

CDC's *Learn the Signs. Act Early.* for Healthcare Providers

Free Resources to Help Families Monitor their Child's Development

Learn the Signs. Act Early. helps families understand the developmental milestones expected of most children (75% or more) ages 2 months through 5 years. The program encourages families to “act early” on any missed milestones or concerns. Having families use milestone checklists at home or in your office promotes family engagement and supports developmental surveillance during health supervision visits as recommended by the American Academy of Pediatrics (AAP).

You can help identify and support the 1 in 6 children with a developmental delay or disability through:

- ✓ Developmental surveillance at every visit
- ✓ Developmental and autism screenings at recommended ages, and any time there is a concern
- ✓ Referral to early intervention and/or further evaluation for any concerns

Family-friendly checklists make tracking and celebrating milestones easier. Here are three ideas to engage families:

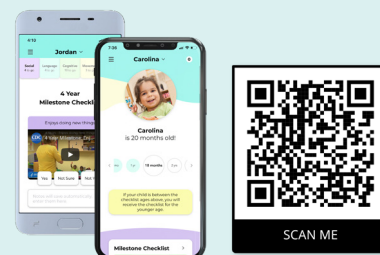
- ✓ Promote and share developmental monitoring resources for families
- ✓ Directly encourage families to use the milestone checklists
- ✓ Actively use the milestone checklists with families

Children receiving developmental monitoring and developmental screening together are more likely to receive early intervention.

FREE milestone checklists are available in multiple formats for families:

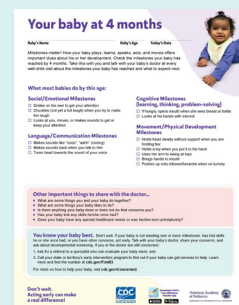
- CDC's *Milestone Tracker* app
- Digital online checklists
- Printed checklists

CDC's *Milestone Tracker* App



Download this free app in English and Spanish for Apple and Android devices.

Milestone Checklists



Print milestone checklists for ages 2 months through 5 years in multiple languages.
www.cdc.gov/milestones

For simple strategies and free resources to support your practice, visit:
www.cdc.gov/ActEarly/Healthcare

www.cdc.gov/ActEarly | 1-800-CDC-INFO (1-800-232-4636)



Learn the Signs. Act Early.

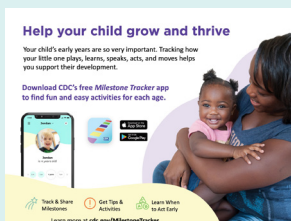
Resources to Support Developmental Surveillance

Visit www.cdc.gov/ActEarly/Healthcare for strategies, trainings, and free milestone resources you can share with families.

Here is a sample of the information you will find.

CDC's *Milestone Tracker App* Flyer

Share flyer in English or Spanish and encourage families to download CDC's *Milestone Tracker* app.



American Academy of Pediatrics Resources

Find links to AAP child development web pages with free trainings and resources to support young children and their families in your practice.

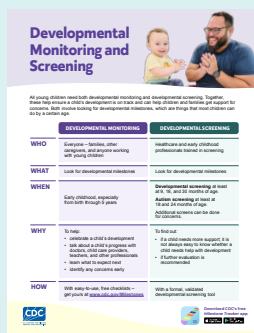
[Developmental Surveillance and Screening Resources](#)

[FREE Child Development and Disability PediaLink Courses with CME and MOC credit](#)



Developmental Monitoring and Screening Tip Sheet

Share this brief overview to remind providers and staff of these complementary steps that all young children need. Includes specific screening ages.



Social Media, Newsletter, and Website Content

Find ready-to-use messages about developmental monitoring and free resources to include in communications with families.

State Early Intervention Programs

Help families access services using contact information for programs in your state or territory: www.cdc.gov/FindEI

Customize resources by adding your practice's logo and contact information and print them yourself. To get the files, email ActEarly@cdc.gov.

www.cdc.gov/ActEarly | 1-800-CDC-INFO (1-800-232-4636)



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