



Parent-Engaged Developmental Monitoring Using CDC's Developmental Milestone Checklists

Learn the Signs, Act Early Ambassador Program

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Disclosures

I am a *CDC Learn the Signs. Act Early* Co-Ambassador for the state of Illinois.

I do not receive any financial compensation for this role and have no other financial disclosures.



Presentation Objectives

- Understand CDC's *Learn the Signs. Act Early.* program's revisions to free resources for families to monitor and discuss their child's development
- Promote parent-engaged developmental monitoring/surveillance
- Improve awareness of systems for early identification of developmental delays and disabilities



Learn the Signs.
Act Early.



U.S. Department of Health and Human Services

Centers for Disease
Control and Prevention



U.S. Department of Health
and Human Services
Centers for Disease
Control and Prevention



1 in 6 Kids



Has a Developmental Delay

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1 in 36 Kids



Autism Diagnosis is very reliable at 24 months & can be done as early as 18 months

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Act Early.



CDC's Learn The Signs. Act Early

Four Steps of Early Identification



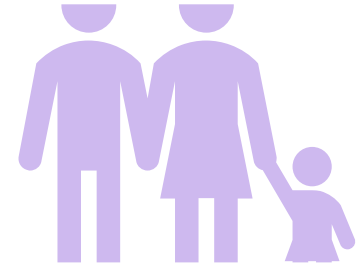
Parent-Engaged
Developmental
Monitoring



General Developmental
and Autism Screening



Referral for Services



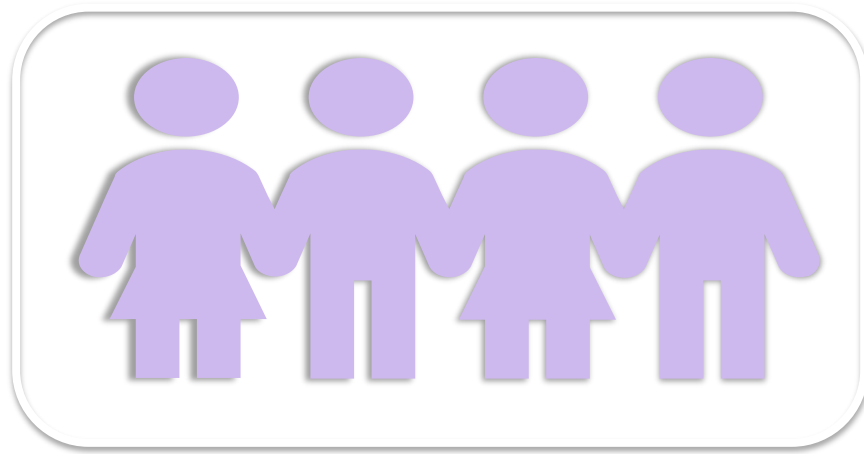
Receipt of Early
Intervention



U.S. Department of Health
and Human Services
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Control and Prevention



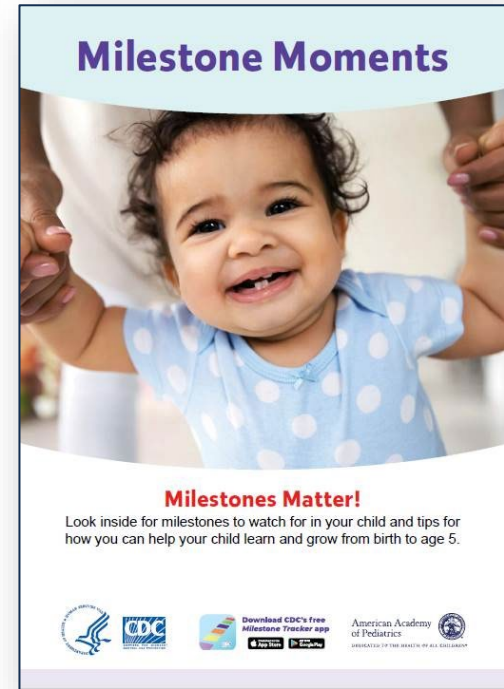
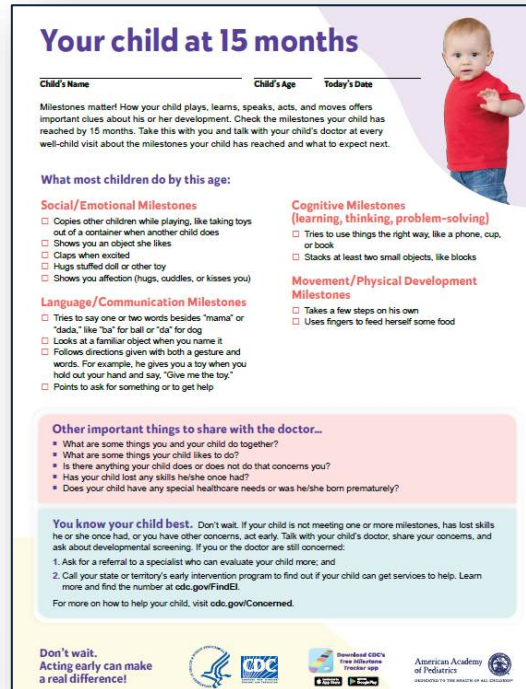
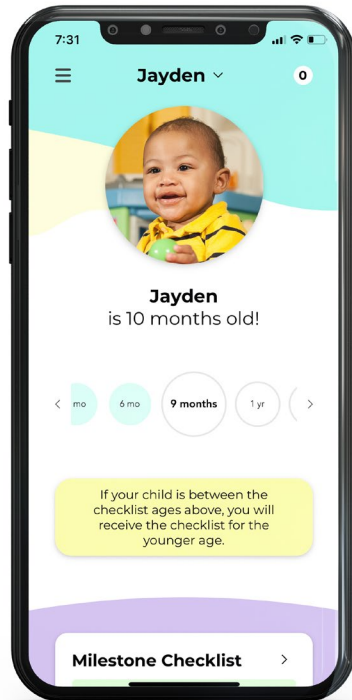
Milestones = Family Tool



Parent / Family Engaged
Developmental Monitoring



Milestone Media for Parents



www.cdc.gov/ActEarly/Materials



Help your child grow and thrive

Your child's early years are so very important. Tracking how your little one plays, learns, speaks, acts, and moves helps you support their development.

