



Developmental Monitoring in WIC

Made Simple with CDC's FREE *Learn the Signs. Act Early.* Resources

Molly Dunham-Friel, MPH
Health Communication Specialist
Learn the Signs. Act Early. Program

Amber Brown, RD
Public Health Nutrition Consultant, ASPHN



Today You Will Learn

- About CDC's *Learn the Signs. Act Early.* resources to support developmental monitoring in WIC
- Where to find more information to support WIC families
- Frequently asked questions about developmental monitoring in WIC



Developmental Monitoring in WIC

3 Components of developmental monitoring in WIC:

1. Checklists
2. Referrals
3. Environmental Graphics





Free Resources Customized for Use in WIC



Milestone Checklists

Free checklists are available featuring:

- Developmental milestones by domain/area of development
 - Guidance on what to expect for most children by the next age checklist (up to age 5 years)
- Open-ended questions
- Parenting tips and activities
- Guidance for what to do if there is ever a developmental concern
- Early intervention information
- Reminders about well visits and developmental screening

Your baby at 4 months

Baby's Name

Baby's Age

Today's Date

Milestones matter! How your baby plays, learns, speaks, acts, and moves offers important clues about his or her development. Check the milestones your baby has reached by 4 months. Take this with you and talk with your baby's doctor at every well-child visit about the milestones your baby has reached and what to expect next.



What most babies do by this age:

Social/Emotional Milestones

- ☐ Smiles on his own to get your attention
- ☐ Chuckles (not yet a full laugh) when you try to make her laugh
- ☐ Looks at you, moves, or makes sounds to get or keep your attention

Language/Communication Milestones

- ☐ Makes sounds like "oooo", "aahh" (cooing)
- ☐ Makes sounds back when you talk to him
- ☐ Turns head towards the sound of your voice

Cognitive Milestones (learning, thinking, problem-solving)

- ☐ If hungry, opens mouth when she sees breast or bottle
- ☐ Looks at his hands with interest

Movement/Physical Development Milestones

- ☐ Holds head steady without support when you are holding her
- ☐ Holds a toy when you put it in his hand
- ☐ Uses her arm to swing at toys
- ☐ Brings hands to mouth
- ☐ Pushes up onto elbows/forearms when on tummy

Other important things to share with the doctor...

- What are some things you and your baby do together?
- What are some things your baby likes to do?
- Is there anything your baby does or does not do that concerns you?
- Has your baby lost any skills he/she once had?
- Does your baby have any special healthcare needs or was he/she born prematurely?

You know your baby best. Don't wait. If your baby is not meeting one or more milestones, has lost skills he or she once had, or you have other concerns, act early. Talk with your baby's doctor, share your concerns, and ask about developmental screening. If you or the doctor are still concerned:

1. Ask for a referral to a specialist who can evaluate your baby more; and
2. Call your state or territory's early intervention program to find out if your baby can get services to help. Learn more and find the number at cdc.gov/FindEI.

For more on how to help your baby, visit cdc.gov/Concerned.

Don't wait.
Acting early can make
a real difference!



Download CDC's
Free Milestone
Tracker app



American Academy
of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN



Milestone Checklist Backpage

Make sure to turn the checklist over to share with the family:

- Next steps
- Age-appropriate tips for supporting development including feeding tips
- What to do if child is missing a milestone or any concerns are raised
- A note to the doctor section where local information can be filled out in case a referral is needed
- Intended to be customized for each WIC clinic



Your next steps

- ☐ **Share this checklist & keep tracking milestones!** Take this checklist to your child's next check-up and be sure to share it with the doctor, as well as others who care for your child. Keep tracking by downloading CDC's FREE *Milestone Tracker* app or find online checklists at www.cdc.gov/Milestones.
- ☐ **Support your child's development with these tips and many more from www.cdc.gov/milestones or on CDC's *Milestone Tracker* app**
 - Talk with your baby's doctor about when to start solid foods and what foods are choking risks. Breast milk or formula is still the most important source of "food" for your baby.
 - Point out new things to your baby and name them. For example, when on a walk, point out cars, trees, and animals.
 - Put your baby on her tummy or back and put toys just out of reach. Encourage her to roll over to reach the toys.
 - Learn when your baby is hungry or full. Pointing to foods, opening his mouth to a spoon, or getting excited when seeing food are signs that he is hungry. Others, like pushing food away, closing his mouth, or turning his head away from food tells you that he's had enough.

If your child is missing milestones or you have other concerns:

- ☐ **Call your child's doctor.** Schedule a follow-up visit with your child's doctor as soon as possible. Tell the doctor you want to talk about your child's development. Take this checklist with you and ask for developmental screening.
- ☐ **Call for services to help.** Call _____ and say "I have concerns about my child's development and would like to have my child evaluated to find out if he/she is eligible for services to help." You don't need a doctor's referral to call this program.

Don't wait. Acting early can make a real difference!

