

## THE OTHER SIDE OF COVID-19

Pandemic safety measures have had a negative impact on some aspects of children's and teens' health. Follow our series to learn more and take action.

## DEVELOPMENTAL ASSESSMENTS

# About 1 in 6 children experience developmental delays

Like many people, children may be struggling during the pandemic. If you notice your child might be missing developmental milestones like walking and talking, there are services in place to support you.

Identifying and treating developmental delays early is key to a child's success.

Most children by 18 months of age will be able to:



**Say** 20 words or more



**Turn** over a container to pour out the contents



**Follow** simple instructions



**Fit** related objects together (e.g. in a shape sorter)



**Point** to familiar objects when asked



**Walk** without help

## Information for parents of infants, toddlers and preschoolers



Take care of regular healthcare needs such as doctor and dentist check-ups and vaccinations.



Attend the 18-month Well-Baby Visit at your doctor's office to review your child's development before starting preschool and kindergarten.



Limit screen time when possible.



Consider licensed childcare, also available through a subsidy. Licensed childcare is beneficial for all children and leads to greater success in kindergarten.



If you are concerned about your child's speech and language development, contact Early Words Preschool Speech and Language Program at 905-381-2828 ext 224.



If you are concerned about other developmental delays, contact McMaster Children's Hospital's Developmental Pediatrics and Rehabilitation Program at 905-521-2100 ext. 77950. Families can self-refer to this program.



Contact your local EarlyON Child and Family Centre for free programming for families with children from birth to 6 years old.



McMaster Children's Hospital offers free courses and workshops on a variety of topics including strengthening the parent-child relationship, toilet training, managing emotions and much more. Visit our website for resources.

Learn about our Development & Rehabilitation Program at [mcmasterchildrenshospital.ca/dpr](http://mcmasterchildrenshospital.ca/dpr)