

April 2024



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

- **April 24th, 11 am ET:** Networking Call
- **May 22nd, 11 am ET:** Benefits of Early Intervention and What Happens After the Referral
- **June 26th, 11 am ET:** CDC Resources for WIC
- **July 24th, 11 am ET:** Update from Intensive 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

CDC's Deskside Reference Guide

The WIC Deskside Reference Guide is a double-sided handout that can be used by WIC staff. WIC staff can keep this near their desk to quickly reference.

Features include:

- The role of the WIC staff
- How to introduce a milestone checklist
- Prompts for reviewing the checklist with the parent and making a referral when needed
- Answers to common questions from parents
- Where you can go for more information on developmental milestones

Developmental Milestone Checklist Program for WIC Deskside Reference Guide	
ROLE OF WIC STAFF	
At each certification and mid-certification appointment, give parents the opportunity to complete the age-appropriate checklist. The checklist may also be used during other regular appointments and any time a parent or WIC staff has a concern or questions about a child's development.	
Have the parent complete a checklist for each child being certified that day unless the child has known developmental delay or disability. If the child is between checklist ages, use the younger checklist. If the child was born prematurely, use the corrected age.	
Refer the parent for follow-up if indicated. If allowed by your state, the referral can be noted in the electronic data system. See details in the box below.	
INTRODUCING THE CHECKLIST (Sample Script):	
1. "You may have noticed the pictures on the walls and floor about developmental milestones." OR "You might remember that I placed the link to an online milestone checklist (CDC's milestone tracker app)." "Tracking how (child's name) plays, walks, learns, acts and moves for his/her age is just as important as measuring his/her height and weight."	
2. "These checklists help us track your child's development. If you haven't completed it yet, we can do it together now."	
3. "Let's go through the milestone checklist to see how _____ is doing on his/her milestones. Let's answer these first two questions together. Does _____ (read first item on checklist)? Does _____ (read second item)?"	
4. "Go through the rest of the checklist and let me know if you have any questions. Be sure to add _____'s name and age, along with today's date."	
Be sure the parent writes the child's name, age, and the date on the checklist and completes both columns of the checklist. Provide assistance if needed. Then review the checked boxes to determine next steps:	
IF > ALL milestone boxes are checked AND NO concerns noted in pink box or otherwise	IF > ONE or more milestone box is NOT checked OR ANY concerns noted in pink box or otherwise
THIS INDICATES THE CHILD IS REACHING HIS OR HER DEVELOPMENTAL MILESTONES.	THIS INDICATES NEED FOR A REFERRAL.
"It looks like _____ is on track for meeting these developmental milestones."	"It would be a good idea to talk with your health care provider about this checklist. I really care about what the doctor has to say about _____'s development."
"Take this checklist home with you and share it with your family and _____'s doctor so they can see how great _____ is doing."	"Please call _____'s health care provider to schedule a follow-up appointment for developmental screening."
"If you have a smart phone, you can download a free app called CDC's Milestone Tracker to keep tracking milestones until your next visit."	"I am going to turn this checklist over and write _____'s health care provider's name on it so that he/she knows exactly what you want to talk about."
"If you ever have any concerns or questions about _____'s development, be sure to talk to the doctor."	"I want to know what the health care provider has to say the next time you come for your (date) WIC appointment."
Give the checklist to the parent and encourage them to keep tracking milestones. Remind them to download CDC's FREE Milestone Tracker app or find online checklists at www.cdc.gov/Milestones .	Check for understanding and encourage them to follow up. When possible, note the referral in the child's record. If available, an alert can be set as a follow-up reminder for staff. This enables staff to ask the parent about the outcome of this referral at the next visit.

[View this handout, download and customize it here.](#)

Deskside Reference Guide

Sharing Successes

Texas WIC

Texas WIC created self-paced online classes about developmental milestones and continue offering them to their clients on TexasWIC.org with some impressive completion rates. Below are the client class completion numbers for 2023 (1/1/2023-12/31/2023).

- [Baby's First Skills: 2 Months to 1 Year Old](#) (English): 19,248
- [Las primeras habilidades del bebé: De 2 a 12 meses](#) (Baby's First Skills: 2 Months to 1 Year Old - Spanish): 1,619
- [What to Expect: Year to Year](#) (English): 5,231
- [Qué esperar en cada edad](#) (What to Expect: Year to Year - Spanish): 2,104



Texas WIC launched an Introduction to Child Development training for staff last year. This is an optional training opportunity for staff that has been

provided live and is also posted as a recording to our learning management system.

Total staff training completions, live and recorded: 320

- Live training completions (5 trainings provided from April 2023 – March 2024): 276
- Recorded training completions (from posting in August 2023 - present): 44

They recently released new features in their mobile app, myWIC, that allows staff to provide a summary note to clients after their visit. This new feature is really exciting and gives an opportunity for staff to provide personalized nutrition education recommendations or resources like the milestones content. This launched last month!

NWA Conference Presentation & Informal Gathering!

Will you be attending the NWA Annual Conference? We would love to see you there! CDC's "Learn the Signs. Act Early." will have an exhibit there. Please stop by and say hi! There will also be a presentation about developmental monitoring. Come list to the presentation on **Wednesday, April 10th at 9:45** where Amber Brown (ASPHN), Kristie Fawkes (NJ Ocean County WIC), and Kyle Parks (ME WIC) will be sharing about developmental monitoring in WIC.

Join us after the presentation for an informal gathering! Molly Dunham-Friel (CDC) and Amber Brown (ASPHN) will be available after the presentation to meet people. This will be an opportunity to meet with other WIC staff who are interested in developmental monitoring in WIC. We hope to see you there!

New CDC Resource - "Getting the Conversation Started"

Check out this new resource from CDC! "[Developmental Monitoring: Getting the Conversation Started](#)". This resource gives you talking points for the entire developmental monitoring process. From introducing the checklist all the way through providing a referral. This is a great resource for clinic staff to have near their desks as a compliment to the Deskside Reference Guide.

This is available in both [English](#) and [Spanish](#).

[Getting the Conversation Started - English](#)

[Getting the Conversation Start - Spanish](#)

Social Media Post

Consider sharing information about the CDC's Milestone Tracker App on your state/agency's social media channels. ASPHN just posted about the Milestone Tracker App. You can simply share our posts or use the information in our posts to create your own.

"Members, do you work with families with children under the age of five? Be sure to let them know about the CDC's Milestone Tracker app, which makes it simple to monitor their little one's developmental progress. ☐☐ The app is free and can be downloaded through the link in bio.

#ChildDevelopment #MilestoneTracker #Parenting"

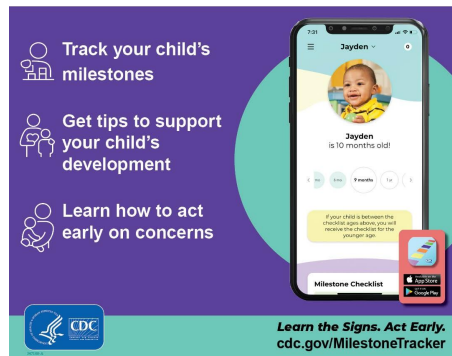
You can also share that the WICShopper App Child Development content has been viewed more than 3.2 Million times! You could share something like,

"Did you know that you can access child development content on your WICShopper App? The content has been viewed over 3.2 million times! Learn more about your child's development and tips for how to support it. Download the app here: <https://ebtshopper.com/download/>"

[Link to ASPHN Post on Facebook](#)

[Link to ASPHN Post on Instagram](#)

CDC'S MILESTONE TRACKER —More than 2 million app downloads!



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!

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