Download CDC's free *Milestone Tracker* app to find fun and easy activities for each age.



Track & Share
Milestones

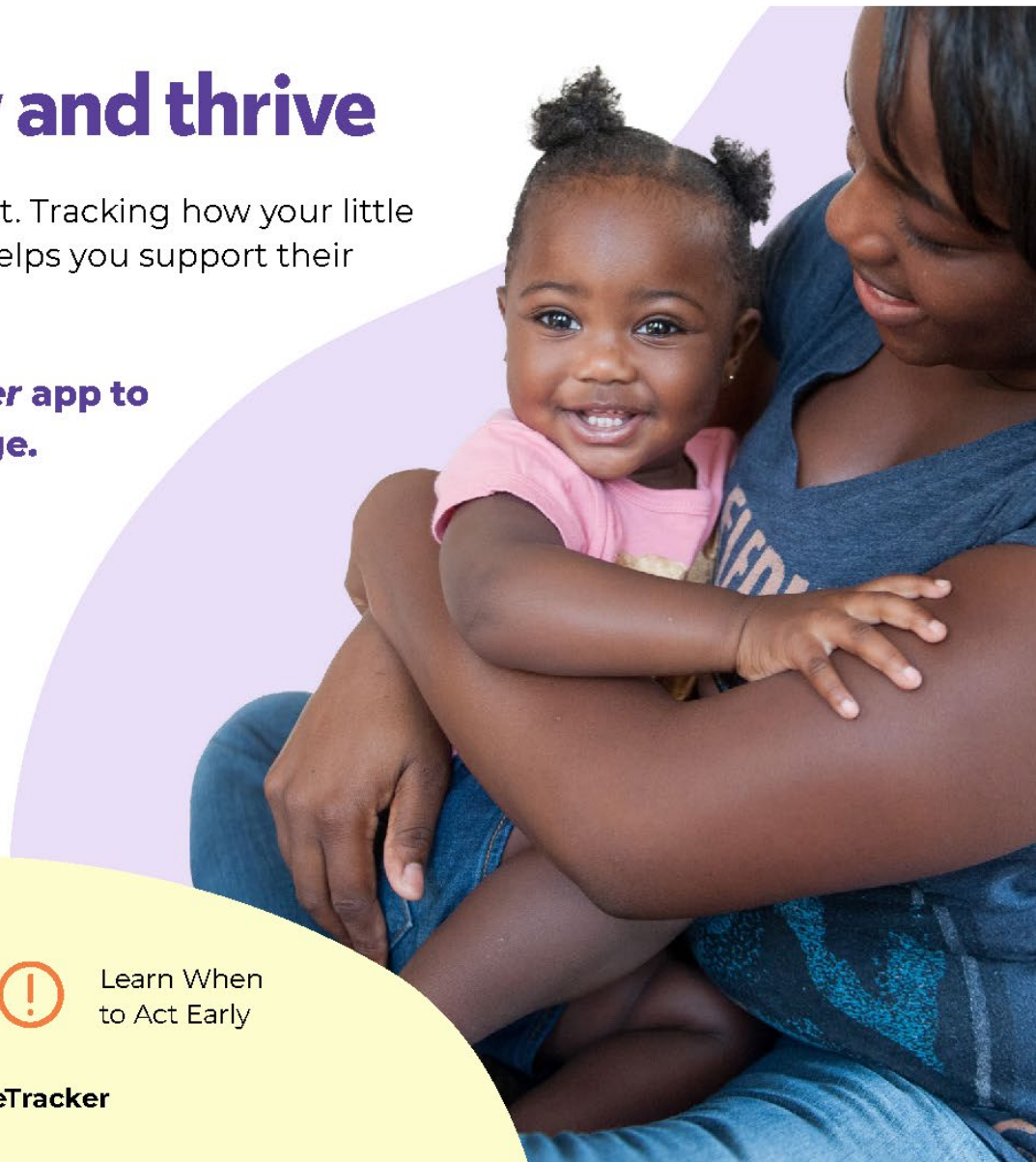


Get Tips &
Activities

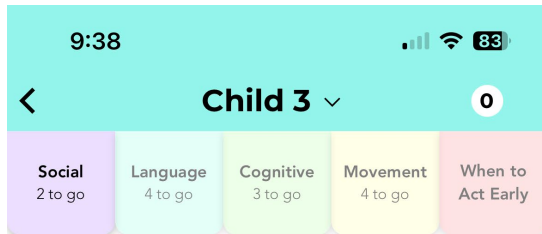


Learn When
to Act Early

Learn more at cdc.gov/MilestoneTracker



Help Identify Other Needed Supports



2 Year Milestone Checklist

Notices when others are hurt or upset, like pausing or looking sad when someone is crying



Yes

Not Sure

Not Yet

Notes will save automatically, enter them here.



All

Use positive words when your child is being a good helper. Let him help with simple chores, such as putting toys or laundry in a basket.