Note to Dr. _____:

- WIC (the Special Supplemental Nutrition Program for Women, Infants, and Children) encourages families to talk with you about their child's development.
- This checklist reflects milestones **MOST children (at least 75%)** would be expected to meet by this age.
- Missing milestones can be an indication to administer a developmental screening. The American Academy of Pediatrics (AAP) recommends developmental screening between recommended screening ages if concerns arise; this checklist is not a substitute for a standardized, validated screening tool.
- If a developmental screening shows concerns or you or the parent still have concerns, refer to your states' early intervention program _____ and, at the same time, for further developmental and medical evaluation.
- For FREE resources to support developmental surveillance, visit cdc.gov/ActEarly/Healthcare.

  www.cdc.gov/ActEarly
1-800-CDC-INFO (1-800-232-4636)



Learn the Signs. Act Early.

Milestone Checklists

Your baby at 4 months

Baby's Name _____

Baby's Age _____

Today's Date _____

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(learning, thinking, problem-solving)

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- ☐ Holds head steady without support when you are holding her
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- ☐ Uses her arm to swing at toys
- ☐ Brings hands to mouth
- ☐ Pushes up onto elbows/forearms when on

Other important things to share with the doctor...

1. What are some things you and your baby do together?
2. What are some things your baby likes to do?
3. Is there anything your baby does or does not do that concerns you?
4. Has your baby lost any skills he/she once had?
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American Academy
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ADVOCATES FOR THE HEALTH
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Download CDC's
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Tracker app

Your next steps

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- ☐ Support your child's development with these tips and many more from www.cdc.gov/milestones or on CDC's Milestone Tracker app

- Feed only breast milk or formula to your baby. Babies are not ready for other foods, water or other drinks for about the first 6 months of life. Set steady routines for sleeping and feeding.
- Let your baby have time to move and interact with people and objects throughout the day. Try not to keep your baby in swings, strollers, or bouncy seats for too long.
- Allow your baby to put safe things in his mouth to explore them. This is how babies learn. For example, let him see, hear, and touch things that are not sharp, hot, or small enough to choke on.
- Lay your baby on her back and show her a bright-colored toy. Move the toy slowly from left to right and up and down to see if she watches how the toy moves.

If your child is missing milestones or you have other concerns:

- ☐ Call your child's doctor. Schedule a follow-up visit with your child's doctor as soon as possible. Tell the doctor you want to talk about your child's development. Take this checklist with you and ask for developmental screening.
- ☐ Call for services to help. Call _____ and say "I have concerns about my child's development and would like to have my child evaluated to find out if he/she is eligible for services to help." You don't need a doctor's referral to call this program.

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www.cdc.gov/ActEarly
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Learn the Signs. Act Early.

Your Baby at 4 Months

Milestones matter! Check the milestones your baby has reached by 4 months by completing the checklist below.

*These fields are required.

Today's Date*

MM/DD/YYYY

CDC does not collect or share any personal information that can be used to identify you or your child.

What Most Babies Do by this Age:

Social/Emotional



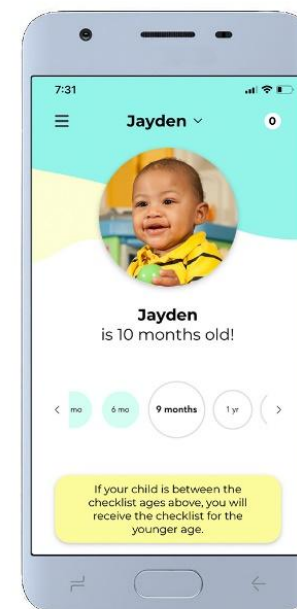
Smiles on his own to get your attention *

- ☐ Yes
- ☐ Not Sure
- ☐ Not Yet



Chuckles when you try to make him laugh *

- ☐ Yes
- ☐ Not Sure
- ☐ Not Yet



Using the Milestone Checklists

Use the [LTSAE Getting the Conversation Started](#) talking points to help you introduce the checklist to your WIC families in both the in person and virtual settings.

Developmental Monitoring: Getting the Conversation Started

WHAT TO SAY WHEN...

Introducing the milestone checklist

The following talking points make up just one example of how you can introduce the milestone checklist. For your convenience, there are separate talking points for in person or virtual discussion, as well as talking points that are common to both. Modify them as needed to best fit the situation.

IN PERSON	VIRTUAL
Have you noticed the pictures on the walls and floor about developmental milestones? (if applicable)	You might remember that I shared the link to CDC's online milestone checklist OR CDC's Milestone Tracker app.
• Developmental milestones are things most children do by a certain age. • Tracking how _____ plays, speaks, learns, acts, and moves for their age is just as important as measuring their height and weight. • Milestone checklists help us work together to track your child's development. If you haven't completed it yet, we can do it together now.	
Hand the family member the checklist or direct them to a virtual version	Open the app or click on the link to the online checklist . Let me know when you have it pulled up.
If the child's age is between available checklist ages, always use the checklist of the younger age. • Let's answer these first two questions together. Does _____ (read first item on the checklist)? Does _____ (read second item)? • Answer 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.	

CDC's Milestone Tracker app is available for free download on the App Store and Google Play. For more information, visit www.cdc.gov/milestones or call 1-800-CDC-INFO.



Using the Milestone Checklists Cont...

After a family completes a checklist- what's next?

