



A Physiotherapist for Children

A paediatric physiotherapist specializes in the movement and motor development of infants and children. Paediatric therapists treat babies, children and adolescents. Using play activities the therapist encourages the child to move to the best of his/her abilities.



How to get to see a Paediatric Physiotherapist

Anyone can request services. If you are worried about your child's development or have questions you may wish to refer your child yourself. A referral form is located on the website noted below. The suggestion may also come from others in the community, such as your family doctor, public health nurse, hospital staff, friends or family.

Paediatric physiotherapy can help your child. Generally the earlier therapy starts the better!

Terrace Child Development Centre 

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Physiotherapy Service for Children

It'll move you.

Developmental Milestones

Month 2-5	Rolls over
Month 5-8	Sits without support
Month 6-10	Crawls on hands and knees
Month 10-14	Stands alone and walks independently
Month 14-20	Walks up steps using a railing
Age 2	Jumps with two feet
Age 3	Pedals a tricycle
Age 4	Balances on one foot
Age 6	Skips rhythmically
Age 8	Rides a two-wheeled bike



Top 10 Red Flags that May Signal An Early Motor Problem

1. Your child's limbs seem stiff
2. Your child's limbs seem floppy and loose
3. Your child isn't walking by the age of 16 months
4. Your child is walking on his/her toes
5. Your child favors one hand or side of his/her body
6. Your child seems very clumsy
7. Your child is constantly moving
8. Your child has trouble grasping and manipulating objects
9. Your child drools and has difficulty eating
10. Your child's motor skills are regressing

Identifying problems as early as possible offers the best chance for improvement.

If you have said yes to any of the red flags listed here please consider referring your child to the Child Development Centre.

What will happen?

Your child will undergo an assessment. The main purpose of which is to provide you with information regarding your child's development. Based on the results of the assessment a plan of action is developed with the therapist and both you and your child. Treatment may involve 1-1 therapy sessions, group therapy sessions, or consultation with the therapist.

