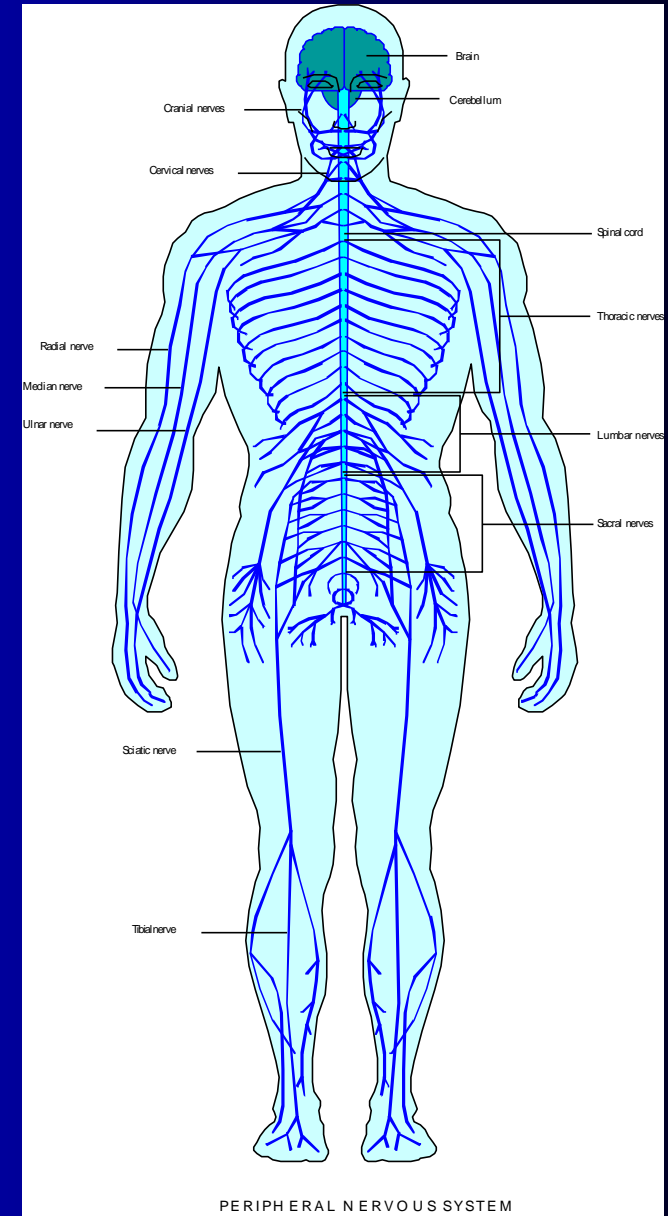
## MIND & ITS FUNCTIONS

- **Mind's Functions: Consciousness, Personality, Intelligence, Thinking, Feeling, Learning, Speaking, Reading, Writing, etc.....**
- **Each carried out by specific Bio-chemicals in the designated areas of the brain.**
- **'Mind Generated by the Brain'.**



## THE BRAIN IS

the headquarters  
for the control of  
all the activities  
of the Body and  
all functions of  
the Mind.





**There are separate areas in the brain for specific activities.**

**Like various offices in an organization which do only specified tasks.**

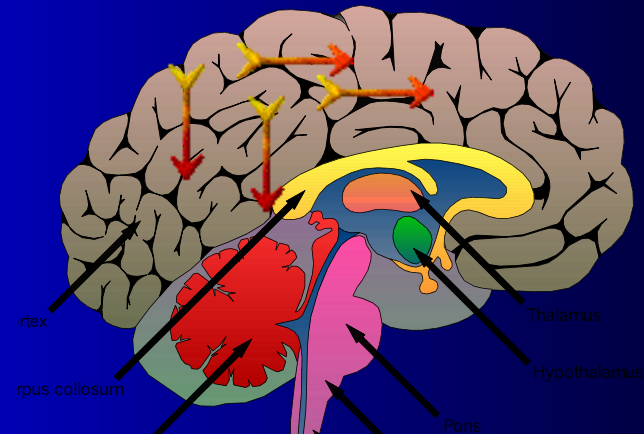




# The Areas (offices) in the Brain work by

Receiving & Giving various types of  
information.