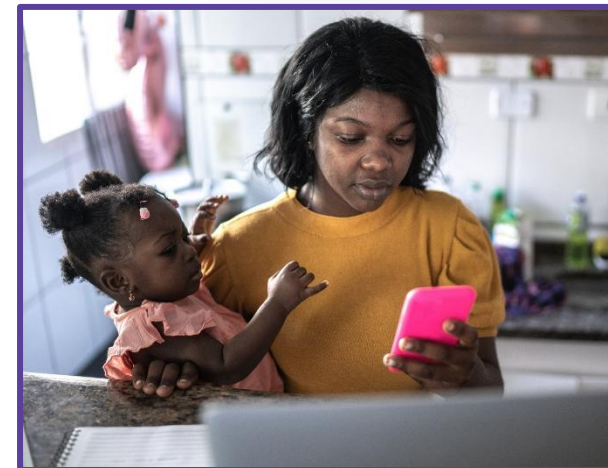
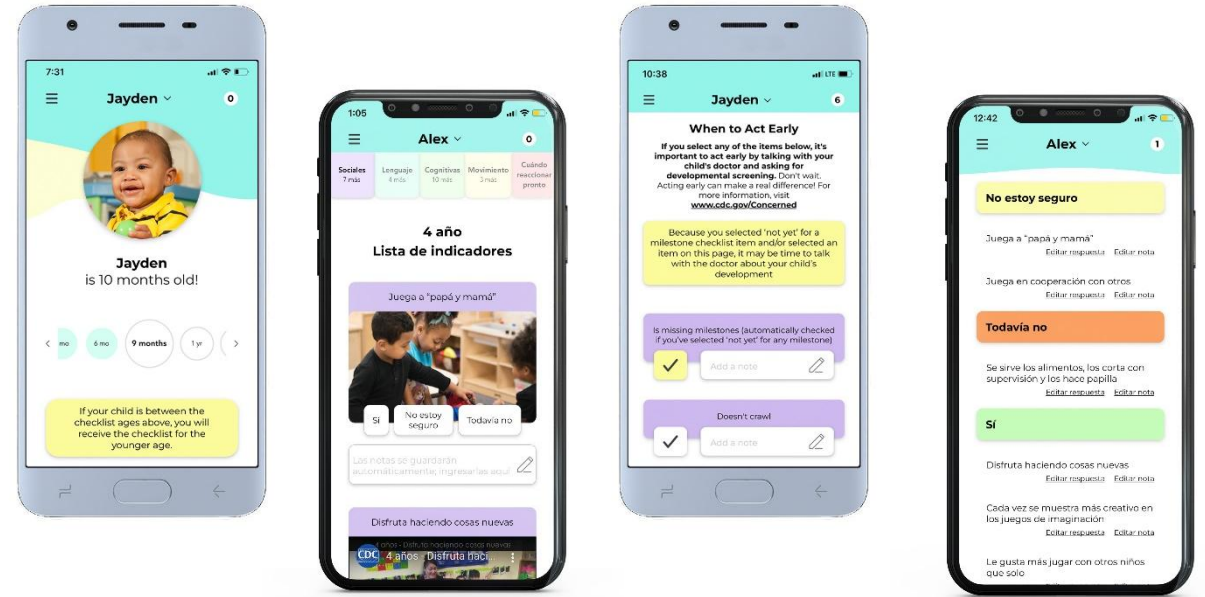
- If **ALL** milestone boxes are checked and **NO concerns** are noted, **no referral is needed**. Encourage the family to keep tracking their child's milestones in between WIC visits.
- If **ONE or more** milestone boxes are **NOT** checked **OR ANY concerns** are noted, a **referral is needed**.



CDC's Milestone Tracker App

- Includes the same content as the milestone checklists
- Available in English and Spanish
- Available for iOS and Android phones
- Interactive milestone checklists show each milestone with a photo or video
- FREE with no ads
- Easy to use
- *Milestones in Action* photos and videos show you what each milestone looks like

Available at: www.cdc.gov/MilestoneTracker
Available at: www.cdc.gov/Sigamos



Environmental Graphics

Environmental graphics introduce milestones to families in a fun way. They can be placed on the clinic wall or floor.

Milestones at 2 Months

- ✓ Smiles when spoken to
- ✓ Reacts to loud sounds



Learn the Signs. Act Early.

Creative concept developed in collaboration with the University of Missouri

Milestones at 6 Months

- ✓ Takes turns making sounds
- ✓ Puts things in mouth



Learn the Signs. Act Early.

