

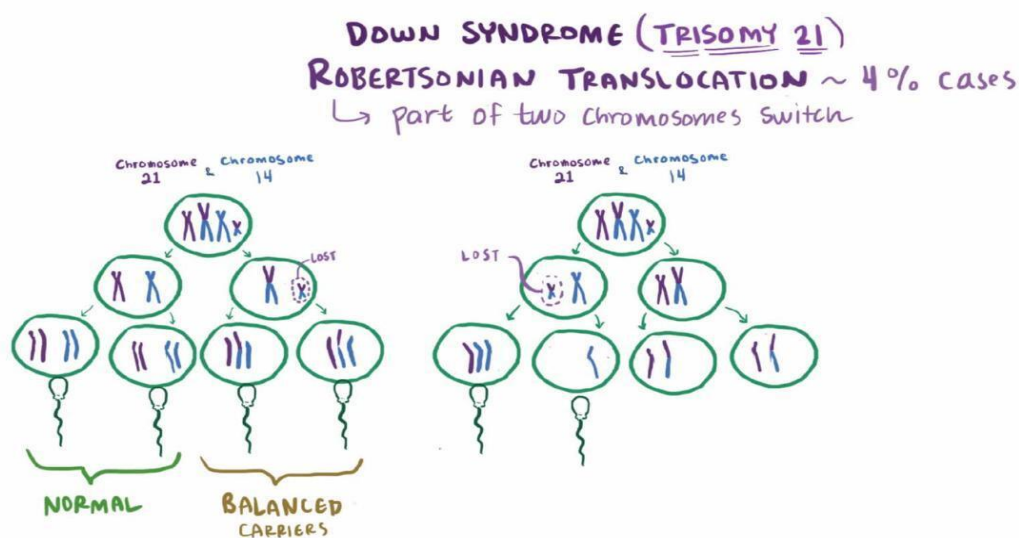
## Down Syndrome Milestone Tracker Manual (0–5 Years)

### Easy Guide for Parents

This manual gives you a simple checklist to track your child's development. Every child with Down syndrome is unique and progresses at their own beautiful pace.

### What is Down Syndrome?

Down syndrome (Trisomy 21) is a genetic condition in which a person is born with an **extra full or partial copy of chromosome 21**. This extra genetic material changes how the body and brain develop.



- It occurs in about **1 in 700 births** worldwide.
- It leads to some level of developmental delay and low muscle tone (hypotonic), but abilities vary greatly from child to child.
- Common physical features include upward-slanting eyes, a flatter nasal bridge, smaller ears, and shorter stature — but these vary.
- Many children have associated health needs like heart conditions, hearing or vision issues, or thyroid problems. Regular medical check-ups are very important.
- With good healthcare, early therapies, love, and support, most people with Down syndrome live long, happy, and fulfilling lives (average life expectancy is now over 60 years).

### Overview of Down Syndrome

**Key Message:** Down syndrome is **not** caused by anything parents did. It happens randomly. Your child can learn all the same skills as other children — they may just take a bit more time.

## Why Use a Milestone Tracker?

- Celebrate every small win
- Know when to ask for extra support (speech therapy, physical therapy, etc.)
- Share clear progress with doctors and early intervention teams
- Reduce anxiety by focusing on your child's own journey

**Remember:** The ranges below are **average** for children with Down syndrome. Some achieve skills earlier, some later. Progress is what matters most.

## Down Syndrome Milestone Tracker Checklist (0–5 Years)

### 0–12 Months (Infancy)

#### Gross Motor

- Smiles back at people
- Holds head steady when supported
- Rolls from back to tummy
- Sits with support (may take longer due to low tone)
- Reaches for and grasps toys

#### Fine Motor / Self-Help

- Brings hands to mouth
- Transfers objects between hands

#### Language & Social

- Makes cooing sounds and laughs
- Watches faces and turns to sounds
- Responds to their name

### 1–2 Years (Toddler Stage)

#### Gross Motor

- Crawls on hands and knees
- Pulls up to stand and cruises along furniture
- Stands alone
- Takes first independent steps (walking may start between 12–48 months)

#### Fine Motor / Self-Help

- Picks up small food with fingers
- Drinks from a cup with help

- Uses a spoon with some mess

### **Language & Social**

- Says first words like “mama” or “dada”
- Points to objects or body parts
- Follows simple instructions like “give me the ball”
- Enjoys peek-a-boo and simple games

### **2–3 Years**

#### **Gross Motor**

- Walks steadily and runs a little
- Climbs stairs with help
- Jumps with both feet (starting)

#### **Fine Motor / Self-Help**

- Builds a small tower with blocks
- Scribbles with a crayon
- Takes off simple clothes
- Uses spoon or fork better

### **Language & Social**

- Uses 2-word phrases
- Says 10–50+ words
- Follows two-step instructions
- Plays near other children (parallel play)
- Shows affection to family

### **3–5 Years (Preschool)**

#### **Gross Motor**

- Walks up and down stairs alternating feet
- Runs, jumps, and kicks a ball
- Rides a tricycle with practice
- Balances on one foot briefly

#### **Fine Motor / Self-Help**

- Builds taller towers and copies simple shapes
- Uses child-safe scissors with help
- Dresses and undresses with some assistance
- Works toward daytime toilet training

## Language & Social

- Speaks in short sentences (3–5 words)
- Answers simple questions
- Names colours and counts to 3–5
- Plays cooperatively with others
- Shows empathy and shares toys

## Tips for Supporting Your Child's Development

- Start **early intervention** therapies (physical, occupational, speech) as soon as possible — they make a huge difference.
- Do plenty of **tummy time** and supported sitting to build muscle strength.
- Read books daily, sing songs, and use simple gestures or signs to encourage communication.
- Play with colourful blocks, balls, and puzzles to develop fine and gross motor skills.
- Be consistent, patient, and celebrate every achievement — no matter how small.
- Include your child in family activities and playmates . Children with Down syndrome are often very social and affectionate.

**Positive Note:** Many families say raising a child with Down syndrome brings extra joy, stronger family bonds, and a deeper appreciation for every milestone. So be the one.