



PROMOTING DEVELOPMENT

Developmental milestones are key skills that are gained as your child grows. It is important to point out that every child is different, and the milestones all have ranges. For example, it normal for a child to start walking anywhere between 9 - 18months, with most first steps around 12 months.

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To see if your child is meeting their milestones, visit:

- Caring for Kids www.caringforkids.cps.ca
 - *Your child's development: What to expect*
- Healthy Parents, Healthy Children www.healthyparentshealthychildren.ca
 - *Developmental Stages, Tasks and Milestones.*
- Centers for Disease Control and Prevention (CDC)
<https://www.cdc.gov/ncbddd/actearly/milestones/index.html>

Caring for Kids (www.caringforkids.cps.ca) is a great resource for information on promoting your child's development. They have a section called Learning and Playing with lots of useful articles, some of which include:

- *Read, speak, sing to your baby: How parents can promote literacy from birth*
- *Playtime with your baby: Learning and growing in the first year*
- *Your busy toddler: Games, toys and play in the second year of life*
- *Promoting reading in school-aged children*

Be sure to talk to your pediatrician if you have any concerns about your child's development, especially if they have lost any skills that they were previously able to do!