



Ingham Institute
Applied Medical Research

Every nine minutes a child
is born who's at risk of forming
a developmental disorder

Intervening in the first 2000 days of
a child's life can change this.

Will you help ensure all children
have the best start to life regardless of their
culture, income or where they live?

At 13, Justin* is heading for the Juvenile Prison System.

With your help his life could be changed.

Justin's story is one of many I have experienced as a child psychiatrist.

Justin's start in life was less than ideal. His mum left an abusive relationship, they didn't have stable housing. They lived in poverty; Justin and his mum were socially isolated.

By the time he was ready for school, he had a significant developmental delay. Justin wasn't speaking at the right level for his age, and he exhibited a lot of disruptive behaviours.

As a young boy he was severely bullied, and as he grew bigger and stronger – he became the bully.

By 13, he was disengaged from school and started abusing drugs and alcohol. Finally, he was referred to me for help. However, by 13, intensive interventions were needed to change the course of Justin's life.

But it doesn't have to be like this.

We have developed an early intervention program to identify developmental delays and disorders and ensure timely and appropriate interventions so children like Justin have a better future.




Professor Valsamma Eapen
Academic Unit of Child Psychiatry

*Names have been changed to protect privacy

Early intervention is the key

Our research has shown an “inverse care law” in which children from the most disadvantaged backgrounds with the highest risk of developmental delays are the least likely to receive the interventional care they need when they need it.

The babies and children of South Western Sydney  are some of the highest rates of developmental risk in Australia. This is due to its cultural diversity, socioeconomic disadvantage and the high disease burden that starts early in life.

Ingham Institute is changing that in South Western Sydney. And around the world.

One of the keys to early intervention is monitoring the development of babies and young children.

The **Watch Me Grow app** provides parents with an easy-to-use digital tool to identify any developmental delays in their child as early as possible. And it ensures the appropriate services and supports are made available to the children and their families when they are most effective.

Your gift to our
research can help
*change a
child's life.*



You can help change a child's life for the better *today*

When you support Ingham Institute's research into early childhood developmental interventions, you are changing children's lives.

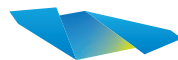
Every dollar invested now in a pre-school child's development saves \$13 in costly high-intervention programs and crisis services for young people. It could be your daughter or granddaughter that our research and care help.

Key initiatives

- Watch Me Grow (WMG) – an innovative digital tool for early identification of developmental and behavioural problems
- Growing Healthy Kids – partnering with crucial health services to help children maintain a healthy weight and avoid obesity
- Bubs Quit – working with maternity services to help pregnant mothers quit smoking
- Integrated health hubs – Helping families at risk with the right healthcare at the right time to improve child development, parental mental health and family social care needs.

Please give today to ensure all our children, wherever they are, have the very best start in life so they can reach their full potential.

For more information or should you wish to personally discuss your giving priorities or philanthropic partnership opportunities please contact our Philanthropy team at **giving@inghaminstitute.org.au** or call **+61 2 8738 9000**.



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