This information is passed at the rate of several  
messages per second.

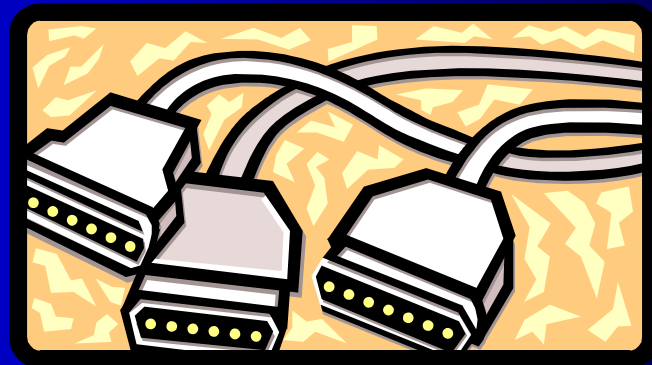






# The Brain has -

- **No Cables or Phone lines**
- **And yet, the communications between brain areas are far superior and faster than any man-made method.**





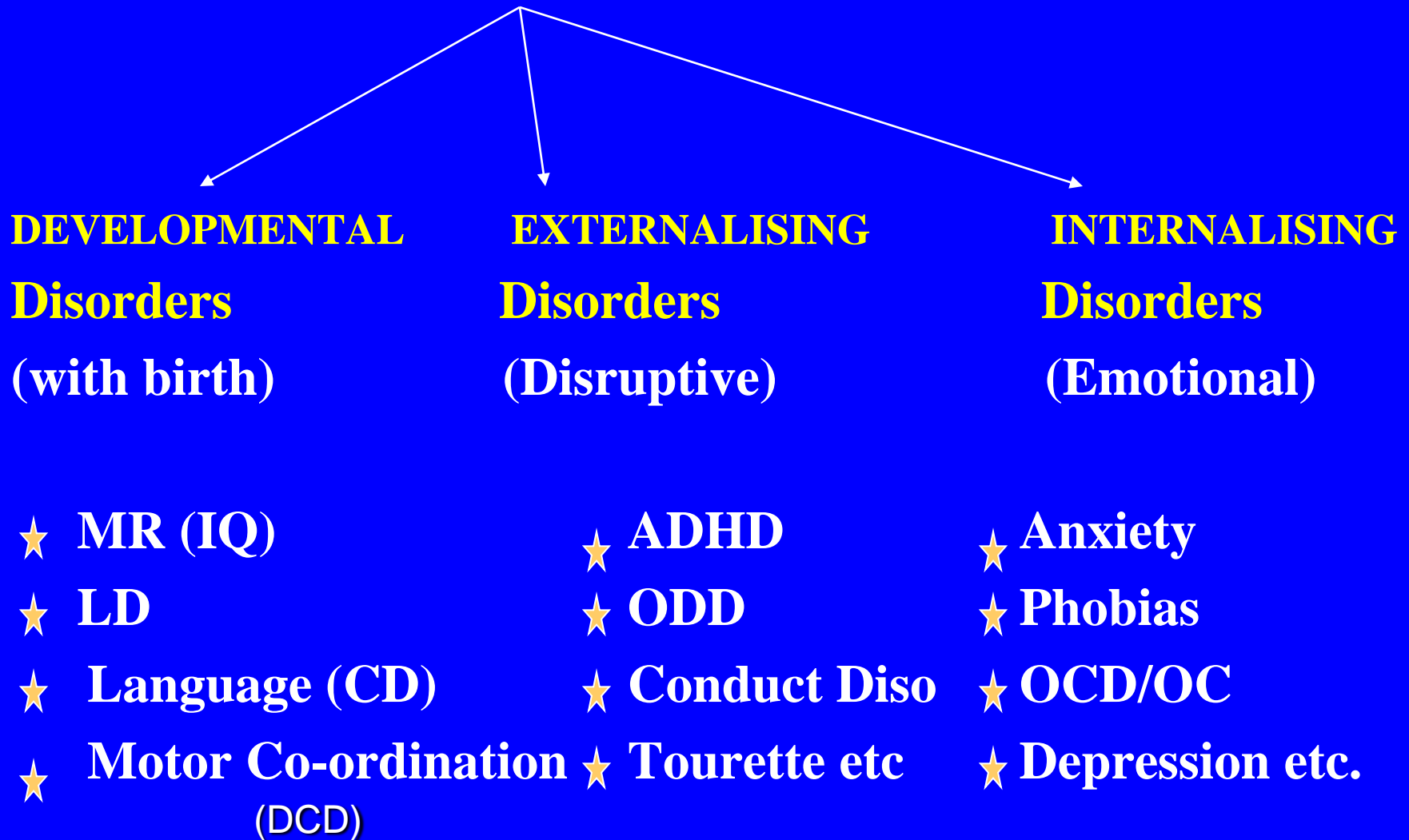
## MIND & FUNCTIONS

The mind's functions including the processes of **Learning, Reading, Spelling, Writing, Storing and using Language, etc.** are all the result of efficient **communication** among specific brain areas.

This is the importance of understanding the **organic basis of the Mind.**



# PROBLEMS THAT AFFECT SCHOOLING





# PROBLEMS THAT AFFECT SCHOOLING

## DEVELOPMENTAL DISORDERS

- **Milestones of Development.**
- **Designated Mental and Physical Functions and corresponding Age.**
- **Delay / Early / Skip.**
- **Resulting in Skill Deficits in various Mental and Physical Functions.**
- **Any of these Skill Deficits affect schooling.**



# PROBLEMS THAT AFFECT SCHOOLING PRE-SCHOOLERS

## DEVELOPMENTAL DISORDERS:

- **Mental Retardation (I.Q.).**
- **Learning Disorders (L.D.- Early signs).**
- **Language and Speech (C.D.).**
- **Fine Motor Skills (D.C.D).**
- **Vision / Hearing ; Epilepsies etc.**



# PROBLEMS THAT AFFECT SCHOOLING

## DEVELOPMENTAL DISORDERS

### MENTAL RETARDATION

- Slow to Develop Milestones.
- ‘Slow – Learners’.
