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Canadian
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Information
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Growing up healthy, step by step

Child development refers to the changes a child experiences as they grow, including changes in language, movement, emotions, and relationships. Every child develops at their own pace, but there are certain milestones that are important to watch for. For example, learning to speak, walk, play with others, and express emotions are all part of normal development.

Certain signs may indicate that a child needs support. Delayed speech, difficulty moving, limited interaction, or a lack of interest in play are signs to watch for. This doesn't necessarily mean there's a problem, but it's important to discuss it with a healthcare professional.



Regular check-ups allow you to monitor your child's development and get answers to your questions. They also provide an opportunity to identify certain needs early on and offer appropriate support.

You can support your child's development every day. Talking with them, reading together, playing, and encouraging their discoveries are simple actions that make a big difference. A safe and stimulating environment helps your child grow with confidence.

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