Favorite

Remind Me

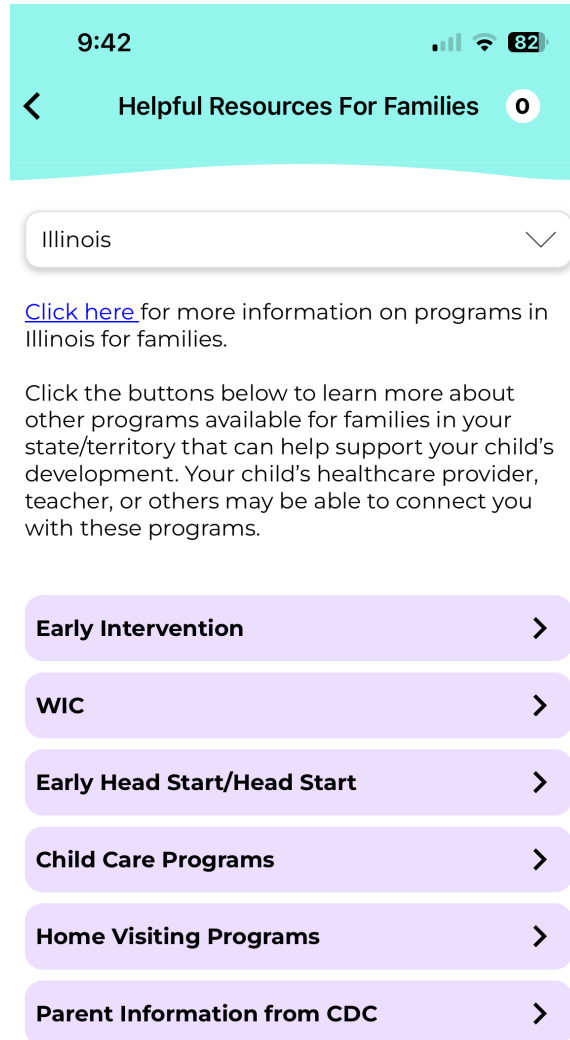
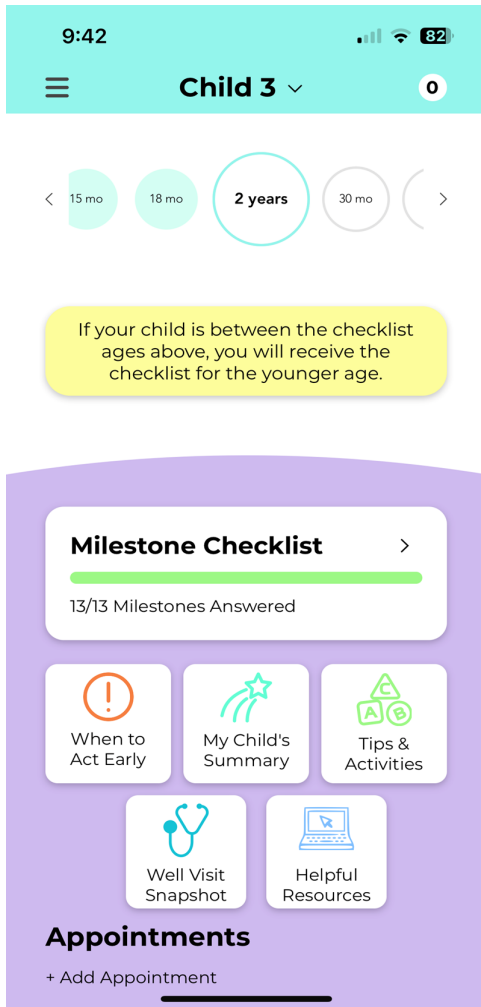
Watch your child closely during playdates. Children this age play next to each other, but do not know how to share and solve problems. Show your child how to deal with conflicts by helping him share, take turns, and use words when possible.

Reviewing Milestones Facilitates Discussions of Concerns & Parent Coaching

Learn the Signs.
Act Early.



Community Supports



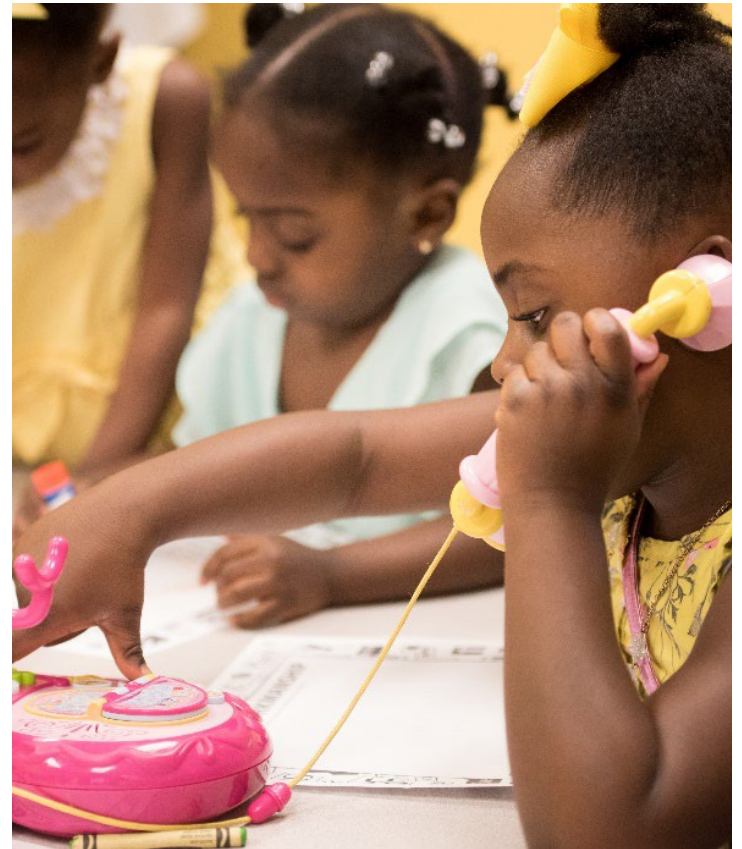
Connect
Families to Other
Needed
Resources



CDC Milestones...

