CENTERS FOR DISEASE CONTROL AND PREVENTION’S

“Learn the Signs. Act Early.”

2016 Child Health, Education and Care Summit
November 8 – 10, 2016
Take Home Points

• Tracking milestones and early identification are important

• You have an important role in encouraging families to monitoring their child’s developmental milestones

• CDC offers *Learn the Signs. Act Early.* resources and tools
The Issue

- Developmental disabilities are common
- About 1 in 6 children ages 3-17 has a developmental disability\(^1\)
- In the United States, about 1 in 68 children has an autism spectrum disorder\(^2\)
- Median age of ASD diagnosis is 4 years

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2. Prevalence of Autism Spectrum Disorders. MMWR. March 27, 2014
The Issue (cont.)

- 12-16% U.S. children have a developmental or behavioral disorder

- Prompt identification can spur specific and appropriate therapeutic early interventions

- Fewer than 50% of pediatricians use valid and reliable screening tools

1. AAP Policy Statement, Pediatrics 2001
2. AAPA Policy Statement, Pediatrics 2006

Sand, et al. Pediatricians’ reported practices regarding pediatric screening. Do guidelines work?
Developmental Surveillance

Done by parents, teachers, health professionals

Ongoing process—begins at birth

Sample tool: “Learn the Signs. Act Early.” Milestone Checklists

Developmental Screening

Formal process

Recommended by the American Academy of Pediatrics at 9, 18, and 24 or 30 months

Done by health professionals and may be done by teachers with special training

Uses a validated screening tool

Sample tool: Ages and Stages Questionnaire

Learn the Signs. Act Early.

www.cdc.gov/ActEarly
Developmental Milestones

- Milestones are things most children can do by a certain age.
- How a child plays, learns, speaks, acts, and moves.
- You see these every day.
- They offer important clues about each child’s developmental health.
- Parents may need guidance in recognizing.

All children develop at their own pace. Some will reach milestones slightly late or early.
Tracking Milestones Helps Parents...

- Understand that watching for milestones is important
- Better understand child development
- Pinpoint any potential developmental concerns
Tracking Milestones Is Important

Tracking a child’s milestones helps parents catch early signs of possible developmental delays so the child has the best chance to get the help he or she might need.
LTSAE Materials

- Developed by CDC, in conjunction with the AAP
- Objective, research-based
- Empower parents to become better partners in tracking development
LTSAE Materials

- Completely free
- Can be ordered online and mailed to your office
- Some resources are printable online
- Customizable
LTSAE Materials – Ingles y Espanol

Additional languages*:

- Arabic
- Korean
- Portuguese
- Somali

* Some materials
LTSAE Materials

Designed for use by:

- Parents
  - Books, growth chart
- Professionals
  - How to discuss milestones
  - Tip sheets
- Parents and Professionals Together
  - Tracking tools
Campaign Posters

Appropriate for:

- Waiting room
- Office wall

“It’s time to change how we view a child’s growth.”

Learn the Signs. Act Early.
www.cdc.gov/ActEarly
Select milestones at a glance for ages 6 months to 5 years

Learn the Signs. Act Early.

www.cdc.gov/ActEarly
Milestone Moments Booklet

Milestone Moments

Learn the Signs. Act Early.

Your Child at 18 Months

What children do at this age

Social/Emotional
- Likes to hand things to others as play
- May have temper tantrums
- May be afraid of strangers
- Shows affection to familiar people
- Plays simple pretend, such as feeding a doll
- May cling to caregivers in new situations
- Points to show others something interesting
- Explores alone but with parent close by

Language/Communication
- Says several simple words
- Says and shakes head “no”
- Points to show someone what he wants

How you can help your child’s development
- Provide a safe, loving environment. It’s important to be consistent and predictable.
- Praise good behaviors more than you punish bad behaviors (use only very brief time outs).
- Describe her emotions. For example, say, “You are happy when we read this book.”
- Encourage pretend play.
- Encourage empathy. For example, when he sees a child who is sad, encourage him to hug or pat the other child.
- Read books and talk about the pictures using simple words.
- Copy your child’s words.
- Use words that describe feelings and emotions.
- Use simple, clear phrases.
- Ask simple questions.

Learn the Signs. Act Early.

www.cdc.gov/ActEarly
Milestone Moments Booklet…

Covers four developmental domains

- Social / Emotional
- Language / Communication
- Cognitive (learning, thinking, problem-solving)
- Movement / Physical Development
Using the Milestone Moments Booklet…

Everyday use:

• Helps parents prepare for well-child visits

• Provides parents with tips to help their child’s development

• Review milestones with providers regularly

• Discuss red flags if necessary

• As a reference

Learn the Signs. Act Early.

www.cdc.gov/ActEarly
Milestone Checklists

- Free and printable online http://www.cdc.gov/ncbddd/actearly/downloads.html#checklists
- Parent tips on back
Using Milestone Checklists…

Throughout the year, pay attention to how the child is meeting milestones and mark the checklist accordingly.

