

Developmental Delay

Developmental Milestones:

- Predictable skills children reach and acquire at certain points throughout their growth based on age.
- These milestones are organized in areas of movement skills, cognitive skills, social skills, and language skills.
 - A few examples of these skills are being able to walk independently, being able to babble or talk, being able to take off their socks and shoes, being able to copy shapes, and much more.

Important: ✨

It is so important to note that every child and their development is unique! It is unlikely that your child will reach these milestones at the exact time as another child. Some children progress faster and some slower than others and that is expected.

When to be concerned:

We can find out a lot about a child's development by watching them in their environment. Are they motivated to explore the world around them? Are they able to communicate their needs? Or are these things you notice challenges with?

If you notice that your child's progression towards certain milestones has stopped or plateaued, talk to your pediatrician about your concerns. After all, you know your child best!



Areas	Causes	Prognosis
<ul style="list-style-type: none"> • Social • Emotional • Physical • Cognitive • Language 	<p>The main cause of developmental delay is often unknown. Biological factors, pregnancy complications, and environmental factors could have an impact.</p>	<ul style="list-style-type: none"> • Early identification and intervention are key to addressing certain delays • The areas the child is delayed in, cause of delay, age of child when the delay was detected, and parental involvement can impact overall functional outcomes.

What Can Occupational Therapists Do?

OTs can equip children with developmental delays with the tools needed to conquer their daily challenges so they can participate in all the occupations that bring them meaning and joy!

Examples of how OT can help:

- Screen and assess for areas of potential delay
- Meet the child where they are and facilitate the skills needed for the "next step" of development through play and meaningful activity.
- Collaborate with families and teachers to incorporate strategies to support success in daily routines.

References:

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