- I.Q. : Verbal / Performance.



# PROBLEMS THAT AFFECT SCHOOLING

## DEVELOPMENTAL DISORDERS

### LEARNING DISORDERS : Pre-school Children

- Intelligent Children ; Excellent in assessments
- Delayed Speech & Language Development
- Crawling shorter ; Delayed walking
- Clumsy ; tripping & bumping
- Buttoning / Lacing / Crayon grip etc. difficult
- Difficulty narrating Stories in sequence
- Confusion with Left / Right ; b/d, 6/9, etc.
- Poor Attention / Activity control etc.



# LEARNING DISORDERS (LD) :

## POINTERS IN OLDER CHILDREN

*“He would be the smartest lad  
in the whole school,  
if instruction were entirely oral”.*

**(Teacher)**





## **LEARNING DISORDERS (LD) : IN OLDER CHILDREN**

- **LD: not a simple difficulty to learn**
- **Not a term to be used for any child who fails at school/behaves badly.**
- **LD children are not ‘stupid’/‘lazy’/‘careless’**
- **Da Vinci, Edison, Einstein, Churchill, Tom Cruise**
- **A silent neuro handicap ; Usually undetected**



# **LEARNING DISORDERS (LD) :** **IN OLDER CHILDREN**

## **Definition**

- **A group of disorders that impair the brain processes of ‘Learning’**
- **Difficulties in the acquisition and use of**  
**ACADEMIC SKILLS:**      **Reading**  
   **Reading Comprehension**  
   **Writing**  
   **Spelling**  
   **Arithmetic**  
   **Language etc**
- **School skills- “Table-top Skills”**



