

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





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.