

December 2023



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



Monthly Update: WIC Developmental Monitoring Project



<https://asphn.org/learn-the-signs-act-early/>

Upcoming Events

- **December: Canceled. Enjoy your Holidays!**
- **January 24th, 11 am ET: WIC Developmental Monitoring Evaluation Project Webinar: Sharing Key Findings for States**

Register in advance:

<https://us06web.zoom.us/meeting/register/tZUlce6vpjwoG9RyWi9A3BmuVF3FJj5jsvXy>

After registering, you will receive a confirmation email containing information about joining the meeting.

**Monthly trainings take place on the 4th Wednesday at 11 am ET.*

Sharing Updates/Resources

Would your state like to be featured in an upcoming newsletter? Please send an update on what your state is working on regarding developmental monitoring by the 20th of the month to be featured in the following month's newsletter.

Send to

amberbrown@asphn.org

Thanks!

ASPHN and CDC Updates

Highlighting a Resource

Checklist Program Clinic Training PowerPoint

ASPHN has a clinic training that you can modify and use in your state. This presentation offers an overview of Learn the Signs. Act Early. including how and why the program was established, where you can find and use the resources, and how you can incorporate it into your WIC clinics.

You can also find the training on <https://asphn.org/learn-the-signs-act-early/> under "Implementation Resources for the DM Program in WIC"

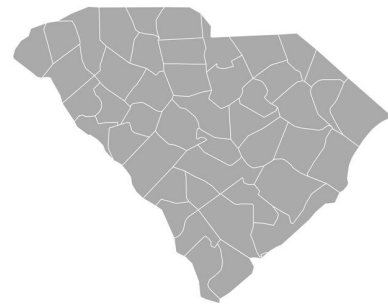
[Clinic Staff Training Power Point](#)

Sharing Successes

South Carolina WIC

South Carolina has been doing amazing work with developmental monitoring. They started rolling out the initiative in 2022 by adding it to their WIC state plan – to do the milestone checklist in every certification. These are mostly remote certification appointments. Nutritionists have options on how they implement the checklist including:

- Telling or showing the family the CDC Milestone Track app and encouraging them to use it on their own. They can then check in on whether the family has used the app and if they have concerns during their certification and mid-certification appointments.
- Emailing the milestone checklist to participants and asking them to fill out the checklist. They then check in during the appointment.
- Asking participants the questions during the certification to complete the checklist.



Staff then provides and documents referral information to health providers as needed based on the nutrition assessment for each participant.

They have had success with their WIC staff using this program. Staff are asking for more of the brochures which means they are using them and handing them out to participants! If you have any questions about how things are done in South Carolina, contact La'Keisha Coker (cokerla@dhec.sc.gov).

Journal Article Nominated for the Charles Sheperd Award!

Congratulations to Katie Green and Janet Farmer whose journal article was nominated for the Charles Sheperd Award! The article titled, "[Developmental Monitoring and Referral for Low-Income Children Served by WIC: Program Development and Implementation Outcomes](#)" was featured in the *Maternal and Child Health Journal* in 2022.

For more information on the [Charles Sheperd Award click here.](#)

Eating and Playing Milestone Chart

The Act Early DC program put together a great resource for families during the holiday season. It highlights how many families will enjoy many meals together and time at play. The document below shares milestones related to eating and playing.