## **IMAGES OF AN LD CHILD : OLDER CHILDREN**

### **“EXCELLENT WITH HIS HANDS”**

- **Smart, intelligent, excellent with his hands.**
- **But in exams, “idiot of a son”.**
- **Teachers the first ones to ‘diagnose LD.**
- **Teachers ‘spot’ them by comparison.**
- **Normal for a child to struggle with Academic skills. (School Skills) in the first one or two Standards.**
- **If the struggle persists, look for LD.**

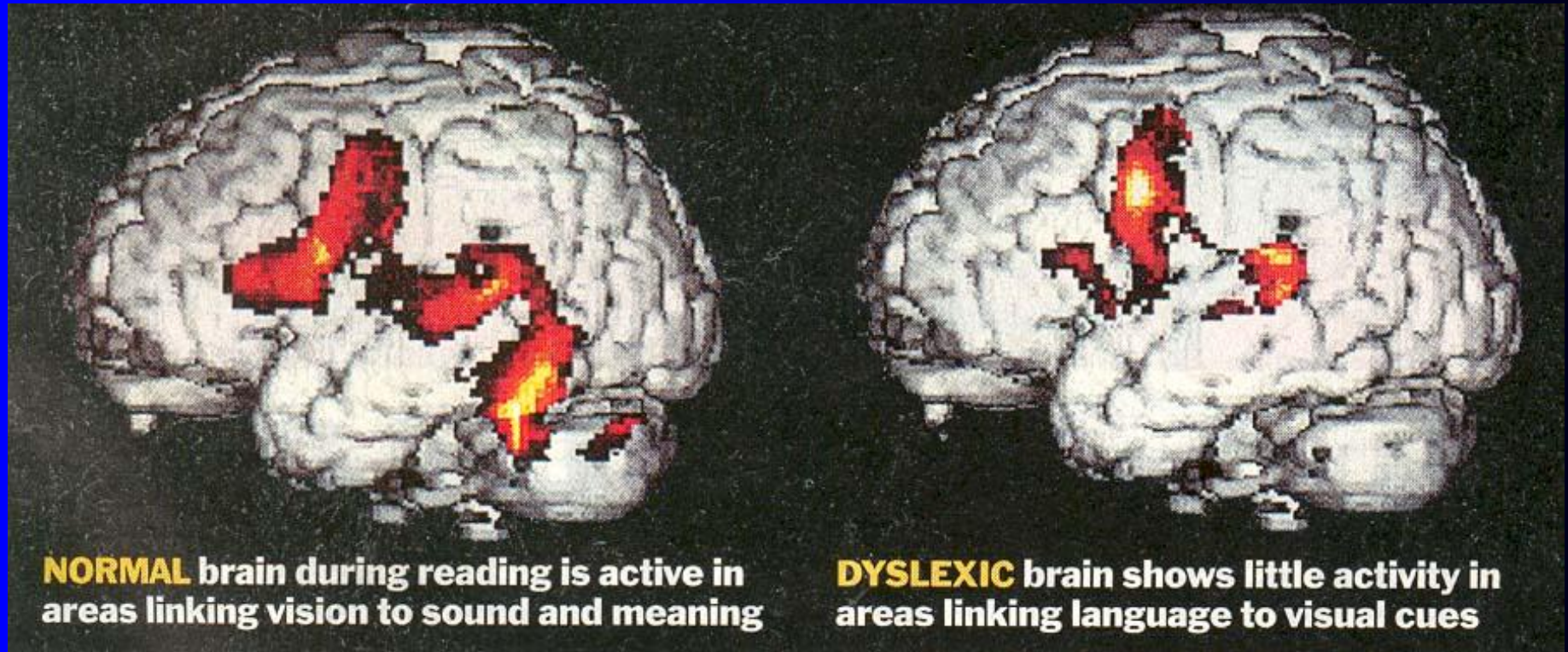


# LEARNING DISORDERS (LD) : POINTERS

- They have **normal** intelligence (IQ) and are smart in matters not requiring Reading/Writing/Language use.
- LD children may appear to you **first as Behaviour problems** (Attention deficit, Hyperactivity, naughtiness, defiance, aggression, Anxiety, ‘**Addiction**’ to **TV/computer**, etc.)
- LD is the inborn difficulty to acquire and use Academic Skills. Therefore, in the older children, look for **deficits** in their **READING, WRITING, SPELLING, ARITHMETIC, LANGUAGE** etc.



