

Learn More About Your Child's Development:

Developmental Monitoring and Screening



Developmental milestones (how a child plays, learns, speaks, acts, or moves) are things most children can do by a certain age. All young children need both developmental monitoring and developmental screening to help you and your child's doctor, teachers, and other providers know if your child's development is on track.

Developmental Monitoring

- WHO:** You — parents, grandparents, other caregivers
- WHAT:** Look for developmental milestones
- WHEN:** From birth to 5 years
- WHY:** To help you:
- celebrate your child's development
 - talk about your child's progress with doctors and child care providers
 - learn what to expect next
 - identify any concerns early
- HOW:** With easy, free checklists – get yours at www.cdc.gov/Milestones

Developmental Screening

- WHO:** Healthcare provider, early childhood teacher, or other trained provider
- WHAT:** Look for developmental milestones
- WHEN:** **Developmental Screening** at 9, 18, and 30 months of age
Autism Screening at 18 and 24 months of age
- WHY:** To find out:
- if your child needs more help with development, because it is not always obvious to doctors, child care providers, or parents
 - if more developmental evaluations are recommended
- HOW:** With a formal, validated screening tool – learn more at www.hhs.gov/WatchMeThrive

➤ All young children need both developmental monitoring and developmental screening.

➤ The best person to track your child's development is you!

Share your child's **milestone checklist** and any related information from your child's teachers or other providers with the doctor at every well-child visit. Complete a milestone checklist by using CDC's free **Milestone Tracker app** from the App Store or Google Play, or by printing a paper checklist from www.cdc.gov/Milestones.

➤ What if your child is not reaching milestones as expected?

You know your child best. If you are concerned about your child's development, talk with your child's doctor about your concerns and ask about developmental screening. For more information, go to www.cdc.gov/Concerned. Don't wait! Acting early can make a real difference.

Your child's development is a journey. Monitoring and screening show you the way.



actearlymaine.org

207-480-1478 or 833-713-2618



Maine Developmental Disabilities Council

Learn the Signs. Act Early.