

DEVELOPMENTAL DELAY

INFORMATION SHEET

WHAT IS DEVELOPMENTAL DELAY DEFINITION



Developmental delay is when a child does not reach developmental milestones like, crawling, walking, and talking within an expected certain age range.

Children experiencing developmental delay are not uncommon in Canada, approximately 5-10% of children experience some form of developmental delay.

5%
TO
10%

SIGNS/SYMPTOMS

Developmental delays in children vary and can include:

Speech and Language Delay: Difficulty with talking, understanding, or using words.



Motor Skill Delay: Challenges with crawling, walking, or using hands for activities like holding a spoon.



Cognitive Delay: Trouble with thinking, understanding, or problem solving.



Social, Emotional, and Behavioural Challenges: Trouble playing with other children, sharing, or managing feelings.

It is important to note that all children develop at different rates and delays can be normal. However, if your child is continually behind in achieving milestones in these areas, developmental delay may be present.

WHAT TO DO/WHO TO TALK TO

If you think that your child has a developmental delay, there are some steps you can take:



Contact your child's school: Talk to teachers, school counselors, or special education coordinators about your concerns. They can provide support at school to better support your child.

Talk to your family doctor: If you can access a family doctor, they can offer guidance about your concerns and can refer you to specialists to help with assessing your child.



Visit a Walk-In Clinic: Clinics and community health centres can be available for walk in assessments and referrals when an appointment with your family physician may not be easily available.

Explore Early Intervention Programs: Ontario offers programs for child development support. Reach out to the Toronto Public Health (TPH) unit for more information on child development services and programs are. You can reach out to the Toronto District School Board (TDSB) for information about school-based resources. Ontario Early Years Centers around Etobicoke also offer programs and resources to support your child's development.





Connect with fellow parents: Exploring support groups and online parent networks/forums are a great way to be able to speak with other parents going through similar experiences and a way to gain helpful recommendations and suggestions.

Connect with your child: There are small things you can do to help your child's development: Keep playing and participating in fun activities and games with your child. Helping your child develop a set daily routine can help provide structure that can help with their development.



In every child's journey, they will experience challenges, but they can learn to manage them with your support and the right resources.

WHERE TO GO FOR ADDITIONAL INFORMATION

- **Lumenus Mental Health, Developmental & Community Services**
 - www.lumenus.ca
 - A centre in the Toronto area that provides supportive care to children and families focused on mental wellbeing, child development, autism and early years intervention services. Translation services are available at the centre as well.
- **About Kids Health website** | www.aboutkidshealth.ca
 - This website is put together by the Hospital for Sick Children and offers helpful information for parents, teens, and children. The information is also available in multiple languages.
- **Looksee Checklist** | <https://lookseechecklist.com/en/learn-more>
 - A resource that offers free checklists that can help you gain a better idea of child development and developmental milestones.

- **Early Years Check-In Questionnaire** | <https://eyci.healthhq.ca/en>
 - A resource that helps parents identify concerns about your child's development.
- **Etobicoke Brighter Futures Coalition (EBFC)**
 - <https://www.ebfc.ca/resources-for-families>
 - A group of community agencies in Etobicoke that provides free programs and resources that can help with child development and the wellbeing of families.
- **Rexdale Women's Centre**
 - <https://www.rexdalewomen.org/index.php?cat=programs&content=parenting-support>
 - An organization that offers in-person, virtual, and hybrid services that help support parents and families in the Etobicoke region.
- **About Kids Health website**
 - This website is put together by the Hospital for Sick Children and offers helpful information for parents, teens, and children. The information is also available in multiple languages.
 - This webpage has information for parents on speech and language development in children 0-3 years old
<https://www.aboutkidshealth.ca/Article?contentid=732&language=English>
 - This webpage has information for parents on things to watch for in your child's visuomotor skills such as holding a pencil or scanning written material
<https://www.aboutkidshealth.ca/Article?contentid=1880&language=English>
- **Toronto Central Healthline Website** | <https://www.torontocentralhealthline.ca>
 - A resource that lists free or low-cost peer support groups, classes, and educational opportunities for parents. Search under "Etobicoke" and "Your Health - Children and Parenting".
- **LAMP Community Health Centre** | <http://www.lampchc.org>
 - A multi-service centre that provides a wide range of health and community services and can refer to other local health services
 - <https://lampchc.org/programs-services/community-health-programs/ask-community-information/newcomer-services/>
 - ASK! Community Information offers a range of supports to newcomers through a Settlement Counselor
- **Play&Learn Website** | <https://playandlearn.healthhq.ca/en>
 - Provides fun games and activities that can help with child development
- **Etobicoke Walk-in Clinic** | <http://etobikewalkin.ca>