

Developmental Milestones

How does Down syndrome affect development?

Most people with Down syndrome have some degree of cognitive delay; however, the level usually falls into the mild moderate range and is not indicative of the many strengths and talents that each individual possesses. Children with Down syndrome learn to sit, walk, play, toilet train and do most other activities – only somewhat later than their peers without Down syndrome

Developmental Milestones Chart

Milestone	Down syndrome Range	Typical Range
Gross Motor		
Sits Alone	6-30 Months	5-9 Months
Crawls	8-22 Months	6-12 Months
Stands	1-3.25 Years	8-17 Months
Walks Alone	1-4 Years	9-18 Months
Language		
First Word	1-4 Years	1-3 Months
Two-Word Phrases	2-7.5 Years	15-32 Months
Personal/Social		
Responsive Smile	1.5-5 Months	1-3 Months
Finger Feeds	10-24 Months	7-14 Months
Drinks From Cup Unassisted	12-32 Months	9-17 Months
Uses Spoon	13-39 Months	12-20 Months
Bowel Control	2-7 Years	16-42 Months
Dresses Self Unassisted	3.5-8.5 years	3.25-5 Years

Early Intervention services, which begin shortly after birth, help children with Down syndrome, develop to their full potential. The physical, speech and occupational therapies that early intervention programs provide can enhance a child's development and provide a way for parents to track their child's progress. Quality educational programs, along with a stimulating home environment and good medical care, enable people with Down syndrome to lead fulfilling lives.

People with Down syndrome are highly responsive to their physical and social environments. A person with Down syndrome has the same emotions and needs as any other person and deserves the same opportunities. Those who receive positive support and are included in the activities of the community can be expected to adapt successfully – to attend school, make friends, find work, participate in decisions that affect them and contribute to society.