



**CHHP** | Care2Kids

*Neuroprotective-development from birth onwards*

*- Touch, Talk, Think and Play to Thrive*

## Who we are

Care2Kids is a vibrant division of the Centre for Health & Human Performance (CHHP) that delivers specialized, multi-disciplinary services to children 0-18 years and their families. We aim to optimize the health and performance of children starting at the earliest point in their lives and partnering with families and caregivers to achieve the best outcomes.

Our devoted team involves Clinical and Counselling Psychologists, Speech-language therapists and Audiologists, a Specialist Psychiatrist, and a Paediatric Neurologist. In addition, we utilize the assistance of a Neonatal Nursing professional, Social workers, and clinicians from various other disciplines to ensure a high-quality service.

## Our context

We are a division of the CHHP. The CHHP is expert in health and human performance that applies leading scientific expertise with excellence to ensure that all clients, **including children**, have or develop the skills to optimize their wellbeing, health, and performance.

## What we do

The multi-disciplinary team assesses, intervenes, protects, and optimizes responsive interaction and positive learning experiences that optimize brain architecture and function. We start at the earliest point, at birth, in a child's life to support the best physical, mental health, and academic performance through adolescence.

We do that by utilizing parent-implemented intervention in daily routines and activities that resonate with the leading scientific evidence currently available. We are creative in translating scientific evidence into services and products.

## Why we do it

Early childhood development is a global priority and nationally of the Departments of Health, Basic Education, and Social Development. Therefore, we are developing a service delivery model rooted in brain development and function science to build children's self-regulation, communication- interaction, and executive function in any context.

Increasing evidence from the fields of neuroscience, psychology, and communication pathology reveals that self-regulation, communication-interaction, and executive function is critical capabilities adults need to be resilient, perform, and contribute optimally to economic vitality. Moreover, science explicitly directs the world's attention to the crucial period up to three years of age as the foundation for these adult capabilities. Also, the period 3-5 years is critical to establishing healthy cognitive and emotional schemas necessary for wellbeing and academic performance.

During this period, the brain grows faster than at any other period in life. The brain architecture formed in this period is the blueprint for future health, neurodevelopment, wellbeing, and performance. The second critical window of opportunity opens in early adolescence from 9-14 years when patterns of behaviour are sculpted in the brain. Positive and harmful behaviour patterns are modifiable at this time due to hormonal changes and rapid physical growth. During this time, the brain is sensitive to social and environmental factors that result in structural and functional changes in the brain. Intervention in early childhood and adolescence can have a powerful impact on children's lives, regardless of socio-economic contexts. Therefore, Care2Kids focuses on critical windows of opportunity for an optimal development trajectory (0-3, 4-6, and 9- 14 years).

## How we do it

Our service delivery model is based on the knowledge that brain architecture drives behaviour and cognition. The quality of the brain architecture is determined by adequate nutrition, feeding practices, and healthy development of the Oxytocin, Cortisol, and Dopamine pathways in the growing brain. The critical factor for optimal neurotransmitter pathway development after birth is parent-child communication-interaction and is, therefore, the starting point of our multi-disciplinary service delivery model.

The service delivery model integrates the specialized knowledge from the fields of Neurology, Speech-language pathology, Psychology, Psychiatry, Neonatal nursing, and Social work, and in future Biokinetics to deliver tailored, holistic support to a child and the family. We use play-based strategies, even in new-borns, and parent-implemented interventions that build the brain, support the immune system, enhance neurodevelopment, nurture relationships, and promote responsive parenting. All this is to mould healthy cognitive and emotional schemas for future wellbeing and performance.

## What we offer

1. Multi-disciplinary assessments, such as Developmental assessments, Career guidance, and Concession assessments.
2. Autism diagnostic assessments and support provided by clinicians trained in gold-standard Autism assessments tools
3. Speech, language, communication-interaction, cognitive and psycho-social assessments, and hearing screening.
4. Assessment of feeding disorders associated with premature birth, neurodevelopment disorders, sensory difficulties, and psychological or psychiatric difficulties.
5. Assessment of Emergent Literacy Development and Learning disorders
6. Evidence-based interventions for
  - Feeding difficulties and disorders,
  - Neurodevelopment delay and disorders,
  - Speech and language delay and disorders,

- Parent-child relationship and attachment problems,
- Autism Spectrum Disorders,
- Reading and written language problems,
- Learning disorders,
- Social-pragmatic difficulties
- Challenging behaviour,
- Enuresis or Encopresis,
- Adjustment problems,
- Trauma,
- Depression,
- Anxiety,
- Peer pressure and
- Sexual development and adjustment

## We also offer

We have a range of interactive talks, workshops, short courses, and Continuous Professional Development training on trending topics related to child development and parental wellbeing.

*"If we change the beginning of the story, we change the whole story" (WHO, 2018)*

Contact us at:

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