

## **The Effectiveness of the Family-Centered Sensory and Motor Interactive Games Program on Strengthening the Developmental and Motor Skills of Children aged 12 to 24 Months Who Have a Prior History of Low Birth Weight**

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**Abstract :** The purpose of this study was to assess the efficacy of a family-centered sensory and motor interactive activities program in enhancing the motor and developmental abilities of infants between the ages of 12 and 24 months who have a medical history of low birth weight. The design of the study was a combined method (qualitative and quantitative). The statistical population comprised infants between the ages of 12 and 24 months who had a documented history of low birth weight in Tehran in 2022. The study sample comprised twenty-eight infants, ranging in age from twelve to twenty-four months, whose mothers were selected using a readily available sampling method. The participants were allocated into two groups—experimental and control—at random. The Children's Developmental Screening Scale, the third edition of Ages and Stages Questionnaires (ASQ3™), was utilized in both cohorts. Two sessions of the family-centered program for mothers and sixteen sessions for children in the experimental group were taken into account. The statistical analysis software SPSS version 26 was utilized to analyze the data. Initially, the descriptive analysis of the variables, the normality of the assumptions, and the equality of the variance of the variables in the groups were examined. Subsequently, univariate analysis of covariance was employed to examine research hypotheses. The results of the covariance analysis demonstrated that the family-centered interactive activities program for sensory and motor development was effective. A significant difference has been observed between the experimental and control groups with regard to developmental skills between the pre-test and post-test ( $P < 0.005$ ). Motor and developmental skills among children aged 12 to 24 months with a history of low birth weight can be enhanced through entertainment programs that incorporate suitable structure, according to the findings of this study. It is recommended that future research investigate the efficacy of this program on children of average weight and conduct longitudinal studies.

**Keywords :** children, developmental skills, low birth weight, sensory and motor interactive games program

**Conference Title :** ICDPA 2024 : International Conference on Developmental Psychology and Adolescence

**Conference Location :** Amsterdam, Netherlands

**Conference Dates :** December 02-03, 2024