Explore Developmental Milestones During the Holiday Season with Act Early DC!		
During the holiday season, many families will enjoy many meals together and time at play. Take some time to notice your child's developmental milestones related to eating and playing. To learn more about developmental milestones, please visit www.ActEarlyDC.org and www.CDC.gov/ActEarly .		
Age	Eating Milestones	Playing Milestones
2 months		<ul style="list-style-type: none"> Looks at a toy for several seconds
4 months	<ul style="list-style-type: none"> If hungry, opens mouth when s/he sees breast or bottle 	<ul style="list-style-type: none"> Holds a toy when you put it in his/her hand Uses his/her arm to swing at toys
6 months	<ul style="list-style-type: none"> Closes lips to show s/he doesn't want more food 	<ul style="list-style-type: none"> Reaches to grab a toy s/he wants Puts things in his/her mouth to explore them
9 months	<ul style="list-style-type: none"> Looks for objects when dropped out of sight (spoon) Uses fingers to "rake" food towards him/herself 	<ul style="list-style-type: none"> Smiles or laughs when you play peek-a-boo Looks for objects when dropped out of sight (toy)
1 year	<ul style="list-style-type: none"> Drinks from a cup without a lid, as you hold it Picks things up between thumb and pointer finger, like small bits of food 	<ul style="list-style-type: none"> Plays games with you, like peek-a-boo Puts something in a container, like a block in a cup Looks for things s/he sees you hide, like a toy under a blanket
15 months	<ul style="list-style-type: none"> Uses fingers to feed him/herself some food 	<ul style="list-style-type: none"> Copies other children while playing, like taking toys out of a container when another child does Hugs stuffed doll or other toy Stacks at least two small objects, like blocks
18 months	<ul style="list-style-type: none"> Drinks from a cup without a lid and may spill sometimes Feeds him/herself with his/her fingers Tries to use a spoon 	<ul style="list-style-type: none"> Plays with toys in a simple way, like pushing a toy car 
2 years	<ul style="list-style-type: none"> Says at least two words together, like "more milk" Eats with a spoon 	<ul style="list-style-type: none"> Plays with more than one toy at the same time, like putting toy food on a toy plate Tries to use switches, knobs or buttons on a toy Kicks a ball
30 months		<ul style="list-style-type: none"> Plays next to other children and sometimes plays with them Follows simple routines when told, like helping to pick up toys when you say "its clean up time" Uses things to pretend, like feeding a block to a doll as if it were food
3 years	<ul style="list-style-type: none"> Uses a fork 	<ul style="list-style-type: none"> Notifies other children and joins them to play
4 years	<ul style="list-style-type: none"> Serves him/herself food or pours water with adult supervision 	<ul style="list-style-type: none"> Pretends to be something else during play (teacher, superhero, dog) Asks to go play with children if none are around, like "can I play with Alex?"
5 years		<ul style="list-style-type: none"> Follows rules or takes turns when playing games with other children
 www.ActEarlyDC.org 		

Did You Miss Our November Online Training? Check Out the Recording Below

Topic: *Motivational Interviewing*

Presenter: *Mary Marden Velasquez, PhD*; Centennial Professor in Leadership for Community, Corporate and Professional Excellence; Director, Health Behavior and Research Training Institute

Description: This one-hour workshop will introduce participants to the theory, principles, and skills of Motivational Interviewing, a state-of-the-art communication method designed to evoke intrinsic motivation for positive health behavior change. Originally developed in the substance use disorder field, motivational interviewing is now being widely applied in a variety of settings, including health care, mental health, public health, and criminal justice.

The objectives for this workshop are for participants to develop:

- Knowledge of the efficacy of brief interventions
- An understanding of the “spirit” and key principles of motivational interviewing
- Basic skills for eliciting client “change talk.”

Recording Link: <https://vimeo.com/889586689?share=copy>

[Click Here for a Copy of the Slides](#)

[Click Here to View the Recording](#)

Year 5 Infographic

ASPHN has developed an Infographic that shares some information from Year 5 of the WIC Developmental Monitoring Project. Take a look and share with those who may be interested.

The infographic is also available at <https://asphn.org/learn-the-signs-act-early/>

[Access the Infographic Here](#)

Networking Questions!

During the Year 5 Extension, we will be doing more networking calls. Please send me any questions or topics that you are interested in talking with other states about. Please email amberbrown@asphn.org with your suggestions!

You are receiving this monthly newsletter because you are a part of the ASPHN WIC Developmental Monitoring Project. This newsletter will feature updates from states within the project about what they are doing and successes and challenges they have had, information about upcoming trainings, and other news. If you have anything you'd like to contribute, you can reach out to Amber Brown at AmberBrown@asphn.org. Thank you!
<https://asphn.org/learn-the-signs-act-early/>

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Association of State Public Health Nutritionists | PO Box 37094, Tucson, AZ 35740

Unsubscribe_cyndi@asphn.org

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