Are communication tools for family developmental monitoring

- Not screening tools
- Not standards or CDC guidance



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CDC's Learn The Signs. Act Early Developmental Milestones Updates

*“Evidence-Informed Milestones for
Developmental Surveillance Tools”*

Published in Pediatrics Feb 2022



U.S. Department of Health
and Human Services
Centers for Disease
Control and Prevention



Biggest Change



75% +

New Milestone
Ages Reflect When **75% or more**
of Children Reach Each Milestone



Previous Milestones

May Begin...



....Starts to...

On Average....

Learn the Signs.
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Well Child Visit Aligned

New Milestone
Ages Reflect When
75% or more
of Children Reach
Each Milestone
&
**Well Child Visit
Age Aligned**

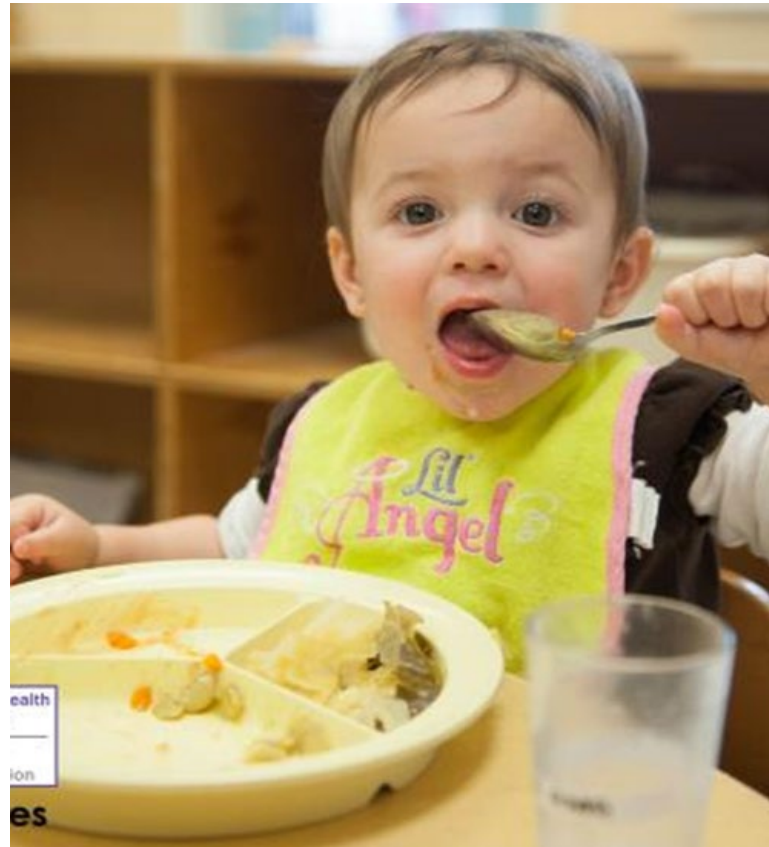


Learn the Signs.
Act Early.



Improved Clarity

Clarified
Language to
Better Assess
Quality of Skills

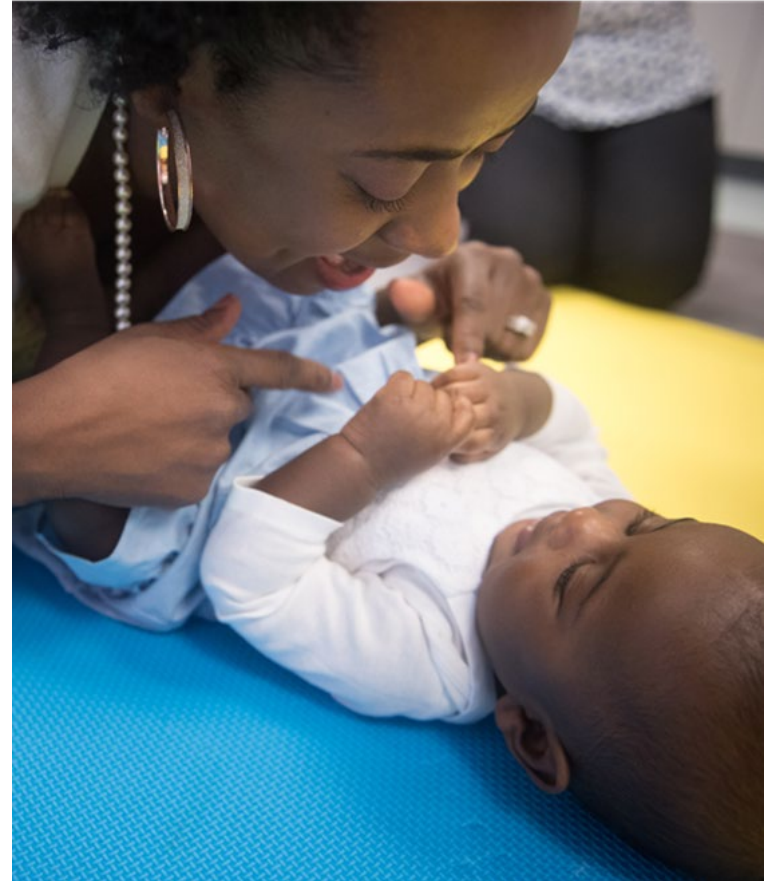


Learn the Signs.
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Parent Tested

Cognitive Testing
Completed
with Families of
Different
Backgrounds



Learn the Signs.
Act Early.