# LEARNING DISORDERS : P E T SCANS



**NORMAL** brain during reading is active in areas linking vision to sound and meaning

**DYSLEXIC** brain shows little activity in areas linking language to visual cues

- LD Brain as a 'Different Brain'.



# PROBLEMS THAT AFFECT SCHOOLING

## DEVELOPMENTAL DISORDERS: LANGUAGE & SPEECH (C.D.)

- Delay / Clarity of Speech
- Graduation to Sentences slow
- Creation of Dictionaries (Lexicons)
- Right – Left Brain Coherence
- Inability to convey ideas
- Gestural language vs. verbal
- Talking to self / neologisms etc.



# PROBLEMS THAT AFFECT SCHOOLING

## DEVELOPMENTAL DISORDERS:

### MOTOR CO-ORDINATION (D.C.D.)

- Fine motor movements
- Right / Left handedness
- Cryon / Pencil grip
- Lacing / Buttoning etc.
- Steps / Running / Skipping etc.
- Clumsy / Slow



# PROBLEMS THAT AFFECT SCHOOLING

DISRUPTIVE DISORDERS :

## ATTENTION DEFICIT / HYPERACTIVITY DISORDERS

- **ADD/ADHD** – most commonly referred
- **HEINRICH HOFFMAN (19<sup>TH</sup> CENTURY)**

“Fidgety Phil” : He turns and churns

He wiggles and jiggles,

Here and there on the chair,

“Phil, these twists I cannot bear”.

\* Inattention

\* Over activity

\* Impulsiveness





## **ATTENTION DEFICIT DISORDERS (ADHD)**

### **CORE FEATURES (18 Symptoms listed DSM)**

- 1. INATTENTION (9 symptoms)**
  - 2. HYPERACTIVITY (6 symptoms)**
  - 3. IMPULSIVITY (3 symptoms)**
- 
- ADHD as a Brain Disorder**
  - Child has NO control; not deliberate**
  - ADD goes undetected**



# PROBLEMS THAT AFFECT SCHOOLING

## DISRUPTIVE DISORDERS :

- **Tics / Tourette Syndrome**
- **S I B**
- **Aggression / Tantrums**
- **O D D**
- **Epilepsies etc.**



# PROBLEMS THAT AFFECT SCHOOLING

## EMOTIONAL DISORDERS :

### (i) School phobia/refusal

(Aches/Pains/Vomiting/Tantrums etc.)

\* Often, Separation Anxiety Disorder

### (ii) Phobic Disorders

\* Social phobia

\* Multiple phobias

\* (Examination Phobia) etc



## EMOTIONAL DISORDERS :

### (iii) Anxiety Disorders

- **Extrinsic** (un helpful teacher / class bully etc.)  
or **Intrinsic** (Separation Anxiety) **causes.**
- **Psychological / Physical Symptoms**



# Anxiety Disorders

- *Psychological Symptoms*
- *Physical Symptoms of Anxiety*

- \* **Aches, Pains, fatigue**
- \* **Fidgety, restless**
- \* **Palpitations/Choking/Sighs**
- \* **Dizziness/Nausea/Abdominal Pain**
- \* **Urination/Encopresis**
- \* **Irritable/sleepless**
- \* **Thumb sucking/Nail biting etc.**



## **(iv) Obsessive traits**

- \* Insistence on Sameness : Distress**
- \* Resistance to ‘change’**
- \* Food – fads, Possessive of belongings**
- \* Rigid, fussy; procrastination, slowness etc.**
- \* Poor frustration tolerance**
- \* Explosive behaviour on frustration**



# PROBLEMS IN SCHOOLING

## DEVELOPMENTAL - BEHAVIOURAL DEFICITS

- **NORMAL Vs. ABNORMAL**
- **OUT GROWING WITH AGE**
- **IDENTIFICATION & HELP-SEEKING**
- **REMEDICATION**



THANK YOU FOR YOUR ATTENTION