

CONTENTS

SECTION 1: HOW TO TAKE CARE OF MY CHILD?

- 1. Healthy Eating and Junk Food..... 2**
Convener: Nidhi Bedi
Members: CB Dass Gupta, Cherukuri Nirmala, Kristin Indumathy
- 2. Normal Sleep and Physical Activity 9**
Convener: Anagha Vasant Jayakar
Members: Jayakumar C Panicker, K Venkata Ramana Murty, Ujwalla Sudhir Gavali
Reviewer: Ajay Gaur
Sketches: Anand Naregal, Shantanu Kiritkar Mane
- 3. Dental Care, Diapers, and Clothing..... 18**
Convener: Sanwar Agarwal
Members: Ami A Deokar, Manish Agrawal, Sanjay Joshi
Reviewer: Upendra Kinjawadekar
Sketches: Anand Naregal
- 4. Prevention of Accidents and Injuries 30**
Convener: Bankim N Parikh
Members: Anil Sud, Harish Kumar Pemde, Sweta Mukherjee
Cartoons: Anand Naregal
- 5. Screen Time Guidelines for Parents 35**
Convener: Preeti M Galagali
Members: Narendra B Rathi, Shuvendu Roy, Sudip Dutta
Reviewer: Harish Kumar Pemde; Illustrations and Sketches: Anand Naregal
- 6. School and My Child: Parental Concerns Regarding Schooling..... 45**
Convener: Swati A Ghate
Members: Piyali Bhattacharya, Sanjay M Marathe, Sunil Dutt Sharma
Reviewer: Prashant B Jadhav
- 7. Toys, Plays, and Sports 56**
Convener: Ritika Chokhani
Members: DY Shrikhande, Sudhir Mishra; Reviewer: Preeti M Galagali
- 8. Early Childhood Development 64**
Convener: Chhaya Prasad
Members: Geeta Patil, Jayantkumar V Upadhye, Subhash Singh Slathia
Reviewer: Jayakumar C Panicker
- 9. Studies, Coaching, and Vocational Counseling..... 75**
Convener: CP Bansal
Members: Pramod Jog, Prem Kumar Singla, Rajakumar N Marol
Reviewer: Jeeson C Unni

- 10. Traveling with a Child.....85**
Convener: Santosh Agrawal
Members: Arun Kumar, Arvind K Upadhyay, Renu Boralkar
Reviewer: Swapan Kumar Ray

SECTION 2: PREVENTING DISEASES BY IMMUNIZATION

- 11. Recommendations for Vaccination92**
Convener: Sanjay Srirampur
Members: Jose Ouseph, Sanjay Verma, Shyam Kukreja
Reviewer: Devajit Kumar Sarma
- 12. Dealing with Adverse Events Following Immunization99**
Convener: Vipin M Vashishtha
Members: Atul Kumar Agarwal, Chetan G Trivedi, SG Kasi

SECTION 3: BEHAVIORAL AND DEVELOPMENTAL ISSUES

- 13. Prepare Your Child to Deal with Bullying..... 110**
Convener: S Yamuna
Members: Anjani Kumar Agarwal, Atul M Kanikar, Sandeep M Kelkar
Reviewer: Harpreet Singh
Sketches: Anand Naregal
- 14. Thumb-sucking, Temper Tantrums, and PICA 119**
Convener: Daljit Singh
Members: Arun Kumar Manglik, PC Khatri, Samir R Shah
Reviewer: Atanu Bhadra
- 15. Enuresis and Encopresis..... 130**
Convener: Satish Pandya
Members: Girish Chandra Bhatt, Harpreet Singh, JP Tandon
Reviewer: Arvind Bagga; Sketches: Anand Naregal
- 16. Stammering and Stuttering..... 141**
Convener: Manisha Mukhija
Members: Durga Prasad Paleti, Girish Chandra Agrawal, Gurdeep Singh
Reviewer: Nandita Chatterjee
- 17. When and How do I Suspect and Prevent Abuse in My Child?..... 147**
Convener: Kiran Aggarwal
Member: RS Sethi
- 18. Suspecting Autism and Care of Children with Autism..... 164**
Convener: Aparajita Gupta
Members: Sharmila Banerjee Mukherjee, Samir H Dalwai, Devendra Gaba
Acknowledgment: Neurodevelopment and Disability Chapter, IAP for Detection Charts
- 19. Care of an Inattentive/Hyperactive Child 178**
Convener: Anjan Bhattacharya
Members: Amar Verma, Rajni Farmania, Vijay Jain
Reviewer: Arushi Gahlot
- 20. When to Suspect Specific Learning Disability in Your Child?..... 185**
Convener: Sheffali Gulati
Members: Chetan B Shah, Lokesh Saini, Vijay K Kulkarni
Reviewer: Samir H Dalwai

