



# Reflection Activity:

Think about your favorite developmental milestone.

What age would you expect it to first appear?

What would you think about if it did not happen?

Learn the Signs.  
Act Early.



# Early Development



- ❑ Babies start communicating and relating to other people at birth
- ❑ Continued social-emotional development is key to forming strong relationships and continued learning.



Nurturing, responsive, and individualized interactions build healthy brain architecture that provides a strong foundation for all future learning, behavior, and health and provides a buffer from the effects negative experiences such as poverty

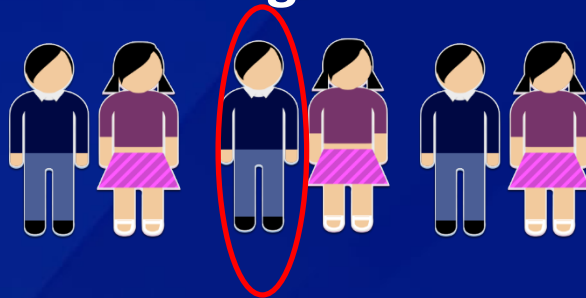


Shonkoff, J. P. (2003). From neurons to neighborhoods: old and new challenges for developmental and behavioral pediatrics. *J Dev Behav Pediatr*, 24(1), 70-76.

# Learn the Signs. Act Early.

## Why this program?

- About 1 in 6 children aged 3-17 has a developmental disability<sup>1</sup>



- In the United States, about 1 in 54 children has an autism spectrum disorder<sup>2</sup>
- Median age of diagnosis 4 years (Autistic Disorder)



1. Boyle CA, Boulet S, Schieve LA, et al. Trends in the prevalence of developmental disabilities in U.S. children, 1997–2008. *Pediatrics* 2011;127:1034–42.

2. Prevalence of Autism Spectrum Disorders. *MMWR*. April 2 019

disabilities





# Exploring Milestones

Learn the Signs.  
Act Early.



# Typical Child Development

- What are the five domains?
  - Social emotional
  - Communication
  - Cognitive
  - Adaptive
  - Physical
    - Nutrition
    - Hearing
    - Vision

# When does...?

1. A child help him or herself undress?

a) 1 year

b) 18 months

c) 2 years

d) 3 years

# How did you do?

- **Milestones In Action**
  - **By 18 Months – Movement/Physical Development**
- **Can help undress herself**
  - In this video, a little girl helps undress herself by taking off her shoes. This is an 18-month movement/physical development milestone.



## When does...?

2. A child cry when mom or dad leaves?

a) 6 months

b) 9 months

c) 1 year

d) 18 months

# How did you do?

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- **Milestones In Action**
  - **By 1 Year – Social/Emotional**
- **Cries when mom or dad leaves**
  - The little boy in this video cries when his mom leaves, a 1-year social/emotional milestone.

## When does...?

3. A child walk alone?

- a) Between 6 and 9 months
- b) 12 months
- c) Between 9 and 18 months
- d) Between 12 and 18 months

# How did you do?

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- **Milestones In Action**
  - **Between 9 – 18 months – Movement/Physical Development**
- **Walks alone**
  - The toddler in this video walks alone, an 18-month movement/physical development milestone.

## When does...?

4. A child respond to other people's emotions?
- a) 4 months
  - b) 6 months
  - c) 1 year
  - d) 18 months

# How did you do?

- **Milestones In Action**
  - **By 6 months – Social/Emotional**
- **Responds to other people's emotions and often seems happy**
  - In this video, the baby is responding happily to his mother's silly game. Responding to other people's emotions and often seeming happy is a 6-month social/emotional milestone.



# CDC Act Early Parent Resources





# Monitoring (tracking) is complementary but *different* from developmental screening

### Developmental Monitoring

**WHO:** You — parents, grandparents, other caregivers

**WHAT:** Look for developmental milestones

**WHEN:** From birth to 5 years

**WHY:** To help you:

- celebrate your child's development
- talk about your child's progress with doctors and child care providers
- learn what to expect next
- identify any concerns early

**HOW:** With easy, free checklists – get yours at [www.cdc.gov/Milestones](http://www.cdc.gov/Milestones)

### Developmental Screening

**WHO:** Healthcare provider, early childhood teacher, or other trained provider

**WHAT:** Look for developmental milestones

**WHEN:** At 9, 18, and 24 or 30 months, or whenever there is a concern

**WHY:** To find out:

- if your child needs more help with development, because it is not always obvious to doctors, child care providers, or parents
- if a developmental evaluation is recommended

**HOW:** With a formal, validated screening tool – learn more at [www.hhs.gov/WatchMeThrive](http://www.hhs.gov/WatchMeThrive)



# Watch Me!

## Celebrating Milestones and Sharing Concerns

A FREE, 1-hour online continuing  
education course for early care  
and education providers

Offers tools and best practices for  
monitoring development and  
talking with parents

Available for FREE credit at  
[www.cdc.gov/WatchMeTraining](http://www.cdc.gov/WatchMeTraining)



# Milestone Checklists

## Your Baby at 9 Months

Child's Name \_\_\_\_\_ Child's Age \_\_\_\_\_ Today's Date \_\_\_\_\_

How your child plays, learns, speaks, and acts offers important clues about your child's development. Developmental milestones are things most children can do by a certain age. Check the milestones your child has reached by the end of 9 months. Take this with you and talk with your child's doctor at every visit about the milestones your child has reached and what to expect next.

