



Helping Families Track their Child's Developmental Milestones and Supporting Families that Have Concerns



Why Monitor Developmental Milestones?

- Enables parents to support their child's growth and "act early" if there is a concern.
- In a recent survey, parents frequently searched for information about developmental milestones.

**DEVELOPMENTAL
MILESTONES**

70%

When 1,002 parents were asked about child-rearing topics they seek information about, 70% reported seeking information about developmental milestones, which was the highest score among topics.



Objectives for today

- Explore research based, family friendly resources from the CDC's "Learn the Signs. Act Early." initiative that promotes family engaged developmental monitoring.
- Utilize the CDC's Milestone tracker app so that you can promote it to families with children ages 2 month- 5 years to understand developmentally appropriate expectations of their little one.
- Develop a plan to incorporate the "Learn the Signs. Act Early." materials into your library.
- Understand the referral process for families seeking a screening or evaluation

Monitoring Development is Important

Developmental disabilities are common and often not identified before school age

- **1 in 6 children** (3–17 years of age) has a developmental disability¹

1. Zaslofsky, B, et al, *Pediatrics* 2019



Why Monitor A Child's Development?

- **About 1 in 36 children** is estimated to have autism spectrum disorder (ASD)¹



1. Maenner, MJ, et al. CDC, MMWR Surveillance Summary 03/2023

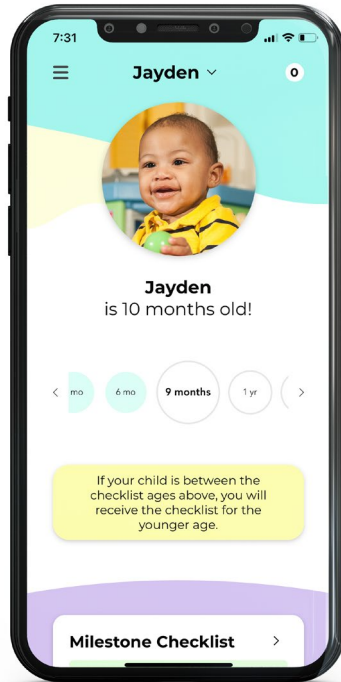


CDC'S FREE TOOLS CAN HELP YOU



CDC's Milestone Materials

Free Tools for Monitoring Children's Development



Your child at 15 months

Child's Name _____ Child's Age _____ Today's Date _____

Milestones matter! How your child plays, learns, speaks, acts, and moves offers important clues about his or her development. Check the milestones your child has reached by 15 months. Take this with you and talk with your child's doctor at every well-child visit about the milestones your child has reached and what to expect next.

What most children do by this age:

Social/Emotional Milestones

- ☐ Copies other children while playing, like taking toys out of a container when another child does
- ☐ Shows you an object she likes
- ☐ Claps when excited
- ☐ Hugs stuffed doll or other toy
- ☐ Shows you affection (hugs, cuddles, or kisses you)

Cognitive Milestones (learning, thinking, problem-solving)

- ☐ Tries to use things the right way, like a phone, cup, or book
- ☐ Stacks at least two small objects, like blocks

Language/Communication Milestones

- ☐ Tries to say one or two words besides "mama" or "dada," like "ba" for ball or "da" for dog
- ☐ Looks at a familiar object when you name it
- ☐ Follows directions given with both a gesture and words. For example, he gives you a toy when you hold out your hand and say, "Give me the toy."
- ☐ Points to ask for something or to get help

Movement/Physical Development Milestones

- ☐ Takes a few steps on his own
- ☐ Uses fingers to feed herself some food

Other important things to share with the doctor...




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

You know your child best. Don't wait. If your child 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 child'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 child more, and
2. Call your state or territory's early intervention program to find out if your child can get services to help. Learn more and find the number at cdc.gov/FindEI.

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

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



www.cdc.gov/ActEarly/Materials

Milestone Checklists

Your baby at 9 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 9 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

- ☐ Is shy, clingy, or fearful around strangers
- ☐ Shows several facial expressions, like happy, sad, angry, and surprised
- ☐ Looks when you call her name
- ☐ Reacts when you leave (looks, reaches for you, or cries)
- ☐ Smiles or laughs when you play peek-a-boo

Language/Communication Milestones

- ☐ Makes different sounds like "mama" and "baba"
- ☐ Lifts arms up to be picked up

Cognitive Milestones (learning, thinking, problem-solving)

- ☐ Looks for objects when dropped out of sight (like his spoon or toy)
- ☐ Bangs two things together

Movement/Physical Development Milestones

- ☐ Gets to a sitting position by herself
- ☐ Moves things from one hand to her other hand
- ☐ Uses fingers to "rake" food towards himself
- ☐ Sits without support

★ It's time for developmental screening!
At 9 months, your baby is due for general developmental screening, as recommended by the American Academy of Pediatrics. Ask the doctor about your baby's developmental screening.