21. Care of a Child with Intellectual Disability 195

Convener: **Shruthi NM**

Members: Ashwini A Marathe, Dhananjay R Shah, Jyoti Mishra

Reviewer: S Sitaraman

SECTION 4: IS MY CHILD GROWING WELL?

22. Normal Growth 206

Convener: **Monika Sharma**

Members: Anil Kumar, Anju Seth, Preeti Singh

Reviewer: Yogesh N Parikh

23. Normal Development and When to Suspect Abnormal Development?..... 217

Convener: **Nandita Chatterjee**

Members: Anjana Amit Thadhani, Arun Bansal, Sharmila Banerjee Mukherjee

Reviewer: Asok Kumar Datta

24. When to Suspect Visual Impairment and Care of a Child with Visual Impairment? 226

Convener: **Payal Gupta**

Members: Anil Kumar Jaiswal, Jijo Joseph John, Suneel S Godbole

25. When to Suspect Hearing Impairment and Care of a Child with Hearing Impairment? 234

Convener: **Waheeda Pagarkar**

Members: Satyen Gyani, Suchit Tamboli, Vishal Vishnu Tewari

Reviewer: Satyen Bhan

SECTION 5: UNDERSTANDING MY ADOLESCENT CHILD

26. Normal Psychosocial Development in Adolescents..... 248

Convener: **Shailaja V Mane**

Members: Ajoy Kumar, KH Ratankumar, Rajesh M Maheshwari

Reviewer: Rajeev Krishak

Sketches: Vijaykumar Mane

27. Attainment of Puberty 261

Convener: **Anurag Bajpai**

Members: PAM Kunju, Ravi Ambey, Sangeeta Yadav

Reviewer: Sangeeta Yadav

28. Mental Health Issues in Adolescents..... 268

Convener: **Roshni Sonawane**

Members: Nikhil Oza, Sushma Pankaj Desai

Reviewer: Satish Sharma

29. Eating Disorders: Anorexia and Bulimia..... 274

Convener: **Shwetambara Sabharwal**

Members: Alka Agrawal, Chandra Mohan, Srikant Sharma

Reviewer: Sumitha Nayak

SECTION 6: INFECTIONS

30. Fever: General Management 284

Convener: **Piyush Gupta**

Members: Vikram Bhaskar, M Ravishankara, Bishwajit Mishra

31. My Child has a Fever with Rash	289
<i>Convener: Vijay Yewale</i>	
<i>Members: Ashwini Sood, Digant D Shastri, Ramamurthi Palaniraman</i>	
32. Typhoid.....	293
<i>Convener: Jaydeep Choudhury</i>	
<i>Members: Dhanya Dharmapalan, Jai Singh, Suhas V Prabhu</i>	
<i>Reviewer: Sangeeta Yadav</i>	
33. Viral Hepatitis	302
<i>Convener: Malathi Sathiyasekaran</i>	
<i>Members: Amarjeet Chitkara, D Narayanappa, M Surendranath</i>	
<i>Reviewer: Shrish Bhatnagar</i>	
34. Suspecting a Serious Bacterial Illness.....	307
<i>Convener: S Balasubramanian</i>	
<i>Members: Raju C Shah, PS Pawan Kalyan, Tanu Singhal</i>	
<i>Reviewer: Ajay Kumar Gupta</i>	
35. Tuberculosis in Children	312
<i>Convener: Varinder Singh</i>	
<i>Members: Amol P Jaybhaye, Ankit Parakh, Narmada S</i>	
<i>Reviewer: Ravinder Kumar Gupta</i>	
36. Care of a Child with HIV/Child Born to HIV Positive Mother	320
<i>Convener: Ira Shah</i>	
<i>Members: Bhaskar Shenoy, SN Mothi, T Himabindu Singh</i>	
37. Care of a Child with Immune Deficiency.....	327
<i>Convener: Anju Gupta</i>	
<i>Members: Ambreen Pandrowala, Baldev S Prajapati, Rupam Das</i>	
<i>Reviewer: S Sitaraman</i>	
38. Preventing Mosquito-borne Illnesses.....	339
