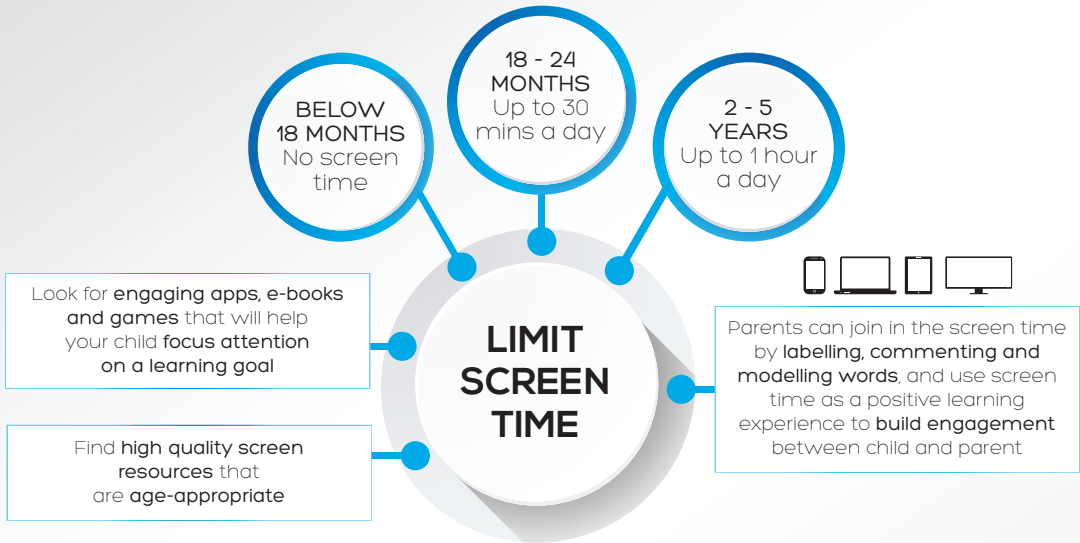




EARLY AUTISM  
PROJECT

# PREVENTING DEVELOPMENTAL DELAYS



Excessive screen time can lead to poorer language, listening skills and attention span.

- ## ENGAGE YOUR CHILD
- 1 PLAY WITH YOUR CHILD**  
At least 30 mins a day of your undivided attention playing with your child can improve their language.
  - 2 EXPOSE THEM TO DIFFERENT ACTIVITIES**  
Suggested activities instead of screen time include: Toys, Story Time, Music Time, Outdoor Play, Water Play, Sensory Play, Pretend Play, Arts & Crafts and many more!
  - 3 BUSY BAGS**  
Keep bags of your child's favourite toys and activities for those long waiting times.



EARLY AUTISM  
PROJECT

## MONITOR KEY MILESTONES

Please get a professional opinion if your child has missed some of these milestones.

### 4 MONTHS

Maintains eye contact  
Smiles at people  
Starts to coo and make gurgling sounds

### 9 MONTHS

Understands 'no'  
Uses finger to point  
Makes sounds like "bababa"  
and "mamama"  
Sits without support

### 18 MONTHS

Has between 10 to 50 words  
Imitates facial expressions  
Starts copying sounds and phrases

### 30 MONTHS

Uses about 200 words  
Asks "What" and "Where" questions  
Talks about what is happening

### 6 MONTHS

Responds to name  
Starts making "ah", "eh", "oh" sounds  
Can roll from back to stomach

### 12 MONTHS

Able to shake head "no", wave  
"bye" and play 'peekaboo'  
Able to say 1 to 3 words  
Walks with support

### 24 MONTHS

Starts speaking in phrases and  
using pronouns  
Able to follow instructions  
Imitates adult behaviour  
Starts to run

### 36 MONTHS

Listens with great enjoyment  
to stories  
Talks in a long monologue  
Understands and follows  
3-part instructions



We strongly encourage all parents to download the free **CDC Milestone Tracker** app in order to track your child's development accurately!



#### References

1. American Academy of Pediatrics <https://pediatrics.aappublications.org/content/138/5/e20162591.long>
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4. Parlakian, R. (2018). Screen Time Can Be Quality Time, Here's How. <https://www.zerotothree.org/resources/2545-screen-time-can-be-quality-time-here-s-how>
5. Ward, S. (2000). Baby Talk. London: Cornerstone.