

September 2025



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

- September 24th: Spotlight on Success: 2025 State Projects and Lessons Learned

[Register here](#)

**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!

Join us for Our September Online Training

Date: September 24th, 11 am ET

Topic: Spotlight on Success: 2025 State Projects and Lessons Learned

Presenter:

- Louisiana
- North Dakota
- West Virginia
- Wisconsin

Description:

Between January and September 2025, four states partnered with ASPHN through the Developmental Monitoring for WIC Project to bring developmental milestone checklists into their WIC clinics. Each state received "Learn the

Signs. Act Early." materials and hands-on technical assistance to support their implementation.

Two returning states, Louisiana and North Dakota, built on their successful pilot work from last year and expanded to additional clinics. Wisconsin and the West Virginia Monongalia County Agency joined the project as supported states for the first time.

During this webinar, you'll hear directly from these state teams about how they introduced milestone checklists in their clinics, the successes they've celebrated, the lessons they've learned, and their plans for the future. This is your chance to see how WIC programs are using developmental monitoring to support families and to leave with practical ideas you can apply in your own work.

[REGISTER HERE](#)

ASPHN and CDC Updates



Highlighting a Resource

Introduction to Child Development for WIC Staff Training Module

As a WIC provider, you play a vital role in supporting the health and wellbeing of children. You are also well positioned to help families notice their child's developmental milestones and connect them with extra support if needed. To help with this, the Introduction to Child Development training module is available as a 30–40 minute interactive course in both English and Spanish.



This training offers a basic overview of child development and practical ways to talk with families about milestones during WIC visits. You'll learn:

- What developmental milestones are
- Why monitoring them is important
- How to encourage parents to track milestones
- How to connect families to referrals or services when needed

The module also introduces free, easy-to-use CDC *"Learn the Signs. Act Early."* resources you can share with families.

☐ Remember: WIC staff are not expected to become child development experts. This training simply provides tools to help you feel more confident in

having milestone conversations with families.

English Training

Spanish Training

New Developmental Monitoring Resources Coming Soon!

Thanks to your feedback during our February online training, we are creating new tools to support developmental monitoring in WIC clinics. These resources are currently in development and will be available later in September 2025; be on the lookout!

What's on the way:

- A nutrition-focused resource for WIC staff, connecting nutrition and child development
- A pregnancy handout to start the developmental monitoring conversation early
- A summary of how other clinics are offering developmental monitoring
- Offering Milestone Checklists with Cultural Sensitivity in Mind

Did You Miss the August Online Training? View It Here

Topic: Feeding Matters 101: Tools to Support PFD

Presenter:

- **Jen Lambert, M.Ed.**; Senior Director of Community Engagement, Feeding Matters

Description:

This training will introduce the WIC Developmental Monitoring Collaborative to **Feeding Matters**, a national nonprofit dedicated to advancing the understanding, early identification, and treatment of pediatric feeding disorder (PFD). Participants will learn about key resources for families and professionals and how WIC staff can use Feeding Matters tools to support early intervention and improve care coordination.

Here are some helpful resources and information shared after the call.

- Power of Two Program: Learn more [here](#)
- Join the PFD Alliance: You can become a member [here](#)
- Community Councils: If you'd like to join or pop into a Community Council meeting, just reach out to Jen directly at jlambert@feedingmatters.org to get you connected.

If you or your organization is interested in purchasing the In My Own Way

book in bulk, please email Jen, and she can share more information. Please don't hesitate to reach out if you'd like to dive deeper into any of these areas or if I can help connect you with additional resources.

[View the Recording](#)

[Presentation Slides](#)

Feeding Matters Resources

Feeding Matters is a national nonprofit organization dedicated to advancing the system of care for pediatric feeding disorder (PFD) and Avoidant/Restrictive Food Intake Disorder (ARFID). We are committed to improving early identification, accurate diagnosis, and effective treatment of PFD and ARFID by working in partnership with families, healthcare professionals, and community organizations. Pediatric feeding disorder is a complex condition that affects a child's ability to eat safely and thrive. It impacts more than just nutrition, it affects social, emotional, developmental, and medical well-being. Feeding Matters brings awareness to this often-misunderstood issue and provides education, resources, and support for those navigating it.

WIC staff are often among the first professionals to identify feeding concerns in infants and young children. It is crucial to recognize that difficulties with feeding may go beyond typical picky eating or growth concerns. PFD can present as refusal to eat, prolonged mealtimes, choking or gagging, poor weight gain, or reliance on modified textures. Feeding Matters offers free resources, including An [Infant and Child Feeding Questionnaire](#) to help families and providers determine if further evaluation is needed. We also provide family support programs and professional education opportunities. Connecting families with appropriate care early can make a significant difference in outcomes. By partnering together, Feeding Matters and WIC can help ensure that children with feeding challenges receive the timely support they need to grow and thrive.

Networking Questions!

Throughout the year, we will hold periodic networking calls. Please send me any questions or topics you are interested in discussing with other states. 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/>

This project is supported by the Centers for Disease Control and Prevention of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$150,000 with 100 percent funded by CDC/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by the American Academy of Pediatrics, CDC/HHS, or the U.S. Government.

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