

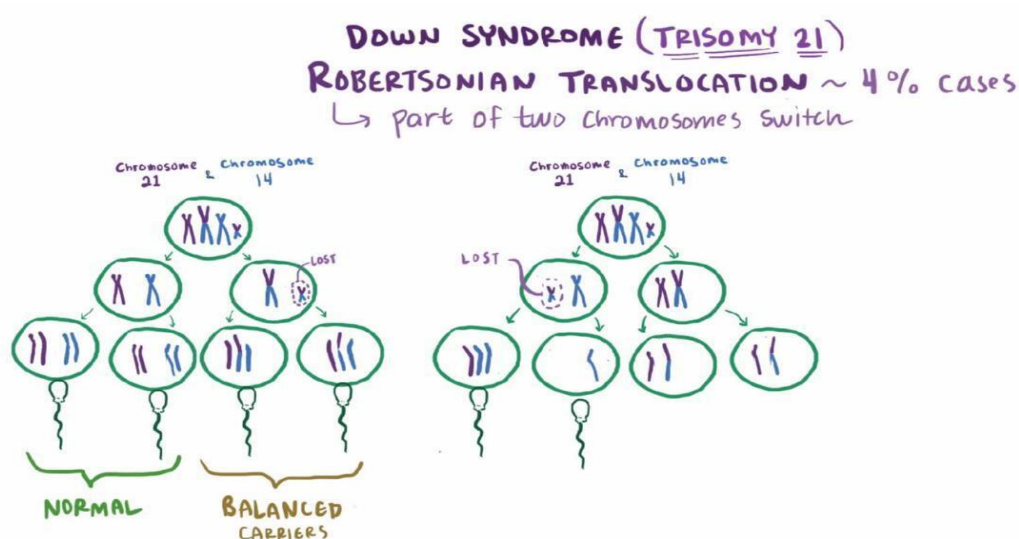
Down Syndrome Milestone Tracker Manual (0–5 Years)

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.