Additional Checklist Features

- Open-ended questions (new)
- Act early messaging
- Early intervention information
- Tips and activities for developmental promotion and early relational health (revised/expanded)
- Reminders about developmental screening

Your baby at 6 months

Baby's Name

Baby's Age

Baby's Sex

Monitor baby's rate and pattern of breathing, apnoea, fits, and colour when sleeping (over 10s at 1st appointment). Check the milestones your baby has reached by 6 months. Take this with you and take with your health visitor at every visit until you start about the milestones your baby has reached and what to expect next.



What most babies do by this age

Social/Emotional Milestones

- Knows familiar people
- Looks to look distressed in a crowd
- Laughs

Language/Communication Milestones

- Takes some babbling sounds with you
- Some "vocalisation" sounds longer but not words
- Babbling sounds more

Cognitive Milestones (Learning, thinking, problem-solving)

- Put things in the mouth to explore them
- Reaches to grab or try for items
- Transfers food by hand and doesn't spit food back

Motor Skills/Physical Development Milestones

- Pushes down firmly to stand
- Pushes up with straight arms when on tummy
- Turns or twists to support himself when sitting

Other important things to share with the doctor...

- What are some things you and your baby do together?
- What are some things your baby does to do?
- Is there anything your baby does or does not do that concerns you?
- How are you baby's day-to-day life like now?
- Does your baby have any special healthcare needs or are there any questions?

Do know your baby best. Don't just. If your baby is not meeting any or more milestones, has not skills he or she should have, or you have other concerns, ask more. Talk with your health visitor about your concerns, and ask about developmental screening. If you or the doctor are still concerned:

- Is there a referral to a specialist who can evaluate your baby, home, and?
- Can your baby's early intervention program be that will your baby can get services to help, learn, and live the best of a healthy baby?

For more on how to find your baby, visit [www.growfirst.co.uk](#)

Learn the Signs.
Act Early.



Controversies – Covid Changes?

- Used pre-pandemic data
- Revisions were completed in 2019
- Family Testing in 2020
- Publication of the process and results in February 2022
- Hope to find **MORE** kids earlier



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Controversies - Crawling



Learn the Signs.
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Controversies - Talking



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LTSAE in Your Practice

Spread
The
Word



Learn the Signs.
Act Early.

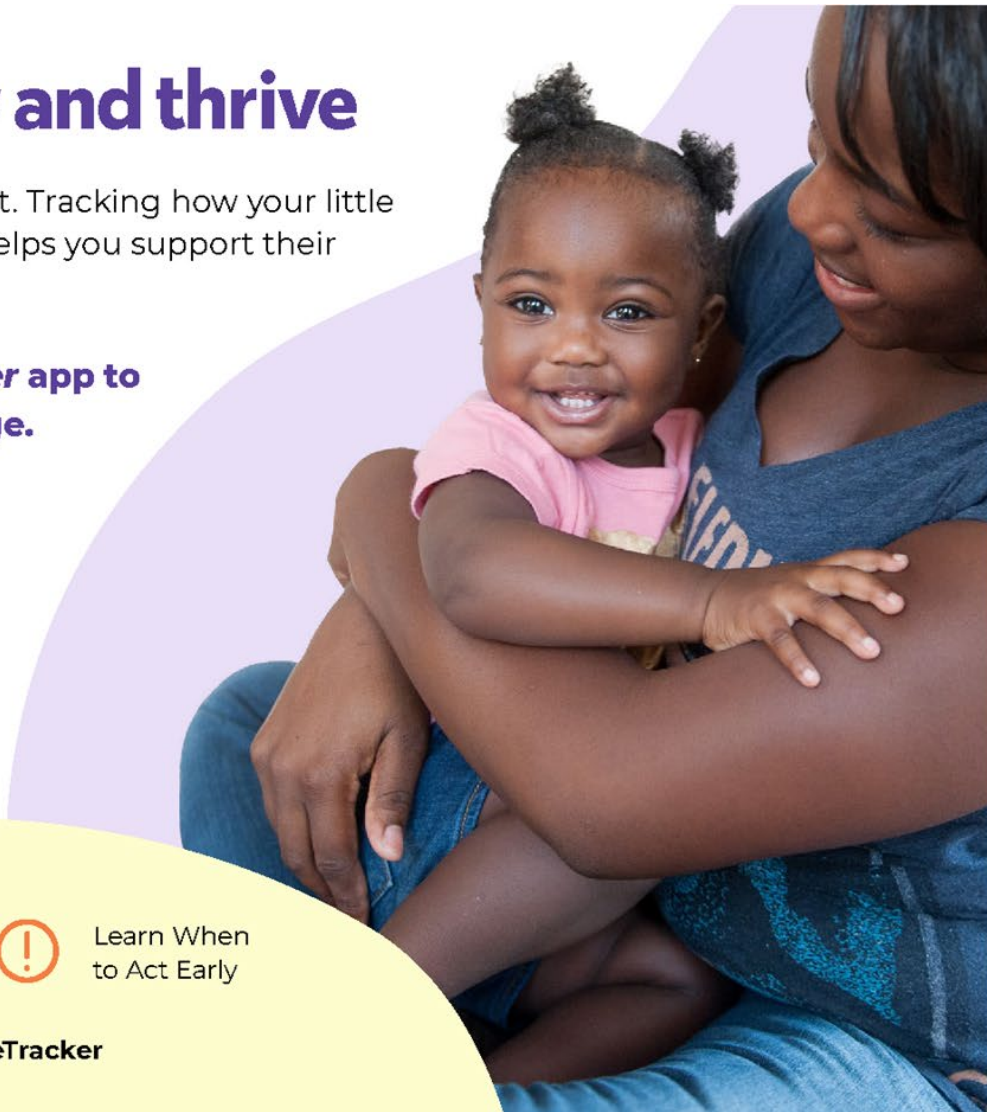


Free App Flyers

Help your child grow and thrive

Your child's early years are so very important. Tracking how your little one plays, learns, speaks, acts, and moves helps you support their development.