Creative concept developed in collaboration with the University of Missouri

Milestones at 4 Months

- ✓ Brings hands to mouth
- ✓ Holds head steady

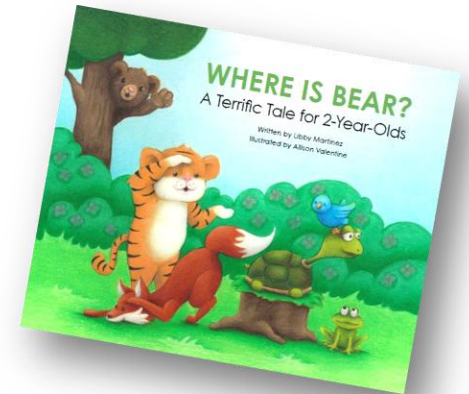
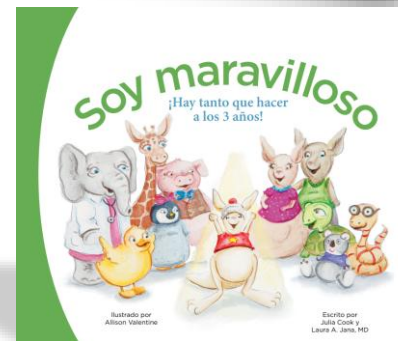
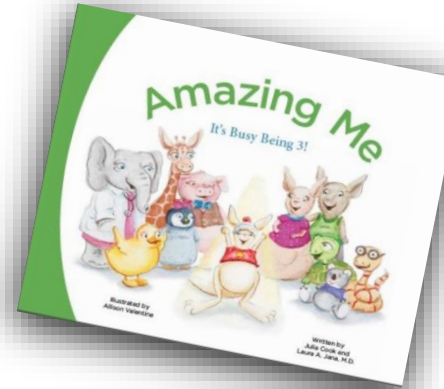
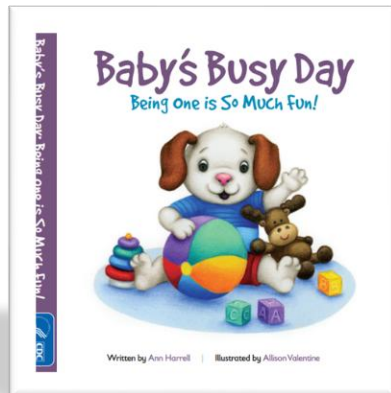


Talk to the doctor about your child's development.



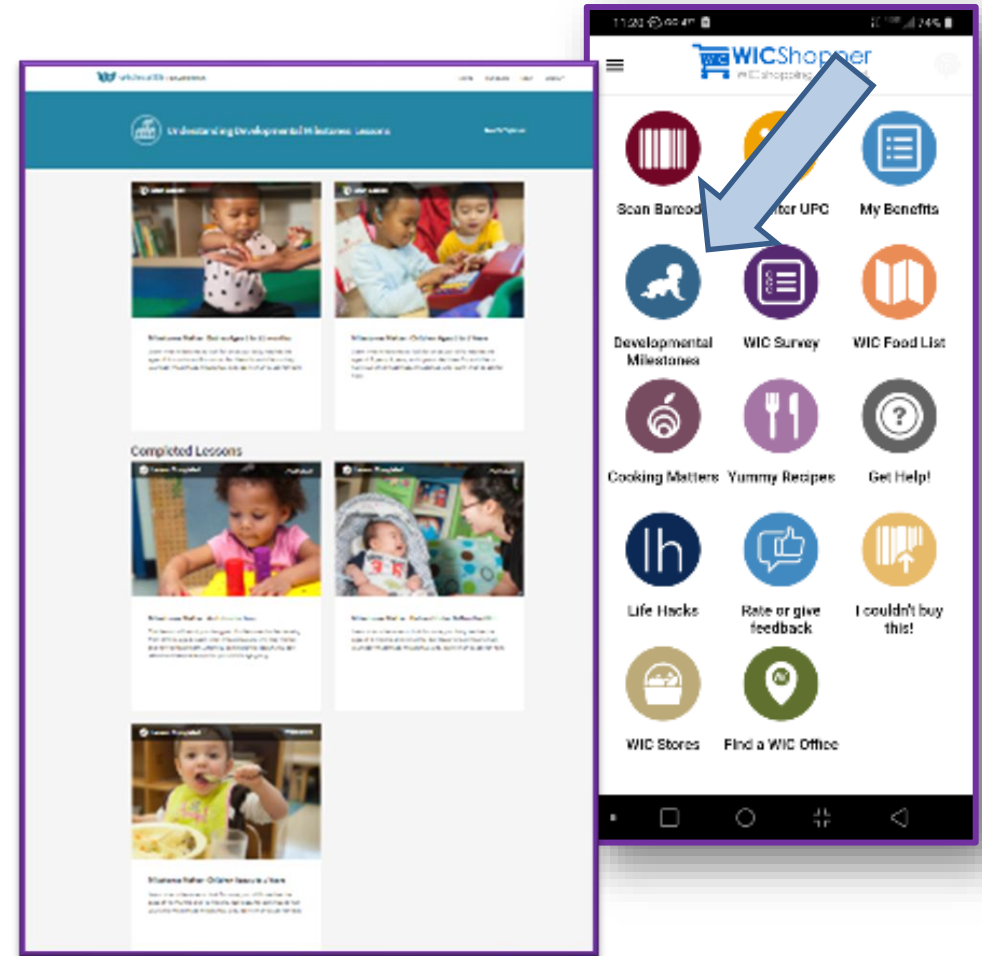
Amazing Children's Books

- Milestones highlighted throughout story
- Parent tips and information about when to act early on concerns
- Available in English and Spanish