<i>Convener: Atul Kulkarni</i>	
<i>Members: Hemant Joshi, Khaya Ghosh Uttam, Ritabrata Kundu</i>	
<i>Reviewer: Ramamurthi Palaniraman</i>	
SECTION 7: NUTRITION	
39. How to Breastfeed?	348
<i>Convener: MMA Faridi</i>	
<i>Members: Jayashree Mondkar, G Shridhar, Alok Bhandari</i>	
40. Complementary Feeding: Feeding of an Infant Beyond 6 Months Age.....	358
<i>Convener: Satish K Tiwari</i>	
<i>Members: Avinash L Sangle, Parag B Gaikwad, Satinder Aneja</i>	
<i>Reviewer: Uppin Narayan Reddy; Editor: Dheeraj Shah</i>	
41. Vitamins and Minerals for My Child	369
<i>Convener: Rajesh R Chokhani</i>	
<i>Members: S Thangavelu, Rakesh Jora, Aarthi Prasanna</i>	
<i>Reviewer: Utkarsh Sharma</i>	
42. Nutrition Between 1 and 2 Years of Age	377
<i>Convener: Mukul Tiwari</i>	
<i>Members: Priyam Gupta, TM Ananda Kesavan</i>	
<i>Reviewer: Anurag Agarwal; Editor: Dheeraj Shah</i>	

43. Nutrition for Preschoolers (2–5 Years)	384
<i>Convener: Shweta Rastogi</i>	
<i>Members: Chandrashekhhar Dabhadkar, Niranjan Mohanty, Usha Banga</i>	
<i>Reviewers: AK Jaleel Ahmed, Dheeraj Shah</i>	
44. Nutrition for Children Between 5–12 Years	394
<i>Convener: Ashok Banga</i>	
<i>Members: A Yashowanth Rao, Pramod Sharma, Satish A Shahane</i>	
<i>Reviewers: R Somasekar, Dheeraj Shah</i>	
45. Nutrition of Adolescents (10–19 Years).....	402
<i>Convener: Srikanta Basu</i>	
<i>Members: Avinash Bansal, Nigam P Narain, Alpana Chawla</i>	
<i>Reviewers: Dheeraj Shah, Arvind Prakash Savant</i>	
46. Which Nutritional Supplements are Needed for My Child?	411
<i>Convener: Bela Verma</i>	
<i>Members: KE Elizabeth, MK Santosh, Vikram S Patra</i>	
<i>Reviewers: Dheeraj Shah, Sandeep Trivedi</i>	
47. Prevention and Care of Malnutrition in Children.....	420
<i>Convener: Praveen Kumar</i>	
<i>Members: Akash Bang, R Ahuja, VP Goswami</i>	
<i>Reviewer: Rajakumar N Marol</i>	
48. Overweight and Obesity: Detection, Prevention, and Management.....	429
<i>Convener: Rekha Harish</i>	
<i>Members: Kavitha Sakamuri, Satish V Agarwal, Shilpa P Aroskar</i>	
SECTION 8: NEWBORN INFANTS	
49. How do I Prepare for Arrival of My Newborn Baby?	442
<i>Convener: Zubair H Aghai</i>	
<i>Members: Rochelle Sequeira Gomes, Ruchi Rai, Sriparna Basu</i>	
<i>Reviewer: Satvik Bansal</i>	
50. Physiological Variations in a Newborn	451
<i>Convener: N Karthik Nagesh</i>	
<i>Members: Sanjay M Aher, Shashi Kant Dhir, Tushar B Parikh</i>	
<i>Reviewer: Bishwajit Mishra</i>	
51. Care of the Low Birthweight Newborn	462
<i>Convener: Rhishikesh Thakre</i>	
<i>Members: Suman Rao PN, Haripriya Kamireddy, Subhash Chandra Shaw</i>	
<i>Reviewer: Mallesh Gowda GS</i>	
52. Identifying a Sick Newborn	474
<i>Convener: Nandkishor S Kabra</i>	
<i>Members: Jayant G Joshi, Parmanand G Andankar, Satvik Bansal</i>	
<i>Images: Rhishikesh Thakre</i>	
53. Neonatal Jaundice	486
<i>Convener: Sushma Nangia</i>	
<i>Members: Anjali Kulkarni, Ashok Kumar, Ruchi N Nanavati</i>	
<i>Reviewer: Sudip Dutta</i>	

