CPNI
Cyprus Paediatric Neurology Institute
Παιδονευρολογικό Ινστιτούτο Κύπρου

LEAFLET FOR PARENTS AND PATIENTS

Developmental delay

Every child develops at their own pace, but some take longer than expected to reach milestones such as sitting, walking, talking or playing with others. This is called developmental delay. Finding it early means your child can get the right support sooner.

Areas of development

- Gross motor: sitting, crawling, walking, running
- Fine motor: using hands, holding a spoon or crayon
- Speech and language: understanding and using words
- Social and emotional: eye contact, play, interacting with others
- Thinking and learning (cognition)
- When a child is delayed in two or more areas, this is called global developmental delay

Possible causes

Often no single cause is found. Known causes include:

- Premature birth or problems around the time of birth
- Genetic conditions
- Problems with hearing or vision
- Neurological conditions, such as cerebral palsy or epilepsy
- Infections, or rarely metabolic conditions

What happens at CPNI

- A detailed history of pregnancy, birth, development and family history
- A full examination, and assessment of your child's skills through play
- Where needed, we organise tests such as hearing and vision checks, baseline blood tests, genetic tests, an EEG or a brain MRI
- We explain the findings and agree a plan with you

Therapy and support

- Physiotherapy, occupational therapy, and speech and language therapy, depending on your child's needs
- Early intervention and nursery or school support
- Regular reviews to track progress and adjust the plan
- We work closely with your child's therapists and teachers

How you can help at home

- Play together every day: floor play, songs, books and talking
- Name things and describe what you are doing; give your child time to respond
- Keep screen time to a minimum, especially for young children, and switch off the TV when it is just on in the background: real play and conversation with you help development much more than screens
- Celebrate small steps and follow your child's interests
- Keep up the activities your therapists suggest

When to seek advice promptly

Please contact us or your doctor soon if your child:

- Loses skills they had before, such as words, walking or hand use
- Is not walking by 18 months
- Is not saying single words by 18 months, or joining two words by 2 years
- Does not respond to their name or rarely makes eye contact
- Has very stiff or very floppy muscles, or uses only one side of the body

Notes for your appointment

Write down what you notice and any questions, and bring this to your appointment.

Date	What I noticed	Questions to ask

Contact CPNI

If you have questions or would like an appointment, please call our office on +357 22 476 627 or email cpni2007@gmail.com.

More leaflets and information: www.cpni.com.cy

This leaflet gives general information. It does not replace advice from your child's doctor.

Reviewed by Dr Paola Nicolaides, Consultant Paediatric Neurologist, November 2026.

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