

## MOTOR DELAYS

Do you have concerns about your child's gross motor (walking, running) skills or fine motor (closing buttons or zippers, printing) skills?

Please talk to your pediatrician about your concerns. She would initiate any investigations, if required. She might recommend finding a Physiotherapist (for gross motor delays) or an Occupational Therapist (for fine motor delays) in the community. They would do an initial assessment and plan a treatment program.

For Physiotherapy, we recommend Calgary Youth Physiotherapy.

Their contact information and locations can be found at:

- <http://calgaryyouthphysio.com/>

To find an **Occupational Therapist**, we recommend using the following website:

- <https://www.saot.ca/search-for-an-ot/>

Information on normal motor milestones can be found at the Canadian Pediatric Society website for parents called [Caring For Kids](#).