

Many parents have a “gut feeling” that their child’s development is not quite right.

Parent Guide

Developmental Milestones

- 3 months:** Raises head while lying on tummy, smiles back at people
- 6 months:** Rolls over, coos and babbles, turns head toward sounds
- 9 months:** Creeps or crawls, sits without help, says Mama or Dada
- 12 months:** Feeds self with fingers, waves bye-bye, plays peek-a-boo
- 18 months:** Walks without help, says 10-20 words, imitates others, points
- 2 years:** Refers to self by name, returns a kiss or hug, pretends in play
- 3 years:** Uses toilet in day, has simple conversations, uses phrase speech
- 4 years:** Retells a favorite story, takes turns, dresses self
- 5 years:** Follows three-step directions, cuts with scissors



Psycho-Developmental Evaluations detect developmental delays and developmental disabilities.



“Red Flags”

- ❖ Not meeting developmental milestones
- ❖ Oversensitivity to noise
- ❖ Frequent temper tantrums
- ❖ Appearing “deaf” at times
- ❖ Tip toe walking
- ❖ Overly intense/unusual interests
- ❖ Regression or loss of skills



Early interventions can be the best defense against longer-term problems!

How do I know if my child is developing normally?

Every child develops in a unique way, making it difficult for parents to always distinguish between normal and abnormal development. Some developmental difficulties are easily identifiable (e.g., a 2-year-old, not yet walking). Other developmental difficulties are subtle and only identified through careful evaluation by a developmental expert. The concern, however, is that even children with mild developmental difficulties are at-risk for experiencing significant future learning issues. Therefore, children are most likely to receive appropriate care when parents take a pro-active role in monitoring their child's development and seek help as soon as any suspected concerns emerge.

What happens when a child is evaluated for developmental difficulties?

Most experts agree that appropriate developmental evaluations provide comprehensive assessment across a range of developmental areas (e.g., motor functioning, communication, socialization, play, thinking skills, coping skills). This is particularly important because not all children develop evenly across developmental domains. For example, even a child who walks or talks on-time, may experience delays in other developmental areas.

When a child participates in an evaluation, the examiner will utilize special tools and tests that are specifically designed for the child's age. These tests include playful, child-friendly materials that help put a child at ease. The results of the evaluation are combined with additional

information gathered from parental report and observation, in order to determine a child's developmental level in each domain. Not only does this allow for the identification of developmental delays, but also serves as a baseline comparison in order to assess change over time.

What does it mean if my child is developmentally delayed?

When a developmental delay is identified, parents often wonder about the long-term prognosis. Unfortunately, there is no mechanism to precisely determine how a child will progress and develop over time. We do know, however, of several important factors that influence long-term outcomes. These primarily include the severity of the delay(s), the intensity and quality of treatment, and a child's individual responsiveness to treatment. In a best case scenarios, a child with a developmental delay will catch-up to their same-aged peers and experience no or minimal long-term difficulties. For other children, developmental delays persist through the life-span, requiring varying levels of intervention and support.

What types of treatments are available for young children?

There are several disciplines that provide pediatric therapy. Most often, children participate in Speech and Language Therapy, Occupational Therapy, Physical Therapy, Applied Behavior Analysis, Psychotherapy and/or Specialized Educational programs. The specific therapy a child needs should be carefully selected and tailored to a child's unique developmental profile