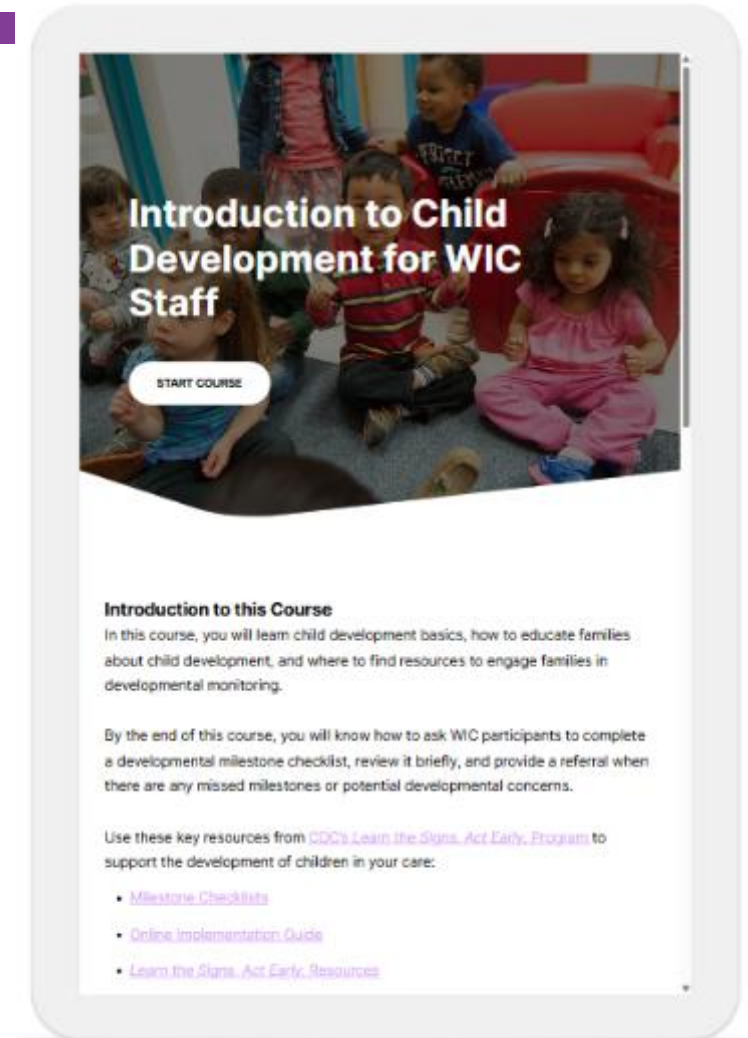
Modules and WIC Shopper App

- Milestones Matter Nutrition Education Modules for WIC participants
 - Available on WIChealth.org, WIC-ed.com, WICSmart, One by Nutrition Matters
- WICShopper App Child Development Content
 - Button or banner



Training for WIC Staff

- [Introduction to Child Development for WIC Staff Training Module](#)
- Available in English and Spanish





Updated and New Resources



Deskside and Implementation Guide

Use these additional [resources](#) to help you support child development with your WIC families:

- [Deskside reference guide](#)
- [WIC Implementation guide](#)



New Resources for WIC

- [Milestones in Motion: Guiding Families Through Feeding.](#)
- [Pregnancy & Development: Baby on the Way? Get Ready to Track Your Baby's Development](#)
- [Supporting Developmental Monitoring in WIC Clinics](#)
- [Cultural Sensitivity in Developmental Monitoring](#)

Milestones in Motion

GUIDING FAMILIES THROUGH FEEDING



Tracking nutrition-related developmental milestones in WIC is important to help families support their child's growth and identify any concerns early on. Discussing nutrition-related developmental milestones with families counts as the nutrition education contact.

The timing of these milestones is relevant for healthy, full-term infants. Premature infants or infants with health issues may develop differently and require advice from doctors.

AGE	NUTRITION-RELATED MILESTONE
by <u>2 months</u>	Remind families to feed only breast milk or formula at this age. They aren't ready for other foods, water or other drinks for about the first 6 months of life. 
by <u>4 months</u>	If hungry, opens mouth when they see breast or bottle. Holds head steady without support when you are holding them. Brings hand to mouth.
by <u>6 months</u>	Puts things in their mouth to explore them and closes lips to show they don't want more food.
<u>Advice for WIC Nutritionists:</u>¹ When babies show signs of being developmentally ready—usually around 6 months—it is okay for families to slowly introduce soft foods. Babies may reject soft foods at first, and it's common for them to <u>need 10 or more tries</u> before accepting a food, often spread out over weeks or months.	

Milestones in Motion: Guiding Families Through Feeding

- Support understanding the connection between nutrition and child development.
- The **primer** provides an overview of how development and nutrition are connected, highlighting key nutrition-related milestones and offering general tips to help families build feeding skills.
- Age-specific handouts:
 - [2 & 4 months](#)
 - [6 & 9 months](#)
 - [12, 15, & 18 months](#)
 - [2 & 2.5 years](#)
 - [3, 4, & 5 years](#)

Milestones in Motion

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Pregnancy & Development

- Baby on the Way? Get Ready to Track Your Baby's Development
- Supports expectant parents in preparing to track milestones from day one. Offers simple preparation tips plus information about CDC's free Milestone Tracker app to celebrate progress and support growth.

Baby on the Way? Get Ready to Track Your Baby's Development

With baby on the way, now is a great time to learn about developmental milestones! Children reach milestones in how they play, learn, speak, act, and move. Learning about what milestones to expect at each age will help you support your baby's health from the very start!

Why Track Your Baby's Development?

Smiling, sitting and taking first steps, are all developmental milestones! **Tracking your baby's milestones helps you:**

- ✓ Know milestones to expect at each age.
- ✓ Celebrate baby along the way!
- ✓ Ask questions or get help if you have concerns.