**What Most Babies Do at this Age:**

**Social/Emotional**

- May be afraid of strangers
- May be clingy with familiar adults
- Has favorite toys

**Language/Communication**

- Understands "no"
- Makes a lot of different sounds like "mamamama" and "bababababa"
- Copies sounds and gestures of others
- Uses fingers to point at things

**Cognitive (learning, thinking, problem-solving)**

- Watches the path of something as it falls
- Looks for things he sees you hide
- Plays peek-a-boo
- Puts things in her mouth
- Moves things smoothly from one hand to the other
- Picks up things like cereal o's between thumb and index finger

**Movement/Physical Development**

- Stands, holding on
- Can get into sitting position
- Sits without support
- Pulls to stand
- Crawls

**Act Early by Talking to Your Child's Doctor if Your Child:**

- Doesn't bear weight on legs with support
- Doesn't sit with help
- Doesn't babble ("mama", "baba", "dada")
- Doesn't play any games involving back-and-forth play
- Doesn't respond to own name
- Doesn't seem to recognize familiar people
- Doesn't look where you point
- Doesn't transfer toys from one hand to the other

**Tell your child's doctor or nurse if you notice any of these signs of possible developmental delay for this age, and talk with someone in your community who is familiar with services for young children in your area, such as your state's public early intervention program. For more information, go to [www.cdc.gov/concerned](http://www.cdc.gov/concerned) or call 1-800-CDC-INFO.**

Adapted from Caring for Your Baby and Young Child: Birth to Age 5, Fifth Edition, edited by Steven Shelton and Tomotomi Peters (Illness) © 1999, 1993, 1996, 2004, 2009 by the American Academy of Pediatrics and Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents, Third Edition, edited by Joseph Higgins, Jr., Judith S. Shaw, and Paula H. Duncan, 2008, in Greenberg, E., American Academy of Pediatrics. This milestone checklist is not a substitute for a standardized, validated developmental screening tool.

[www.cdc.gov/actearly](http://www.cdc.gov/actearly) | 1-800-CDC-INFO

Learn the Signs. Act Early.


- Checklists for ages 2 months through 5 years
- Milestones across 4 areas of development
- Help identify causes for celebration or concern






Learn the Signs. Act Early.

# Important Milestones: Your Baby By Two Months

- How your child plays, learns, speaks, acts, and moves offers important clues about your child's development. Developmental milestones are things most children can do by a certain age.
- Check the milestones your child has reached by the end of 2 months by completing a checklist with CDC's free [Milestone Tracker](#) mobile app, for [iOS](#) [external icon](#) and [Android](#) [external icon](#) devices, by [completing a 2-month checklist online](#), or [printing the checklist pdf icon](#) [309 KB, 2 Pages, Print Only] below. Take the checklist with you and talk with your child's doctor at every visit about the milestones your child has reached and what to expect next.



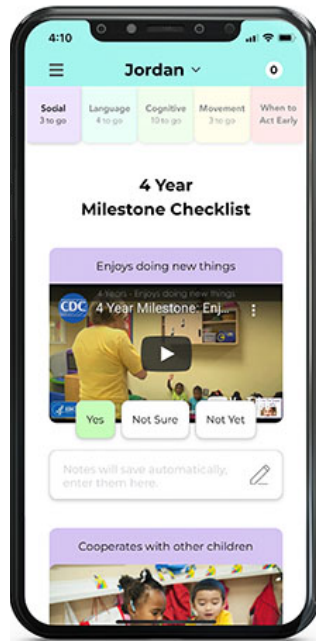
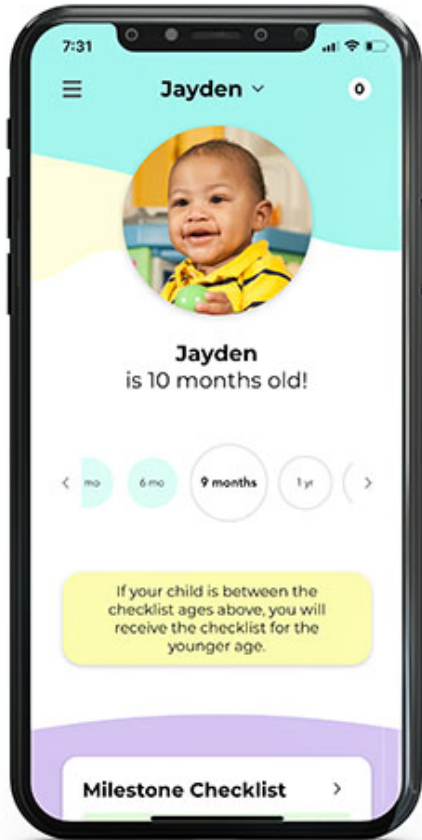
Help your child grow and thrive with CDC's free *Milestone Tracker* app.