Download CDC's free *Milestone Tracker* app to find fun and easy activities for each age.



Track & Share
Milestones



Get Tips &
Activities



Learn When
to Act Early

Learn more at cdc.gov/MilestoneTracker

ne Signs.
Early.



Free Books & Checklists

Your baby at 9 months*

Baby's Name _____

Baby's Age _____

Baby's Name _____

Watch your baby play, learn, speak, act, and move often throughout the day to see his or her development. Check the milestones your baby has reached by 9 months. Talk first with your doctor and then with your baby's doctor at every well-child visit about the milestones your baby has reached and what to expect next.



What most babies do by this age:

Social/Emotional Milestones

- 1. Is shy, wary, or fearful around strangers
- 2. Shows interest in other people's feelings, like happy and angry, and responds
- 3. Cries when you tell her no
- 4. Reaches when you reach for her, reaches for you, or you
- 5. Smiles or laughs when you play with a doll

Language/Communication Milestones

- 1. Makes different sounds like "mama" and "dada"
- 2. Calls when you are picked up

Cognitive Milestones

(Learning, thinking, problem-solving)

- 1. Looks for objects when dropped out of sight
- 2. Uses the spoon at first
- 3. Brings two things together

Milestones/Physical Development Milestones

- 1. Starts to sit without help
- 2. Moves things from one hand to her other hand
- 3. Starts to "take" food into her mouth
- 4. Takes without protest

It's time for developmental screening!

At 9 months, your baby is due for a general developmental screening. At this time, he or she should be able to sit without help, use the spoon at first, and bring two things together. If you or your doctor are still concerned, ask for a referral to a specialist who can evaluate your baby more.

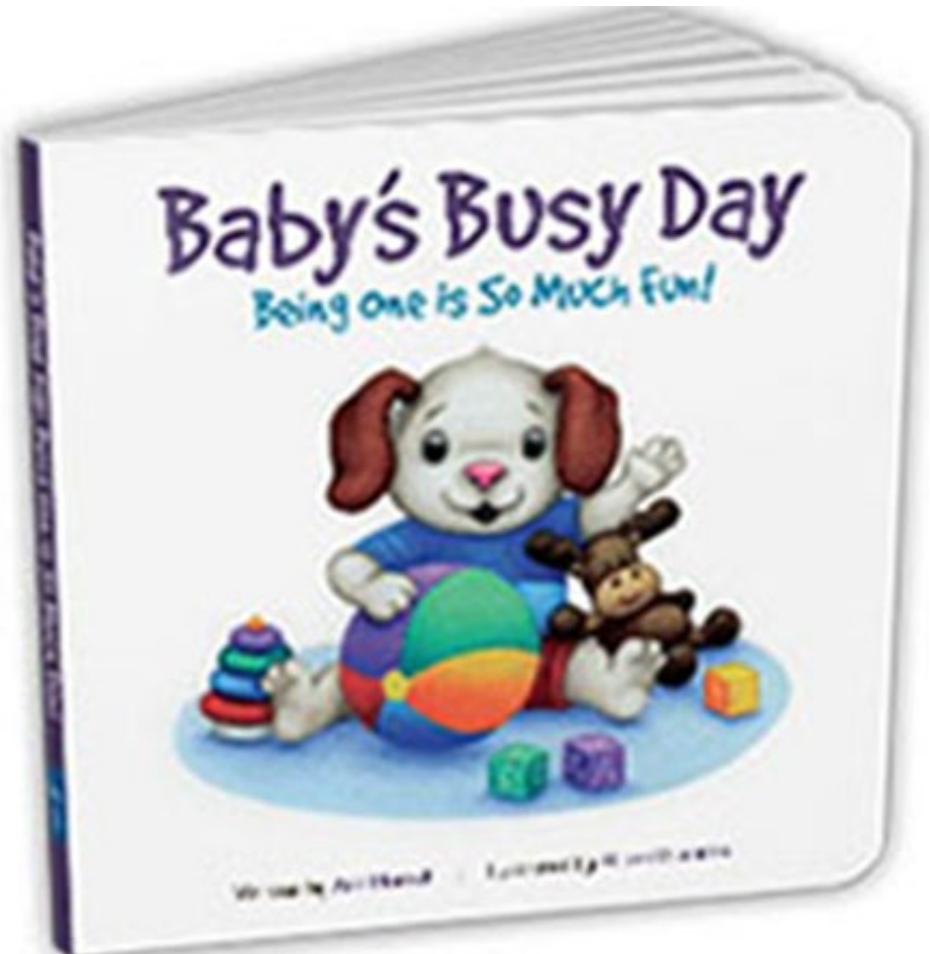
Other important things to share with the doctor:

- 1. What are some things you and your baby do together?
- 2. What are some things your baby does to do?
- 3. Is there anything your baby does or does not do that concerns you?
- 4. How does your baby feel when you touch him or her?
- 5. Does your baby have any special health care needs or does he or she have any problems?

You know your baby best. Don't wait. If your baby is not meeting one or more milestones, he or she needs to be seen soon. Tell your doctor about your concerns, and ask about developmental screening. If you or your doctor are still concerned,

- 1. Ask for a referral to a specialist who can evaluate your baby more.
- 2. Tell your doctor or specialist about your concerns and ask if your baby can get services to help. Learn more and find the number at www.growhealthy.org.

For more on how to help your baby, visit www.growhealthy.org.



Learn the Signs.
Act Early.



Free Toddler Tools



Learn the Signs.
Act Early.



Free Posters & Brochures



Milestones Matter

Track your child's developmental milestones and try brain building tips to add learning to everyday moments!

Track Your Child's Development
Track how your child plays, learns, speaks, acts, and moves with CDC's Milestone Tracker app and share all progress and any concerns with their doctor during well-child visits. www.cdc.gov/MilestonesTracker

By 2 MONTHS:
Smiles at you.

