

March 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

- **March 27th, 11 am ET: Networking Call**
- **April 24th, 11 am ET: Topic TBD**
- **May 22nd, 11 am ET: Benefits of Early Intervention and What Happens After the Referral**

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



NWA Conference Meet-Up

Will you be attending the NWA Annual Conference in April? 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. Amber Brown (ASPHN), Kristie Fawkes (NJ Ocean County WIC), and Kyle Parks (ME WIC) will be sharing about developmental monitoring in WIC. The presentation will be on **Wednesday, April 10th at 9:45.**

We would like to get an idea of who will be at the conference and any interest in having an informal meetup. Please fill out the survey below to let us know.

[Fill out the Survey](#)

Highlighting a Resource

"Milestones Matter" Participant Education Modules Now Updated

The "Milestones Matter" nutrition education course for WIC participants is now updated on WIChealth.org, WICSmart, WIC-ed.com, and One Nutrition in both English and Spanish. The biggest update is that the new Milestones in Action pictures and videos have been updated. If you are interested in adding this class to your state's online education platform, contact them to see a preview and have it added.



Course Description: Good nutrition is important for the healthy development of a child's mind and body. We monitor (track) children's **growth** by checking their weight and height. We monitor a child's **development** by looking for developmental milestones – how children play, learn, speak, act and move for their age.

In this course, you will learn about:

- developmental milestones most children reach by a certain age,
- how to monitor your child's milestones and share this information with healthcare providers and teachers,
- tips to support your child's healthy development.

** If your child has a special medical condition, like having a developmental delay or disability, they may be following their own developmental path with a different order and time than listed in this course. Talk with your child's healthcare providers, therapists, and teachers about what new skills your child will be working towards next.*

Sharing Successes

New Jersey WIC

NJ Developmental Milestone Checklists are now available online!

New Jersey's online education website, NJWICOnline.org, now has milestone checklists available to complete online. WIC participants can complete the checklist which will be saved to their personal notebook. The checklist can be shared with the WIC nutritionist who can refer to other services as needed. The purpose is to provide access to the checklists outside clinic appointments and hours. This provides parents and other caregivers flexibility to complete the checklists at their convenience. Allowing the CPA to focus on their concerns during clinic appointments.



The milestone checklists are also available to non-WIC participants who can sign onto the website as a guest. The ASPHN-developed "Milestones Matters" lesson is also available on the website.

See below for images of the online checklists.

Click on the age of your child to complete a milestone checklist online:

2 Months

4 Months

6 Months

9 Months

1 Year

15 Months

18 Months

2 Years

2.5 Years

3 Years

4 Years

5 Years

Back to My Notebook

My Milestones Matter Checklist Responses

Click the Open icon by a Checklist name to see your responses.

Title	Child First Name	Date
2 Month Milestones Matter Checklist	Sam	02/07/2024

Thank you for completing this Checklist!

Selected "not sure"? Watch for these milestones over the next week or two. Try some things with your child that gives him/her the chance to show the milestone. If you're still not seeing the milestone, see the steps below.

Selected "not yet" or have other concerns or questions about your child's development? Talk with your child's doctor, teacher and/or another trusted provider. Share the checklist and any questions or concerns you might have. Ask about developmental screening. It's recommended for all children. If you, the doctor, teacher, or other provider is still concerned after screening, ask to be connected with (1) a specialist who can learn more about your child AND (2) with services and other supports that may help. Visit www.cdc.gov/Concerned for more information.

Your completed checklist will be saved in "My Notebook". Let your WIC Nutritionist know and they can review it with you during your next appointment.

Take another Milestones Matter Checklist

My Notebook

Milestone Tracker App and WICShopper Social Media Posts

CDC's Milestone Tracker App has surpassed 2 million downloads! They have developed a graphic and would love for people to use it on their social media channels. The post could say something like,

"CDC's Milestone Tracker App has been downloaded more than 2 million times! Parents: Keep track of your child's development by downloading and using the free app: www.cdc.gov/MilestoneTracker"

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/>"

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

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