You know your baby best. If you have a concern about their development, don't wait! Act early by talking with your child's doctor about any concerns.

Give Baby the Best Start to Development

- ✓ Good nutrition and prenatal care give your baby the best start.
- ✓ Ask your WIC nutritionist for tips on eating well during pregnancy.

How to Prepare Now

- ✓ **Download CDC's FREE Milestone Tracker app**
- ✓ Review the milestone checklists in the app so you know what to expect at each age.



Learn more at [cdc.gov/ActEarly](https://www.cdc.gov/ActEarly).

ASPHN

This resource was supported by the American Academy of Pediatrics (AAP) and funded (in part) by a cooperative agreement with the Centers for Disease Control and Prevention. The findings and conclusions presented have not been formally disseminated by CDC and should not be construed to represent any agency determination or policy. Use of trade names that may be mentioned is for identification only and does not imply endorsement by the CDC.

Cultural Sensitivity

- Developmental Milestone Checklists with Cultural Sensitivity in Mind
- Provides practical tips for using inclusive language, honoring family traditions, and fostering respectful and welcoming conversations that empower families.

Developmental Milestone Checklists with Cultural Sensitivity in Mind

Why Cultural Sensitivity Matters

Offering milestone checklists to families is an important part of supporting child development. HOW checklists are offered to families when talking about developmental milestones can make a big difference in the way they respond to their child's progress and any missed milestones.

Families come from many cultural backgrounds, each with unique beliefs, expectations, and communication styles. A culturally sensitive approach helps families feel:

Respected Understood Empowered



1. Start with Respect

Begin every conversation by showing genuine respect and interest in the family's experience.

Try Saying: "Tell me about some things your child is learning to do."

In Practice:

- Use inclusive language like "your child" when gender is not known.
- Recognize that families may have different cultural traditions or expectations about child development.

2. Be Curious, Not Judgmental

Approach each conversation with openness and curiosity, not judgement.

Try Saying: "What would you like to see your child learn next?"

In Practice:

- Listen more than you speak.
- Don't assume what is "normal" based on your own cultural background.
- Be patient if families are quiet or hesitant to ask or answer questions directly.

3. Offer, Don't Push

Frame the checklist as a helpful resource, not a requirement.

Try Saying: "We have a short checklist that shows families what their child may be learning to do now. Would you like to take a look?"

In Practice:

- Use plain language and avoid phrases like "should be doing this by now."
- Emphasize that while all children grow and learn at their own pace, some children do best with extra support.

4. Use Their Preferred Language

Use plain language, visuals, and materials in the family's preferred language.

In Practice:

- Use translated checklists when available.
- If you have time, use visuals, toys, or modeling to describe milestones or consider showing [CDC's short milestones videos](#) to give families a clear picture of what to look for.
- Avoid jargon and keep language simple and clear.

Supporting DM in WIC Clinics

- Highlights real-world examples of how clinics are using developmental milestone checklists before, during, and after appointments. Shares referral pathways and ways to connect with Act Early Ambassadors.

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.

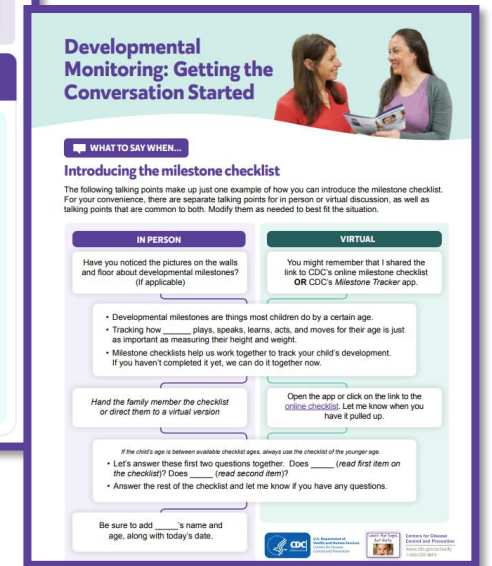
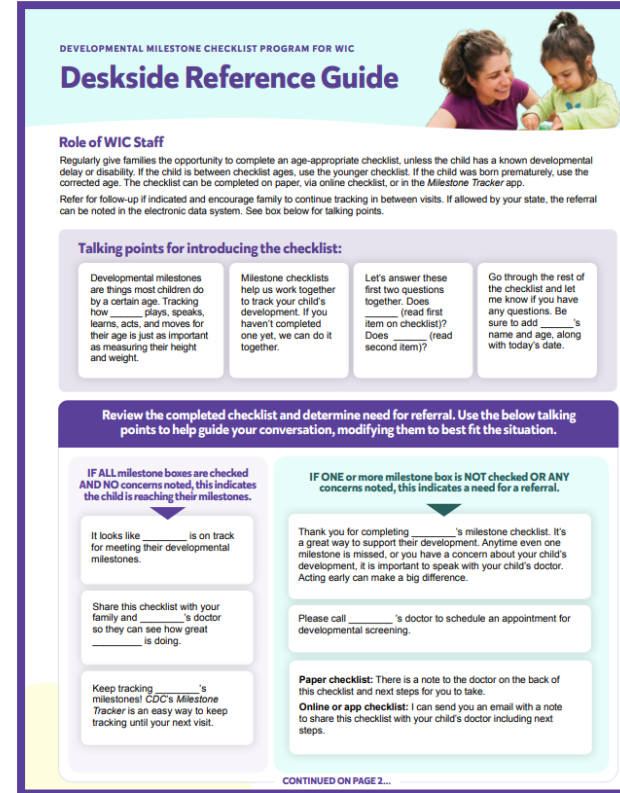
During the Appointment:

- 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.

