What Are Developmental Milestones?

Developmental milestones are skills or behaviors that many children demonstrate as they grow. They can involve communication, movement, thinking, play, social interaction, and everyday independence.

Milestones are helpful guides, not deadlines. Children develop at different rates, and a child may be stronger in one area while needing more support in another.

A helpful reminder

If you have concerns about your child's development, you do not need to wait for a problem to become severe before asking questions or seeking additional information.

Connect With Enspire

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Clinical Inquiries

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Developmental Milestones

A Parent & Caregiver Guide



Children develop at different rates, but understanding broad developmental areas can help families notice strengths and emerging concerns.

A simple guide to developmental areas, signs that may warrant a conversation, and steps parents can take when they have questions.

EDUCATION • EVALUATION • SUPPORT

Areas of Development

Families and professionals often look at development across several broad areas:

- **Communication**
- **Social interaction**
- **Thinking & learning**
- **Movement**
- **Play**
- **Daily living skills**

Important

Development should be considered as a whole. Culture, language exposure, health, learning opportunities, and individual differences can all affect how skills appear.



When Might I Ask Questions?

- Skills are developing much more slowly than expected
- Previously learned skills are lost
- Communication concerns persist
- Play or social interaction seems very different from peers
- Motor skills make daily activities difficult
- Sensory responses interfere with routines
- Teachers or caregivers share ongoing concerns
- You continue to feel something is not quite right

Parents and caregivers are important sources of information about a child's development.

What Happens Next?

A healthcare, developmental, educational, or psychological professional can help determine whether additional screening or evaluation would be useful based on the specific concern.

An evaluation may include:

- Developmental history
- Parent/caregiver input
- Observation
- Standardized screening or assessment

What Can Parents Do?

- Write down the skills or differences you notice.
- Ask teachers or caregivers for observations.
- Discuss concerns with your child's healthcare provider.
- Request screening or evaluation when appropriate.
- Keep records of prior assessments and services.

How Enspire Can Help

Enspire provides comprehensive evaluations to help families understand developmental, behavioral, emotional, and learning needs and identify appropriate next steps.

Questions? Call (215) 948-3171