By 6 MONTHS:
Laughs with you.

By 12 MONTHS:
Plays games with you, like "peek-a-boo".

By 18 MONTHS:
Points to show you something interesting.

Brain Building Tip
Suggested Age: 18-24 months
FROM
We're surrounded by words that are ready for reading. Try reading signs aloud to your child and talk to them about what they mean. It doesn't matter if it's a book, magazine, or billboard - if it's worth reading to your child, anywhere and everywhere, helps them develop a rich, diverse vocabulary. Find more tips at www.cdc.gov.

Learn the Signs. Act Early.
Contact the National Center on Developmental Disabilities
www.cdc.gov/actearly
1-800-352-9550

Do you have concerns about how your child plays, learns, speaks, acts or moves?
Visit www.cdc.gov/actearly and talk with your child's doctor.

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Learn the Signs.
Act Early.



Tipsheets & Resources

Learn the Signs. Act Early.

Learn the Signs Home



🏠 Learn the Signs
Home

Milestones +

Milestone Tracker
App


Digital Online +
Checklist


Milestones in
Action: Photos &
Videos

If You're Concerned +

Free Materials +

Developmental Surveillance Resources for Healthcare Providers

CDC's milestones and parent tips have been updated and new checklist ages have been added (15 and 30 months). For more information about the recent updates to CDC's developmental milestones, please review the [Pediatrics journal article](#)  and these [important key points](#).

In addition to early childhood screenings, [the American Academy of Pediatrics also recommends developmental surveillance](#) , a flexible, longitudinal, continuous, and cumulative process, at each health supervision visit to help identify children with developmental concerns. CDC's ["Learn the Signs. Act Early."](#) program has FREE parent-friendly milestone



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Tipsheets & Resources

Concerned about
Development?

How to Get Help for Your Child



Talking to the doctor is the first step toward getting help for your child if you are concerned about his or her development (how your child plays, learns, speaks, acts, or moves). **Don't wait.** Acting early can make a real difference!

1 Make an appointment with your child's doctor

- When you schedule the appointment, tell the doctor's staff you have concerns about your child's development that you would like to discuss with the doctor.

2 Complete a milestone checklist

- Before the appointment, complete a milestone checklist by downloading CDC's free [Milestone Tracker mobile app](#) from the App Store or Google Play or printing a paper checklist from www.cdc.gov/Milestones
- Write down your questions and concerns; take these with you to the doctor's appointment.

3 During the doctor's appointment

- **Show the completed milestone checklist to the doctor**
 - > If your child is missing milestones, point them out, and share any other concerns that you have.

You Know Your Child Best

If your child's doctor has told you to "wait and see," but you feel uneasy about that advice:

Talk with another doctor to get
a second opinion

AND

Call for a free evaluation to find
out if your child can get free or
low-cost services that can help.

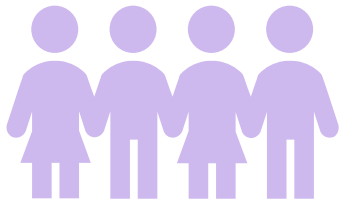
- **If your child is under age 3:**
Call your state's early intervention

Learn the Signs.
Act Early.



CDC's Learn The Signs. Act Early

Four Steps of Early Identification



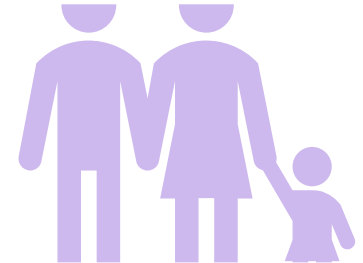
Parent-Engaged
Developmental
Monitoring



General Developmental
and Autism Screening



Referral for Services



Receipt of Early
Intervention



U.S. Department of Health
and Human Services
Centers for Disease
Control and Prevention





Additional Resources – Getting the Help Your Child Needs



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and Human Services
Centers for Disease
Control and Prevention



