

Risk Factors in Early Years: Developmental Delay in Motor Or Language Skills

It is important to bear in mind that some children may be 'late bloomers' or not have had sufficient exposure.

Standardised tests under the age of 5 are unreliable, as they need more than one measure.

Here are some possible indicators of Developmental Co-ordination Disorder (DCD) relating to developmental milestones:

3 Years

- ☹️ Parents often report "something different"
- ☹️ Frequent tripping when running
- ☹️ Difficulty sitting at table and chair
- ☹️ Unable to hop on one foot
- ☹️ Fist grip of crayon
- ☹️ Poor spoon feeding

4 years

- ☹️ Unable to throw ball with direction
- ☹️ Unable to catch 12" (30cm) ball
- ☹️ Not exploring playground equipment
- ☹️ Not alternating steps on descent of stairs
- ☹️ Can't do up zips
- ☹️ Can't cut along a line

5 years

- 🟢 Jumping off a low wall
- 🟢 Unable to catch a tennis ball
- 🟢 Difficulty walking along a line
- 🟢 Can't draw a stick person
- 🟢 Needs help with dressing