WIC Videos and Guides





Additional Resources



Grow Up Healthy!

It is recommended that children have well-child visits at the indicated ages listed. These visits provide important services for tracking your child's growth and development, vaccination, and the opportunity to ask questions and share concerns about your child's physical, mental, and social health.

4-5 years

- Discuss the child's "big" questions about growing up
- Discuss the child's "big" questions about growing up
- Discuss the child's "big" questions about growing up

2-3 years

- Discuss the child's "big" questions about growing up
- Discuss the child's "big" questions about growing up
- Discuss the child's "big" questions about growing up

18-23 months

- Discuss the child's "big" questions about growing up
- Discuss the child's "big" questions about growing up
- Discuss the child's "big" questions about growing up

12-15 months

- Discuss the child's "big" questions about growing up
- Discuss the child's "big" questions about growing up
- Discuss the child's "big" questions about growing up

6 months

- Discuss the child's "big" questions about growing up
- Discuss the child's "big" questions about growing up
- Discuss the child's "big" questions about growing up

4 months

- Discuss the child's "big" questions about growing up
- Discuss the child's "big" questions about growing up
- Discuss the child's "big" questions about growing up

2 months

- Discuss the child's "big" questions about growing up
- Discuss the child's "big" questions about growing up
- Discuss the child's "big" questions about growing up

What vaccinations do I need?

How tall am I?

Watch Me!

Celebrating Milestones and Sharing Concerns
A FREE Online Training Course

Early care and education providers play a critical role in the health and well-being of children in their care and their families.

Watch Me! Celebrating Milestones and Sharing Concerns is a free, 1-hour online CEU course that helps early care and education providers better identify early warning developmental milestones, recognize signs of potential delays, and share observations with parents. The course offers tips and best practices to support professionals and help children reach their full potential.

www.cdc.gov/WatchMeTraining

Jayden is 10 months old!

If your child is between the checklist ages above, you will receive the checklist for the younger age.

MILESTONES MATTER: LET'S TALK ABOUT THEM!

Milestones at 4 Months

- ✓ Brings hands to mouth
- ✓ Holds head steady

Milestones at 9 Months

- ✓ Sits without support
- ✓ Bangs things together

Milestones at 15 Months

- ✓ Points to get help
- ✓ Uses fingers to feed themselves

Milestones at 2 Years

- ✓ Points to body parts
- ✓ Eats with a spoon

Milestones at 3 Years

- ✓ Uses a fork
- ✓ Asks "who", "what" questions

Milestones at 4 Years

- ✓ Says sentences with 4 words
- ✓ Serves themselves food

Get free milestone checklists for these ages and more at www.cdc.gov/Milestones or by calling 800-CDC-INFO (800-232-4636).

Learn the Signs. Act Early.

Your Child's Early Development is a Journey

These are just a few of many important milestones to look for. For complete checklists for your child's age visit www.cdc.gov/Milestones or download CDC's free **Milestone Tracker** app.

2 MONTHS

- Looks at your face
- Reaches to hold hands

6 MONTHS

- Reaches to grab a toy or object
- Reaches to grab a toy or object

12 MONTHS

- Reaches to grab a toy or object
- Reaches to grab a toy or object

18 MONTHS

- Reaches to grab a toy or object
- Reaches to grab a toy or object

2 YEARS

- Reaches to grab a toy or object
- Reaches to grab a toy or object

3 YEARS

- Reaches to grab a toy or object
- Reaches to grab a toy or object

4 YEARS

- Reaches to grab a toy or object
- Reaches to grab a toy or object

5 YEARS

- Reaches to grab a toy or object
- Reaches to grab a toy or object

Amazing Me

It's Busy Being Me!

Illustrated by Allison Valentine

WHERE IS BEAR?

A Terrific Tale for 2-Year-Olds

Written by Libby Martinez
Illustrated by Allison Valentine

Help your child grow and thrive

Your child's early years are so very important. Tracking how your little one plays, learns, speaks, acts, and moves helps you support their development.

Download CDC's free **Milestone Tracker** app to find fun and easy activities for each age.

Track & Share Milestones | Get Tips & Activities | Learn When to Act Early

Learn more at cdc.gov/MilestoneTracker

www.cdc.gov/actearly

NATIONAL CENTER ON BIRTH DEFECTS AND DEVELOPMENTAL DISABILITIES

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Milestones Matter

Track your child's developmental milestones and try brain building tips to add learning to everyday moments!

Track Your Child's Development

Track how your child plays, learns, speaks, acts, and moves with CDC's Milestone Tracker app—and share all progress and any concerns with their doctor during well-child visits. www.cdc.gov/MilestoneTracker

BY 2 MONTHS: Smiles at you

BY 6 MONTHS: Laughs with you

BY 12 MONTHS: Plays games with you, like "peek-a-boo"

BY 18 MONTHS: Points to show you something interesting

Brain Building Tip: Suggested Age: 0-2 years

We're surrounded by words that are ready for reading. Try reading signs aloud to your child and talk to them about what they mean. It doesn't matter if it's a book, magazine, or billboard—it all counts! Reading to your child, anywhere and everywhere, helps them develop a rich, diverse vocabulary. Find more tips at room.org.

