



Available at all Lansdowne sites

in Brantford, Caledonia, Dunnville and Simcoe

Occupational Therapists (OT)

- Work with children and their families to help improve skills and participation in day to day activities.
- Activities may include feeding, self-care, playing, and school skills such as printing or cutting with scissors.
- OTs also help with Emotional Regulation, when kids are having difficulty getting calm, alert, and ready to learn, play, or interact with others.



Physiotherapists (PT)

- Provide assessment and treatment for children with difficulties in muscle strength, range and quality of movement, tone and gross motor development.
- Treatment includes teaching strategies to the family, caregivers and clients to improve function.
- Physiotherapy also provides support in accessing mobility equipment such as wheelchairs and walkers.



Speech Language Pathologists (SLP)

- Provide assessment and treatment for children with communication delays or disorders.
- Communication includes speech, sound production, understanding and producing language and using language to interact with others.
- SLPs also provide assessment and treatment for children with feeding and/or swallowing concerns.



Social Workers

- Social Workers provide support and assistance to children and youth and their families who may be experiencing a variety of challenges including coping strategies, loss/grief, relationships and communication.

Child / Youth Workers

- Child and Youth Workers plan and implement personalized plans that support each client's goals for improving social, emotional, and behaviour development.

MILESTONE MEASURES, LET'S TALK ABOUT THEM.

Do you have questions or concerns about your child's development? Contact SmartStart Hub at Lansdowne Children's Centre, by phone **519-753-3153 x507** or online at lansdownecentre.ca

Milestones @ 3 months

- Holds head steady and turns in both directions
- Coos, smiles and recognizes familiar people



Milestones @ 6 months

- Rolls over in both directions
- Reaches for toys with both hands
- Babbles
- Begins to sit unsupported



Milestones @ 9 months

- Stands holding onto something
- Transfers objects between hands
- Copies gestures and sounds like "mama" "dada"



Milestones @ 12 months

- Shakes head "no", waves "goodbye"
- Plays/uses toys and objects as designed
- Pulls up to stand and walks holding supports



Milestones @ 15 months

- Points to show interests to others
- Says 3-5 new words
- Follows simple directions
- Turns pages of a book



Milestones @ 18 months

- Walks alone
- Uses at least 20 single words
- Plays simple pretend, such as feeding a doll



Milestones @ 2 years

- Uses 2-3 word phrases
- Self-feeds using cup, spoon and fork
- Stacks blocks or rings



Milestones @ 3 years

- Speaks in clear sentences
- Jumps with 2 feet off the ground
- Copies lines or circles
- Follows 2 or 3 step directions



Milestones @ 4 years

- Answers simple questions
- Uses toilet independently
- Takes turns in play with a friend

