



Skill development in children with Down syndrome

On average, children with Down syndrome take twice as long as children without Down syndrome to achieve milestones.

All of these skills will be further delayed if they have not received enough care and nourishment early in life.

Skill	Age	Skill	Age
Smiling	2 months	Walking	2 years
Rolling Over	6 months	Running	2.5 years
Sitting	9 months	Undressing	3.5 years
Standing	10 months	Toilet training	3.5 years
Crawling (on stomach)	11 months	Jumping	4 years
Eating finger foods	12 months	Dressing	4.5 years
Creeping (hands and knees)	13 months	Skipping	Maybe Never
Using words	14 months	Catching	6 years
Eating with utensils	20 months	Kicking	6 years
Using sentences	2 years	Throwing	6 years
Speaking	4-5 years	Hitting	8 years

Reference:

McEwen IR, Meiser MJ, Hansen LH. Children with motor and intellectual disabilities In: Campbell SK, Palisano RJ, Orlin MN, eds. *Physical therapy for children*. 4th ed. St. Louis: Elsevier Saunders; 2012:539-576.

<http://www.cdadc.com/ds/>