Learn the Signs. Act Early. | Centers for Disease Control and Prevention | www.cdc.gov/actearly | 1-800-CDC-INFO

Do you have concerns about how your child plays, learns, speaks, acts or moves? Visit www.cdc.gov/concerned and talk with your child's doctor.

Baby's Busy Day

Being One is So Much Fun!

Milestone Moments

Milestones Matter!

Look inside for milestones to watch for in your child and tips for how you can help your child learn and grow from birth to age 5.

Download CDC's free Milestones Tracker app | www.cdc.gov/MilestonesTracker | www.cdc.gov/actearly

So Many Milestones to Celebrate!

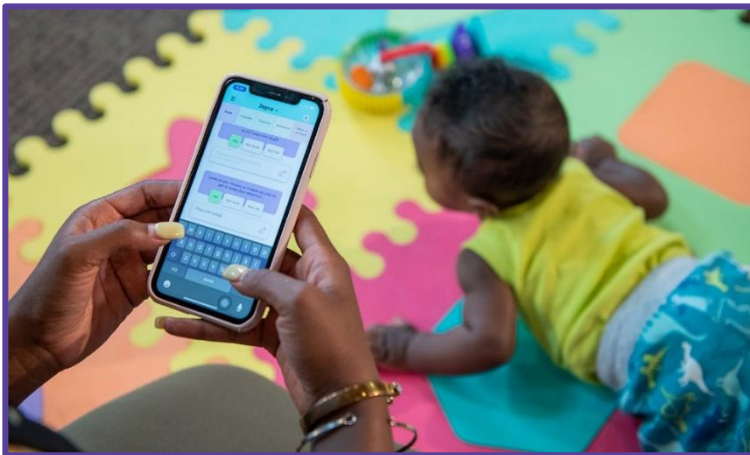
- Monitoring milestones helps every parent and caregiver support their child's development



- CDC's *Learn the Signs. Act Early. Milestones in Action* [Photo and Video Library](#) shows what each milestone looks like in real-life situations

Start Integrating LTSAE into WIC Today!

- **Order, download, or print free materials to share with families**
 - *Milestone Tracker* app flyers
 - *Milestone Moment* booklets/brochures
 - Children's books
- Visit cdc.gov/ActEarly to learn more about LTSAE and find WIC specific resources [here](#).



Act Early Ambassadors: A Resource for You

- 64 Ambassadors currently
- Champion CDC's *Learn the Signs. Act Early.* program at the state/local level
- Can help you identify referral sources and strategy and connect to related efforts
- Are passionate about child development and early identification
- Work to add developmental monitoring into programs across their state/territory (**like WIC**)
- Connect with your ambassador here: cdc.gov/ActEarly/Ambassadors
- Ambassador cohort is being recompeted this July! Interested or know someone who is? Email ActEarly@cdc.gov for more information. Applications are due August 1.



Frequently Asked Questions

- **When should I offer a checklist?**
 - Offer milestone checklists at certification and mid-certification appointments or at any time
- **Which checklist do I use?**
 - Use the checklist that matches the child's current age
 - If the child is between checklist ages, use the checklist of the younger age
 - For children born prematurely (before 37 weeks), use the corrected age until age 2 years
- **If the child already has a developmental delay or receives Early Intervention services, do I provide a checklist?**
 - A checklist is not needed
 - Document this in the child's record so future staff know the child is already receiving developmental support



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What Happens After the Checklist?

- **If the child is meeting milestones:**
 - Celebrate with the family.
 - Give the checklist to the family.
 - Encourage them to:
 - Share it with their healthcare provider.
 - Share it with childcare providers or teachers.
 - Continue tracking milestones between WIC visits using the CDC Milestone Tracker App.
- **If milestones are missed or concerns are identified:**
 - Encourage follow-up with the child's healthcare provider according to your clinic's referral process.
 - Remember:
 - The checklist is a conversation tool—not a diagnosis.



Having Supportive Conversations

- **Families may worry that:**
 - Their child will be labeled
 - They did something wrong
 - A referral means their child has a disability
- **Helpful responses**
 - "Children develop at their own pace, but it's important to check with your child's healthcare provider about their development."
 - "Seeking support as early as possible is meant to support you and your child."
 - "A referral doesn't mean there's a delay. It simply helps you get more information and support if it's needed."
- **Did you know?**
 - Families do not need a doctor's referral to contact their local Early Intervention program or public school for a free developmental evaluation.



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Quick Reminders

- Developmental monitoring complements the care families receive from their child's healthcare provider; it does NOT replace it.
- Healthcare providers determine whether additional evaluation or screening is needed.
- Meaningful conversations using milestone checklists **CAN count as a nutrition education** contact when developmental monitoring is integrated into nutrition education (for example, discussing how feeding skills and nutrition support child development).
- The milestone checklist is a monitoring tool, not a developmental screening or diagnostic assessment.





Thank you! Questions?

