Concerned about Development?

How to Help Your Child

If you're concerned about your child's development, don't wait. Acting early can make a real difference!

Talk with your child's doctor.

You know your child best. If your child is not meeting the milestones for his or her age, or if you, your child's teacher, or another care provider is concerned about how your child plays, learns, speaks, acts, or moves, talk with your child's doctor and share your concerns. Don't wait.

▪ Use a milestone checklist

Visit **www.cdc.gov/Milestones** to find the milestone checklist for your child's age. Use it to track your child's development. When it's time to talk with the doctor, write down the questions you have and show the doctor the milestones your child has reached and the ones that concern you.

▪ Ask the doctor about developmental screening

Developmental screening happens when the doctor asks you to complete a formal checklist or questionnaire about how your child plays, learns, speaks, acts, or moves. It gives the doctor more information to figure out how best to help your child. Developmental screening is recommended for all children at certain ages or whenever there is a concern. Ask the doctor about your child's developmental screening.

To see Milestones in Action, visit **www.cdc.govMilestones**.

If you or the doctor is still concerned about your child's development, here's how you can help your child:

Ask the doctor to connect you with your state's early childhood system for a free evaluation to find out if your child can get free or low-cost services that can help.

If your doctor isn't able to connect you, you can reach out yourself. Go to **www.cdc.gov/FindEI** or call **1-800-CDC-INFO (1-800-232-4636)**. Ask for the phone number for the early intervention provider in your area.

If your child is 3 years or older, call any local, public elementary school and ask to speak with someone who can help you have your child evaluated—even if your child does not go to that school.

AND

Ask the doctor if you need to take your child to a specialist who can take a closer look at your child's development. If you do, ask the doctor for a referral and contact the specialist right away. If your appointment with the specialist is many weeks away, remember you can call back every week to see if an earlier appointment has opened up. Getting early help for your child often means being persistent.

Find more information, including what to say when you make these important calls, what to do while you wait to have your child seen, and how to get support for your family, at **www.cdc.gov/Concerned**.

child development services
Toll-Free: 877-770-8883

Maine Developmental Disabilities Council
www.MaineDDC.org
Toll-Free 800-244-3990

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

Learn the Signs. Act Early.

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

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