Referring for Help



Look What I Can Do

Early Intervention For Young Children With Developmental Delays

1-800-323-GROW

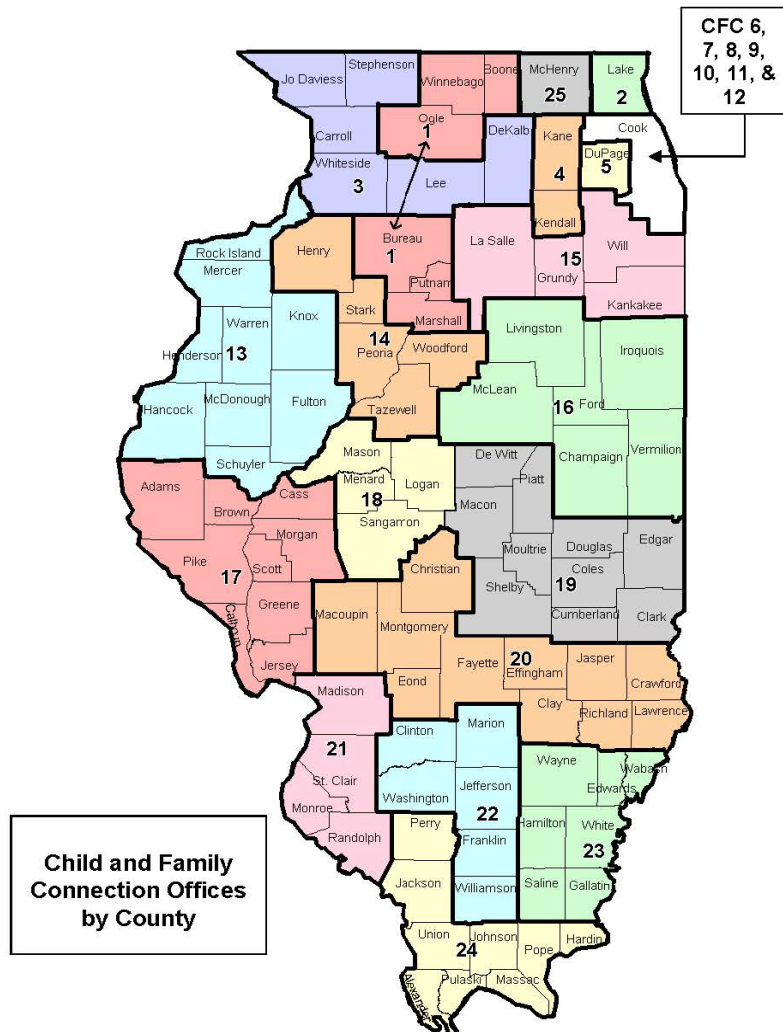
Voice and TTY

The Sooner We Start, The Farther They'll Go!

Learn the Signs.
Act Early.



CFC Offices



**Search for your local
Child & Family Connections
Office to start the Early
Intervention evaluation
process**

*Learn the Signs.
Act Early.*



Early Intervention

- Developmental Therapy
- Speech Therapy
- Occupational Therapy
- Physical Therapy
- Social Work
- Preschool Transition
- Can Come to Day Care



Learn the Signs.
Act Early.



Referring for MDX Visit

- Autism can be identified as early as 18 months and reliably diagnosed at 24 months
- Efforts are made to ensure children receive medical diagnostics before 36 months; The more time to receive targeted therapies in early intervention the better
- Reasons for a referral: a child is not responding to interventions as you expect; you have questions about development; or you wonder if there may be a medical reason for delays



Referring for Help



Illinois
Early Intervention
Clearinghouse

Supporting the Process

Parent Navigators
Local Interagency Councils
EI Illinois Clearinghouse



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Getting Started

- Early Intervention Delays
- Speech
- OT/PT
- Other Medical Concerns: Sleep, GI, Picky Eating, Genetics
- Swim Classes
- Assess for Safety Concerns



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Act Early.



Home Visiting Programs

IDHS-DEC home visiting prioritizes populations for services

Families that earn low incomes (below 100% FPL)

Families with teen parents (under age 21)

Families with child welfare involvement

Families with substance use issues

Families in which someone uses tobacco in the home

MIECHV Priority Populations

Families with an adult or child with low student achievement

Families with a child with a developmental delay or disability

Families with someone in the US armed forces (including veterans)

Families experiencing homelessness

Families in which parents/caregivers are migrant or seasonal workers

Families that face barriers based on culture, language, and religion

Families in which the parent has a disability

Families with refugee or asylee status

Families who face barriers due to immigration status

Children who are impacted by parental involvement in the criminal justice system

ELC Priority Populations



igns.

3-5 Yr Olds – School



Child Find or Special Education
Evaluation

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Act Early.



3-5 Yr Olds - School

School District Services are 3 hours of services a day

Children do not need to be toilet trained to attend school with an IEP

School district is responsible for transportation for children with an IEP can take kids to daycares



Learn the Signs.
Act Early.



3-5 Yr Olds – School



**Family Resource Center
on Disabilities**
frcd.org

**Family Matters Parent
Training & Info Center**
fmptic.org

Star Net
Starnet.org

Equip For Equality
EquipforEquality.org

Family Support Resources



Other Resources



Questions?



ActEarly@cdc.gov

Cari Roestel - Caroline.Roestel@aah.org

Jean Davis – Jean.Davis@Illinois.gov



Helpful Links – Early Childhood

Learn the Signs. Act Early

Website: <https://www.cdc.gov/ncbddd/actearly/index.html>

Early Intervention:

CFC Locator: <https://www.childfind-idea-il.us/Default.aspx>

EI Clearing House: <https://eiclearinghouse.org/>

Provider Referral Form with Communication Consent: <https://www2.illinois.gov/hfs/SiteCollectionDocuments/hfs650.pdf>

Chicago Public Schools – Child Find:

<https://www.cps.edu/globalassets/cps-pages/services-and-supports/special-education/sy23-24-child-find-screening-schedule-english.pdf>

Other Child Find: Call school district and request special education evaluation specifically

School District Services – Family Support:

Equip For Equality Special Education Helpline/Clinic: <https://www.equipforequality.org/issues/special-education/>

Family Resource Center on Disability (Chicago area): frcd.org

Family Matters Parent Training and Information Center (covers the state of Illinois outside of the Chicago area): <https://www.fmptic.org/>

Star Net: <https://starnet.org/home/>

Home Visiting Programs: igrowillinois.org

Other supports:

Illinois Cares for Kids: <https://www.illinoiscaresforkids.org/>

The Arc of Illinois: <https://www.thearcofil.org/>

The Big Red Safety Toolkit: <https://nationalautismassociation.org/big-red-safety-box/>



Reading

Learn The Signs, Act Early Official Website:

<https://www.cdc.gov/ncbddd/actearly/index.html>

Pediatrics Article:

“Evidence-Informed Milestones for Developmental Surveillance Tools”

<https://doi.org/10.1542/peds.2021-052138>

[Physical Therapy: Learn the Signs. Act Early.”: Updates and Implications for... : Pediatric Physical Therapy \(lww.com\)](#)

ASHA Fact Page on LTSAE Milestones:

<https://www.asha.org/practice/Frequently-Asked-Questions-CDC-and-AAP-Developmental-Milestones/>

AOTA Fact Page on LTSAE Milestones:

<https://www.aota.org/practice/practice-essentials/cdc-guidelines-faq>

Help Me Grow Blog Post: [new blog post](#)



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Additional Information



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