

## DOWN SYNDROME – CHILD DEVELOPMENT

There is no such thing as a typical child with Down syndrome. Children with the syndrome are as different from each other as are all children. However, by and large, their development is slower than that of most children. The charts which follow give the usual developmental progress of children with the syndrome. By understanding what is usual for a child with Down syndrome you will be able to recognise any additional problems at an early stage.

Many parents like to record developmental 'firsts' on the pages provided in the main PCHR. You may also like to use the Early Support Programme Developmental Journal for Babies and Children with Down Syndrome. Information on how to access this can be found under "Early Support", in the Sources of Help and Advice section on page 14. You can download this publication. You can download this publication or order it free of charge.

# DOWN SYNDROME – DEVELOPMENTAL MILESTONES

## Finding out about moving



<u>Activity</u>	<u>Children with Down syndrome</u>		<u>Typical Children</u>	
	Average age	Range	Average age	Range
Holds head steady when sitting	5 months	3-5 months	3 months	1-4 months
Rolls over	8 months	4-12 months	5 months	2-10 months
Sits alone	9 months	6-16 months	7 months	5-9 months
Stands alone	18 months	12-38 months	11 months	9-16 months
Walks alone	23 months	13-48 months	12 months	9-17 months

Adapted with permission from Cunningham. Down Syndrome: An Introduction for Parents and Carers (3rd Edition). 2006. Souvenir Press

# DOWN SYNDROME – DEVELOPMENTAL MILESTONES

## Finding out about hands



Activity	Children with Down syndrome		Typical Children	
	Average age	Range	Average age	Range
Follows objects with eyes	3 months	1.5-6 months	1.5 months	1-3 months
Reaches out and grasps objects	6 months	4-11 months	4 months	2-6 months
Passes objects hand to hand	8 months	6-12 months	5.5 months	4-8 months
Builds a tower of 2 cubes	30 months	14-32 months	15 months	10-19 months
Copies a circle	48 months	36-60 months+	30 months	24-40 months

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# DOWN SYNDROME – DEVELOPMENTAL MILESTONES

## Finding out about words



Activity	Children with Down syndrome		Typical Children	
	Average age	Range	Average age	Range
Responds to sounds	1 month	0.5-1.5 months	0 month	0-1 month
Babbles "Da-da" and "Ma-ma"	7 months	4-8 months	4 months	2-6 months
Responds to simple instructions	16 months	12-24 months	10 months	6-14 months
First words spoken with meaning	18 months	13-36 months	14 months	10-23 months
2-word phrases	30 months	18-60 months+	20 months	15-30 months

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# DOWN SYNDROME – DEVELOPMENTAL MILESTONES

## Finding out about people



Activity	Children with Down syndrome		Typical Children	
	Average age	Range	Average age	Range
Smiles when talked to	2 months	1.5-4 months	1 months	1-2 months
Plays pat-a-cake or peek-a-boo	11 months	9-16 months	8 months	5-13 months
Drinks from an ordinary cup	20 months	12-30 months	12 months	9-17 months
Dry by day	36 months	18-50 months+	24 months	14-36 months
Bowel control	36 months	20-60 months+	24 months	16-48 months

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