54. Birth Defects492

Convener: **Roopa M Bellad**

Members: Mohit Sahni, Praveen Venkatagiri, Sindhu Sivanandan

Reviewer: Anil S Raut

SECTION 9: CARDIOVASCULAR DISORDERS

55. Care of a Child with Congenital Heart Disease.....502

Convener: **Manisha Chakrabarti**

Members: Poothirikovil Venugopalan, Smita Mishra, H Ravi Ramamurthy

Reviewer: Devendra Sareen

56. Importance of Checking Blood Pressure in Children.....512

Convener: **Arvind Bagga**

Members: Aditi Sinha, Bhawan Deep Garg, Saroj Patnaik

Reviewer: Madhuri Kanitkar

57. Taking Care of My Child After Heart Surgery519

Conveners: **Parvathi U Iyer, Krishna S Iyer**

Members: Deepak Changlani, Munesh K Tomar, Nalinikant Panigrahy

SECTION 10: ENDOCRINOLOGIC DISORDERS

58. My Child is not Growing Well: How to Monitor and Manage?.....530

Convener: **PSN Menon**

Members: P Ramachandran, Vaman V Khadilkar, Varuna Vyas

Reviewer: I Riaz

59. Early and Late Puberty538

Convener: **Vijayalakshmi Bhatia**

Members: Aaradhana Singh, I Riaz, Sudha Rao

Reviewer: Anand S Deshpande

60. Hypothyroidism: Congenital and Acquired.....544

Convener: **Ruchi Parikh**

Members: Aarti A Kinikar, Ashish Pathak, M Vijayakumar

Reviewer: Mahesh Maheshwari

61. Care of a Child with Diabetes Mellitus555

Convener: **Alok Gupta**

Members: Anju Virmani, Deepika Harit, Neha Bhise

Reviewer: PSN Menon

SECTION 11: GASTROINTESTINAL DISORDERS

62. Diarrhea.....566

Convener: **Dheeraj Shah**

Members: Neetu Sharma, Ashok Kumar Rai, Amarinder Oberoi

63. Caring for a Child with Celiac Disease.....575

Convener: **Sunita Rajani**

Members: Aabha Nagral, Lalit Bharadia, Sushma Narayan

Reviewer: Rakesh Jora

64. The Constipated Kid586

Convener: **Rajeev Redkar**

Members: Dimple Jain, Meghana Phadke, Tarun Patni

Reviewer: Birendra Kumar Singh

65. How to Deal with Recurrent Abdominal Pain?591

Convener: **VS Sankaranarayanan**

Members: Neeta Rajesh Nathani, Rajinder Gulati, Srinivas Sankaranarayanan

Reviewer: Sujit Kumar Sinha

66. Care of a Child with Chronic Liver Disease598

Convener: **Moinak Sen Sarma**

Members: Neelam Mohan, Shaista Amin, Shrish Bhatnagar

Reviewer: Vishnu Biradar

SECTION 12: HEMATOLOGICAL DISORDERS

67. Thalassemia: What Parents Need to Know?.....608

Convener: **Mamta Manglani**

Members: Santanu Deb, Rajiv Kumar Bansal, K Muthukumar

Reviewer: Pooja Dewan

68. Hemophilia.....617

Convener: **Nita Radhakrishnan**

Members: Shruti Kakkar, Swati R Kanakia, Vijay Jaiswal

Reviewer: Bharat Agarwal

69. My Child is Pale (Anemia).....629

Convener: **Deepak Bansal**

Members: Devashish Das, Nitin K Shah, Palaniappan Velusamy

Reviewer: A Yashowanth Rao

70. Care of a Child with Leukemia635

Convener: **Gaurav Kharya**

Members: Gaurav Narula, Mousumi Nandi, Prashant V Kariya

Reviewer: Pooja Dewan

71. Care of Children with Cancer646