**Your Child at 2 Years**

<table>
<thead>
<tr>
<th>Child's Name</th>
<th>Child's Age</th>
<th>Today's Date</th>
</tr>
</thead>
</table>

How your child plays, learns, speaks, and acts offers important clues about your child's development. Developmental milestones are things most children can do by a certain age.

Check the milestones your child has reached by his or her 2nd birthday. Take this with you and talk with your child’s doctor at every visit about the milestones your child has reached and what to expect next.

**What Most Children Do at this Age:**

**Social/Emotional**

- Copies others, especially adults and older children
- Gets excited when with other children
- Shows more and more independence
- Shows defiant behavior (doing what he has been told not to)
- Plays mainly beside other children, but is beginning to include other children, such as in chase games

- Climbs onto and down from furniture without help
- Walks up and down stairs holding on
- Throws ball overhand
- Makes or copies straight lines and circles
Story Time - Amazing Me / Soy Maravilloso

- Celebrates typical development
- Age-appropriate activities
- Currently developing books for 2 year olds

Learn the Signs. Act Early.

www.cdc.gov/ActEarly
Growth Charts

- Select milestones at a glance for ages 1 month to 5 years
- English and Spanish on reverse
You Can Customize Materials

Milestone Moments
Learn the Signs. Act Early.

Track Your Child’s Developmental Milestones

For more information about what to do if you have a concern, contact your child’s doctor or one of these agencies:

- Parents as Teachers
  A resource for parents of children from birth to 6 years of age. Call Parents as Teachers for information on parenting and child development.
  214-432-6330
  www.parentsasteachers.org

- Early Start
  A resource for parents of children from birth to 3 years of age. Call First Steps if you have a concern about a developmental delay or disability.
  314-462-6203
  http://desse.mo.gov/early/start/firststeps

Your child’s early development is a journey. Use this map of milestones to know what to look for along the way.

Learn the Signs. Act Early.

www.cdc.gov/ActEarly
Parents and Caregivers

• Click on an age to see photo and video examples of important developmental milestones.

• Use as an aid in completing the milestones checklist for their child’s age.
Milestones in Action

Professionals

• Use photos and images for educational or awareness-building purposes.
• Embed and share photos and videos on website and within presentations
• Share photos and videos to support training information
• Use to support observations and conversations with parents on age-appropriate milestones
• Share photos and videos on social media to build community awareness of developmental milestones
Free Continuing Education

• Free online courses eligible for CME, CNE and CEU credits
• MOC (Part 2) Approved
  – Identifying
  – Diagnosing
  – Managing

In-Class Curriculum
Teaching Guide
Video Library

Learn the Signs. Act Early.
www.cdc.gov/ActEarly
Autism Case Training

- Early Warning Signs
- Screening
- Communicating Concerns
- Making an ASD Diagnosis
- Early Intervention and Education
- Treatments for ASD
- ASD-Specific Anticipatory Guidance

Learn the Signs. Act Early.

www.cdc.gov/ActEarly
Watch Me!
Celebrating Milestones and Sharing Concerns

A FREE, 1-hour online continuing education course for early care and education providers

Offers tools and best practices for monitoring development and talking with parents

Available for FREE credit at www.cdc.gov/WatchMeTraining
Watch Me! Celebrating Milestones and Sharing Concerns

- Why monitoring children’s development is important
- Why you have a unique and important role in developmental monitoring
- How to easily monitor each child’s developmental milestones
- How to talk with parents about their child’s development
- Professional Growth/Continuing Education certificate
“Go Out & Play! Kit” for Early Educators

Downloadable resource: Information about monitoring development during outdoor play

- Fun and interactive sample activities designed for children ages 3 through 5 years
- Activities to share with parents for at-home play.

Learn the Signs. Act Early.

www.cdc.gov/ActEarly
You Can Help!

YOU can help the children develop optimally and get connected to intervention services and supports if needed by encouraging families to:

- Learn developmental milestones
- Monitor development
- Act early on concerns
Talking to Parents

Educate

• Age-appropriate milestones

• What their child has achieved – give examples

• What milestones to expect next

• How to track milestones at home – remember to give a checklist
Talking to Parents

Encourage

• Beginning or continuing to track milestones
• Using development tips found in Milestone Moments Booklet
• Parent-pediatrician communication about milestones and developmental screening (when age appropriate)
• Letting you know if any concerns arise
Families of children at risk or with developmental disabilities

Early Start Family Resource Centers

- Provide information, referral and support
- Staffed by parent of children with disabilities
- frcnca.org

Regional Centers
Provide
Coming Soon.....

App

Where is Bear
Like Us On Facebook

Learn the Signs. Act Early. California

Learn the Signs. Act Early.
Act Today!

- View, print, or order FREE “Learn the Signs. Act Early.” resources at www.cdc.gov/ActEarly.
- If you’d like to customize these materials for your practice and print them locally, contact ActEarly@cdc.gov.
- Access free continuing education courses on autism spectrum disorder at www.cdc.gov/AutismCaseTraining.

Thank you!
LTSAE Website

http://www.cdc.gov/actearly
Learn the Signs. Act Early. Ambassadors

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