

# Long-Term Efficacy of a Home-Based Intervention for Toddlers with Developmental Delays

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## ABSTRACT

**Background:** Developmental delays in toddlers require early and consistent intervention. A ten weeks home-based intervention program was designed to improve adaptive functioning in children with developmental delays.

**Purpose:** The purpose is to compare children diagnosed with delayed milestones who have undergone intervention training with those who have not received it.

**Materials and Methods:** Fourteen children with developmental delays, aged 1-4 years were randomly selected and assigned to either a control group or a home-based intervention group of seven children each. The control group received standard physiotherapy, while the intervention group had core stability training with strength

and motor skill development. Both groups were evaluated pre- and post-treatment using Bayley Scales of Infant and Toddler Development (BSID), Peabody Developmental Motor Scales–Second Edition (PDMS-2), and Alberta Infant Motor Scale (AIMS).

**Results:** We observed a statistically significant improvement in strength and motor skills among children who underwent the 10-week intervention compared to those in the control group receiving regular physiotherapy.

**Conclusion:** The home based intervention program demonstrated improved efficacy in enhancing motor skills in children. Caregivers played a pivotal role in sustaining these gains.

**Keywords:** Adaptive functioning, Motor skill training, Skill enhancing through play

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