

## Child Development: Helpful Links for Parents and Caregivers

Below are links to help parents and caregivers learn more about child development. It is important to remember that all children are different and develop skills at different times. It is normal for a child to be behind in some areas and ahead in others. It is important that caregivers can identify what their child can do (i.e., where they are at developmentally), and what they can expect them to be able to do next.

- [\*\*\*Child Development\*\*\*](#), Saskatchewan Prevention Institute  
Provides information on physical, cognitive, communication, and emotional development for children aged 0 to 5 years.
- [\*\*\*Developmental Milestones\*\*\*](#), Centers for Disease Control and Prevention (CDC)  
Provides 12 developmental milestone checklists for babies and children between the ages of 2 months and 5 years, as well as tips and activities and a link to the free Milestone Tracker App.
- [\*\*\*8 Things to Remember About Child Development\*\*\*](#), Center on the Developing Child at Harvard University  
Provides details about aspects of early childhood development.
- [\*\*\*Your Child's Development: What to Expect\*\*\*](#), Caring for Kids, Canadian Paediatric Society  
Includes a general guide for development from birth to age 4.

### LANGUAGE AND COMMUNICATION DEVELOPMENT

Speech and language are the skills we use to communicate with others. Early childhood is the time when these skills are developed.

- [\*\*\*Early Language Development in Babies and Toddlers\*\*\*](#), About Kids Health, SickKids  
Shares different interventions and activities parents and caregivers can do with babies and toddlers to help develop speech and language skills.
- [\*\*\*Speech and Language\*\*\*](#), Toronto Public Health  
Provides information on communication development, including a communication checklist and tips and strategies to aid with child speech and language development. Other topics include children learning more than one language, speech sound development, and literacy.
- [\*\*\*Speech and Language Development\*\*\*](#), Saskatchewan Health Authority  
Shares information about speech and language development between birth and age 5, including common concerns, routine checkups, and strategies to help build speech and language skills at home.

### COGNITIVE DEVELOPMENT

Cognitive development refers to the process of growth and change in thinking, learning, reasoning, remembering, and problem solving. This type of development is related to how children think about and understand the world around them.

- [\*\*\*Cognitive Development, Ages 1 to 36 Months\*\*\*](#)  
Provides information and suggestions on how to support healthy cognitive development for children aged 1 to 36 months.
  - [\*\*\*Cognitive Development, Ages 1 to 12 Months\*\*\*](#), Saskatchewan Health Authority
  - [\*\*\*Cognitive Development, Ages 12 to 24 Months\*\*\*](#), Saskatchewan Health Authority
  - [\*\*\*Toddlers' Cognitive Development From 18-24 Months\*\*\*](#), HealthLinkBC
  - [\*\*\*Toddlers' Cognitive Development From 24-30 Months\*\*\*](#), HealthLinkBC
  - [\*\*\*Toddlers' Cognitive Development From 30-36 Months\*\*\*](#), HealthLinkBC

## COGNITIVE DEVELOPMENT continued

- [\*Cognitive Developmental Milestones\*](#), **Very Well Mind**  
Discusses cognitive milestones that occur between the ages of birth and 5 years. It also explores what parents and caregivers can do to help encourage their child's cognitive development.

## SOCIAL AND EMOTIONAL DEVELOPMENT

A child's social and emotional development refers to the way they begin to understand who they are, how they feel, and what they can expect from others. This involves the ability to form and sustain positive relationships; experience, manage, and express emotions; and explore and interact with the environment.

- ***Babies' Social and Emotional Development from 0-12 Months***  
Shares information about healthy social and emotional development for babies aged 0-12 months and provides examples of play and activities to foster healthy development.
  - [\*Babies Social and Emotional Development from 0-6 Months\*](#), **HealthLinkBC**
  - [\*Babies Social and Emotional Development from 6-9 Months\*](#), **HealthLinkBC**
  - [\*Babies Social and Emotional Development from 9-12 Months\*](#), **HealthLinkBC**
- [\*Encouraging Social and Emotional Development for Children 0-5 Years\*](#), **New Horizon Academy**  
Provides ideas to encourage social and emotional development in children from 0 to 5 years.
- [\*Social and Emotional Milestones\*](#), **Help Me Grow**  
Provides a summary of social and emotional milestones for children aged 1 month to 5 years.

## PHYSICAL DEVELOPMENT

Physical development involves the growth and development of gross motor skills (large movements like running and jumping) and fine motor skills (small movements like using buttons and feeding). For healthy development, children need to be given opportunities to move in different ways and different environments.

- ***Babies' Physical Development***  
Shares information about healthy physical development for babies aged 0-12 months and provides examples of play and activities to foster healthy development.
  - [\*Babies' Physical Development from 0-6 Months\*](#), **HealthLinkBC**
  - [\*Babies' Physical Development from 6-9 Months\*](#), **HealthLinkBC**
  - [\*Babies' Physical Development from 9-12 Months\*](#), **HealthLinkBC**
- [\*Move: Move With Me from Birth to Three\*](#), **LEAP BC**  
Provides activities for children to learn new movement skills while moving in different ways.
- [\*Supporting Physical Development Milestones in Early Childhood\*](#), **BrightWheel Blog**  
Explains why physical development is important, lists physical developmental milestones from ages 0-5 years, and includes information on how to support children's physical development in early childhood.

**If you are concerned that your child is not meeting developmental milestones, contact your healthcare provider.**