# Supporting Developmental Monitoring in WIC Clinics

**WIC clinics across the U.S. are incorporating developmental milestone checklists during appointments to help families track their child's growth and quickly connect to support and resources when needed.**

Below are examples of how WIC clinics offer milestone checklists. The program is flexible; use these examples as a guide and adapt them to what works best for your clinic.

**Developmental milestone checklists may be offered at different times, such as:**

- During all in-person and virtual WIC appointments
- Only at certification or mid-certification visits
- Between appointments, such as when a participant has a developmental concern

**When offering a checklist at a WIC appointment, you have options, such as:**

**Before the Appointment:**

- A link to ***CDC's Milestone Tracker*** **app** or **online checklist** may be sent with appointment reminders.
- Families can complete the checklist ahead of time and email or bring the results to their visit.

**During the Appointment:**

- Shared in the waiting room or while staff complete data entry.
- Offered in-person, over the phone, or via telehealth.
- Families can use laminated or paper versions, complete an online form, or fill it out on a clinic tablet.

**After the Appointment:**

- Families are encouraged to download ***CDC's Milestone Tracker*** **app** or complete an **online checklist** before their next visit.
- Families can email the completed checklist summary to their WIC clinic.
- Staff may review the checklist at the next scheduled WIC appointment.

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## What happens next?

- Staff review the checklist with families and discuss any concerns.

*Note: Families should not be offered a checklist if a developmental delay or disability has already been identified.*

- **If developmental concerns are identified:**
  - Referrals may be made to early intervention programs or the child's healthcare provider.
  - Referrals can be initiated directly by staff or provided to families for self-referral.
  - In some clinics, staff offer a warm handoff to on-site public health nurses, who can provide immediate developmental screening and guidance.

## Staff may also provide additional resources to help families track their child's milestones, such as:

- **Developmental Milestone Booklets**
- **Developmental Milestone Brochures**
- **Children's Books**
- Information on ***CDC's Milestone Tracker*** **app**
- Information on the Milestones Matter course (if your state offers it)
- Information on the WICShopper App developmental milestone content (if your state offers it)

## Additional Resources for WIC Staff

1. **Connect with Your State, Territory, or Tribal Community's Act Early Ambassador**

   Before you start offering milestone checklists, it's a good idea to connect with your local early intervention program to learn their referral process and collaborate together. Your **Act Early Ambassador** can help with this connection and guide you on how referrals work in your area— whether through a healthcare provider, early intervention program, or school. They are your best resource for local referral practices. **Find your Ambassador at www.cdc.gov/ActEarly/Ambassadors**.

2. **Explore tools to get your WIC clinic started implementing milestone checklists at www.cdc.gov/WIC-guide**

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