[cdc.gov/MilestoneTracker](https://cdc.gov/MilestoneTracker)

Learn the Signs. Act Early.

# Milestone Tracker App



- Download from App Store or Google Play
- It's FREE
- Go ahead and **download it right now** while we talk about the features
- It's in English and Spanish

Learn the Signs. Act Early.



# Children's Books



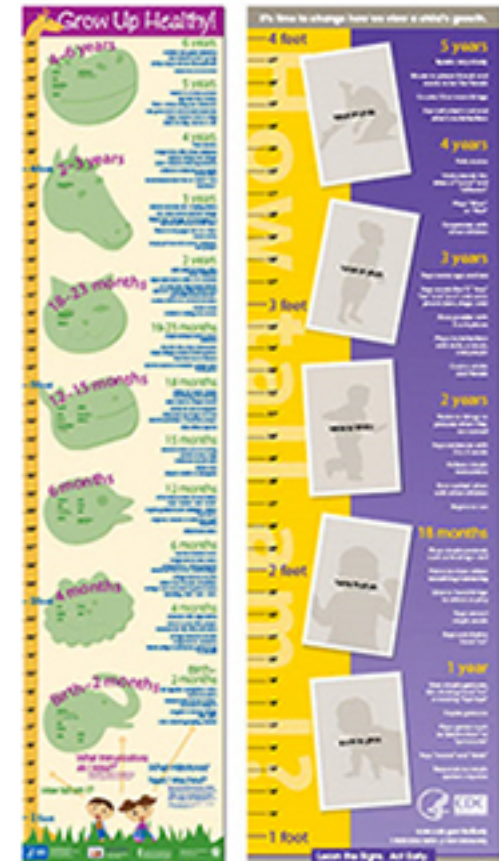
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# Growth Chart

Several times each year, measure each child's height on the growth chart. As you measure, mentally check the developmental milestones for his or her age.




Learn the Signs. Act Early.



# Tip Sheets

- *How to Help Your Child*
- *How to Talk with the Doctor*
- *Tips for Talking with Parents*
  - Ideas about how to start conversation with parents if concerned
  - Things to remember when having a difficult conversation
- *Developmental Screening*
  - What it is and why it is important

## Concerned about Development? How to Help Your Child



If you're concerned about your child's development, don't wait. Acting early can make a big difference!

**Talk with your child's doctor.**

You know your child best. If you think your child is not meeting the milestones for his or her age, or if you, your child's teacher, or another care provider is concerned about how your child plays, learns, speaks, acts or moves, talk with your child's doctor and share your concerns. Don't wait.

- **Use a milestone checklist**

Visit [www.cdc.gov/milestones](http://www.cdc.gov/milestones) to find the milestone checklist for your child's age. Use it to track your child's development. When it's time to talk with the doctor, write down the questions you have and show the doctor the milestones your child has reached and the ones that concern you.

- **Ask the doctor about developmental screening**

Developmental screening happens when the doctor asks you to complete a formal checklist or questionnaire about how your child plays, learns, speaks, acts, or moves. It gives the doctor more information to figure out how best to help your child. Developmental screening is recommended for all children at certain ages or whenever there is a concern. Ask the doctor about your child's developmental screening.

**If you or the doctor is still concerned about your child's development, here's how you can help your child:**

**Ask the doctor how to contact your state's early childhood system** to request an evaluation to find out if your child qualifies for services that might help his or her development.

If your doctor doesn't know the phone number, go to [www.cdc.gov/findei](http://www.cdc.gov/findei) or call **1-800-CDC-INFO** (1-800-232-4636). Ask for the phone number for the early intervention provider in your area.



If your child is 3 years or older, call your local elementary school and ask to speak with someone who can help you have your child evaluated—even if your child does not go to that school.

**AND**

**Ask the doctor if you need to take your child to a specialist** who can take a closer look at your child's development. If you do, ask the doctor for a referral and contact the specialist right away. If your appointment with the specialist is many weeks away, remember you can call back every week to see if an earlier appointment has opened up. Getting early help for your child often means being persistent.

Find more information, including what to say when you make these important calls, what to do while you wait to have your child seen, and how to get support for your family, at [www.cdc.gov/concerned](http://www.cdc.gov/concerned).

[www.cdc.gov/actearly](http://www.cdc.gov/actearly) | 1-800-CDC-INFO



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How can you use  
LTSAE in your work?

# Key Take Aways

- Understanding and tracking/monitoring milestones are important
- CDC has free resources to help engage families
- Promoting parents' active involvement in developmental monitoring promotes optimal developmental health for their young child
- Acting early can make a real difference
- YOU can help make a difference!



Learn the Signs. Act Early.



# What now?

What are the next steps?

What will you do?

What do you need to make that happen?

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