Convener: **Arpita Bhattacharya**

Members: BB Sahni, Manas Kalra, Purna A Kurkure

Reviewer: Pooja Dewan

72. Post Bone Marrow Transplant/Stem Cell Transplant Care652

Convener: **Sunil Bhat**

Members: Ashwani Agrawal, Ashwin Pandey, Vineeta Gupta, Santosh Asangi

Reviewer: Pooja Dewan

73. Care of Childhood Cancer Survivors664

Convener: **Ratna A Sharma**

Members: A Somasundaram, Sanjeev Khera, Yagnesh O Popat

Reviewer: Vineeta Gupta

SECTION 13: NERVOUS SYSTEM DISORDERS

74. Home Care of a Paralytic Child668

Convener: **Harsh Patel**

Members: Ajay Srivastava, Omkar P Hajirnis, Sushma Uttam Save

Reviewer: Arushi Gahlot

75. Home Care of a Child with Cerebral Palsy.....678

Convener: **Vishal Sondhi**

Members: Ruchika Jha, Anil S Raut, Rashmi Gupta, Vasant M Khalatkar

Reviewer: Sanjay Niranjana

76. Care of a Child with Duchenne Muscular Dystrophy	693
<i>Convener: Ankita Pal</i>	
<i>Members: JN Goswami, Jyotsna R Shrivastav, Sanjay Niranjana</i>	
<i>Reviewer: Arushi Gahlot</i>	
77. Care of a Child with Epilepsy	707
<i>Convener: Ranjith Kumar Manokaran</i>	
<i>Members: Anju Aggarwal, Konika Bansal, Margi J Desai</i>	
<i>Reviewer: Devendra Mishra</i>	
78. Acute Episodes of Seizures: What to Do?.....	713
<i>Convener: Rishi Arora</i>	
<i>Members: Anoop Kumar Verma, Rachana Dubey Gupta, Shilpa Kulkarni</i>	
<i>Reviewer: Arushi Gahlot</i>	
79. Care of Children with Febrile Seizure.....	719
<i>Convener: Jaya Shankar Kaushik</i>	
<i>Members: Bhavesh Manilal Mithiya, S Srikrishna, Sangeetha Yoganathan</i>	
<i>Reviewer: Janani Sankar</i>	
SECTION 14: RESPIRATORY DISORDERS	
80. My Child is having Fever with Cough: What to Do?	726
<i>Convener: Mahesh Mohite</i>	
<i>Members: Geeta D Khanna, Prashant B Jadhav, S Venkateswaran</i>	
<i>Reviewer: Jayantkumar V Upadhye</i>	
81. Care of a Child with Cystic Fibrosis.....	732
<i>Convener: Sushil K Kabra</i>	
<i>Members: Arvind Kumar, Prawin Kumar, Rajesh Kumar Rai</i>	
<i>Reviewer: Narendra Nanivadekar</i>	
82. Allergic Rhinitis.....	740
<i>Convener: Sushant S Mane</i>	
<i>Members: Mala Raman, Neeraj Gupta, Prince Parakh</i>	
<i>Reviewer: K Nagaraju, Manmeet Kaur Sodhi</i>	
83. Acute Attack of Asthma: What to Do?	748
<i>Convener: NK Subramanya</i>	
<i>Members: G Sudhakar, Ashwin Arora, Barnali Bhattacharya, Narayan P Modi</i>	
<i>Reviewer: Swapan Kumar Ray</i>	
84. Home Care of Chronic Asthma.....	756
<i>Convener: Arvind Shah</i>	
<i>Members: Atanu Bhadra, Jagdish Prasad Goyal, Vinod H Ratageri</i>	
<i>Reviewer: Kandaktala Narahari</i>	
85. Home Care of Child on Oxygen and Ventilation.....	762
<i>Convener: Santosh T Soans</i>	
<i>Members: Ashish Kumar Simalti, Lokesh Guglani, Lokesh Kumar Tiwari</i>	
86. Care of a Child with Recurrent Cough	771
<i>Convener: Deepak Ugra</i>	
<i>Members: Rajeev Gupta, Shreya Agrawal, Sowmya Dhulipala</i>	

SECTION 15: RENAL DISORDERS

- 87. Care of a Child with Nephrotic Syndrome780**
Convener: Sriram Krishnamurthy
Members: Batchu Rajsekhar, Suprita Kalra, Asutosh Mahapatra
- 88. Care of a Child with Recurrent Urinary Tract Infection786**
Convener: Anil Vasudevan
Members: Daruru Ranganath, Tathagata Bose, Ranjit Theragaonkar
Reviewer: P Anil Kumar
- 89. Congenital Anomalies of Kidney and Urinary Tract.....793**
Convener: Rajiv Sinha
Members: Abhijeet Saha, Anand Vasudev, Atul B Deokar
Reviewer: Aditi Sinha
- 90. Care of a Child with Chronic Kidney Disease805**
Convener: Arpana A Iyengar
Members: OP Mishra, Pankaj V Deshpande, Raghunath CN
Reviewer: Batchu Rajsekhar

SECTION 16: MISCELLANEOUS

- 91. Care of a Child with Skin Allergies816**
Convener: K Nagaraju
Members: A Arumugam, Mangai Sinha, Vivek Saxena
Reviewer: Narayan P Modi
- 92. Environmental Pollution825**
Convener: Jagdish Chinnappa
Members: Birendra Kumar Singh, M Arif Ahmed, Utkarsh Sharma
Reviewer: H Paramesh
- 93. When a Dog Bites My Child?835**
Convener: Anurag Agarwal
Members: D Balachandar, Dinesh Tomar, Ritesh Chhabra
Reviewer: Manish Arya
- 94. When to Suspect Drug and Substance Abuse?843**
Convener: Jeason C Unni
Members: Abraham K Paul, Abhishek Pandey, Alok Gupta
Reviewer: Om Shankar Chaurasia
- 95. Genetic Disorders: How to Prevent Recurrence?852**
Convener: Madhulika Kabra
Members: Girisha Katta, Kuldeep Singh, VH Sankar
- 96. Care of a Child with Down Syndrome863**
Convener: Neerja Gupta
Members: Kausik Mandal, Nina Piyush Vaidya, Reena Gulati
- 97. Rheumatic Disorders871**
Convener: Narendra Kumar Bagri
Members: Nutan Kamath, Vijay Viswanathan, Rakesh Mondal
Reviewer: Janani Sankar

98. Child Labor and Rights of Children	878
<i>Convener: Swati Y Bhave</i>	
<i>Members: Prasant Kumar Saboth, Raj Kumar Gupta, SS Kamath</i>	
<i>Reviewer: Joy Bhaduri</i>	
99. I Want to Adopt a Child.....	884
<i>Convener: Achinta KR Mallick</i>	
<i>Members: Arun Jain, Neelesh Banker, Swapan Kumar Ray</i>	
<i>Reviewer: Peeyush Khanna</i>	
100. Chronic Disease in Children	891
<i>Convener: Atul Gupta</i>	
<i>Members: Jeetendra B Gavhane, Neeli Ramchander</i>	
<i>Reviewer: S Sitaraman</i>	
101. Care of a Terminally Ill Child	904
<i>Convener: Dhiren Gupta</i>	
<i>Members: Minhaj A Sheikh, Joseph John, Vinay H Joshi</i>	
102. First Aid Guidelines	910
<i>Convener: Sujatha Thyagarajan</i>	
<i>Members: Karuna Thapar, Manab Narayan Baruah, Sanjiv Lewin</i>	
103. Coronavirus Disease-2019 in Children—Information for Parents.....	919
<i>Writing Group: Mahesh A Mohite, Bakul Jayant Parekh, Deepak Ugra</i>	
104. Yoga for Children	924
<i>Convener: Hemant Bhargav</i>	
<i>Members: Nishitha Jasti, Shalu E Abraham, Shubham Sharma</i>	
105. Psychosocial Concerns during Pandemic	933
<i>Convener: Preeti M Galagali</i>	
<i>Members: Samir H Dalwai, Swati A Ghate</i>	
<i>Reviewer: Piyush Gupta</i>	