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?
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Download CDC's Free Milestone Tracker app

American Academy of Pediatrics

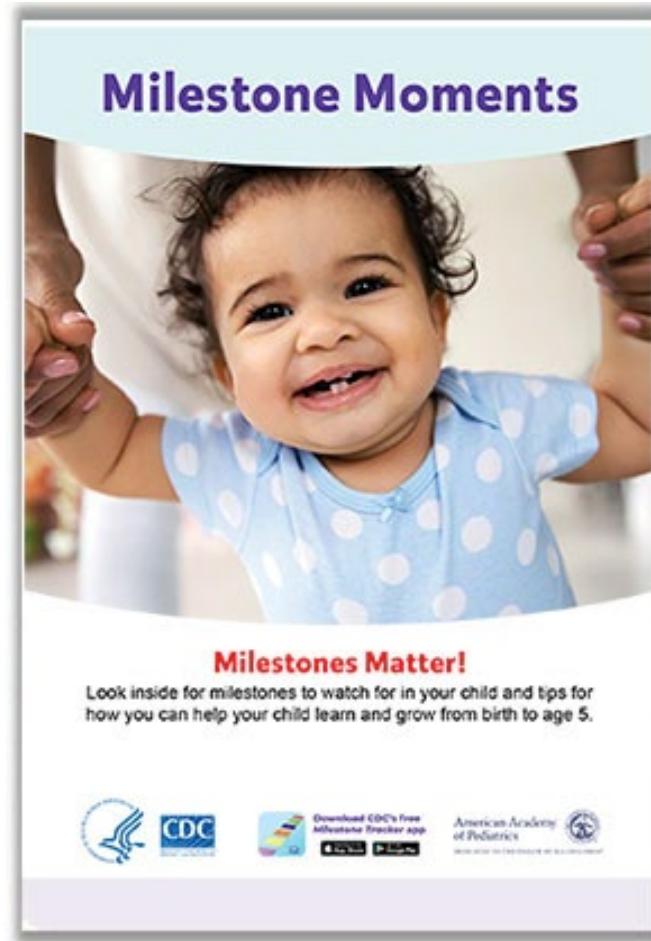
- Checklists by age starting at 2 months and going through 5 years
- Lists milestones across 4 areas of development
- Identify causes for celebration or concern
- cdc.gov/milestones

Learn the Signs. Act Early.

www.cdc.gov/ActEarly



Milestone Moments Booklet



Learn the Signs. Act Early.



Milestone Moments Booklet

Includes

- Full checklists 2 months through 5 years
- Activities for helping your child learn and grow
- Space to write down questions for the doctor

How to use it

- A resource to keep and use throughout your child's early years
- Try the activities during playtime
- Take it to every well-child checkup
- Developmental Tracker on pages 53-54



Learn the Signs. Act Early.

Milestone Tracker App

Help your child grow and thrive

**Download CDC's free Milestone Tracker app
for fun and easy activities for birth-5 years.**



Download on the
App Store

GET IT ON
Google Play

www.cdc.gov/MilestoneTracker

 Track & Share
Milestones

 Get Tips &
Activities

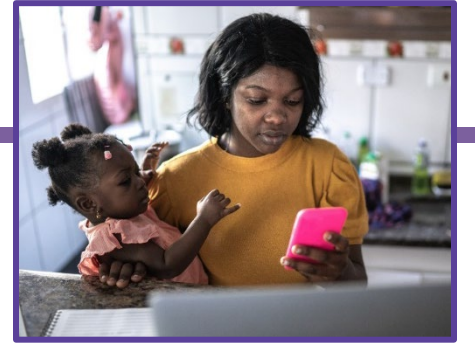
 Learn When
to Act Early

"Act Early" by calling **(877) 616-7388** with any concerns.

Learn the Signs. Act Early.

www.cdc.gov/ActEarly

Milestone Tracker

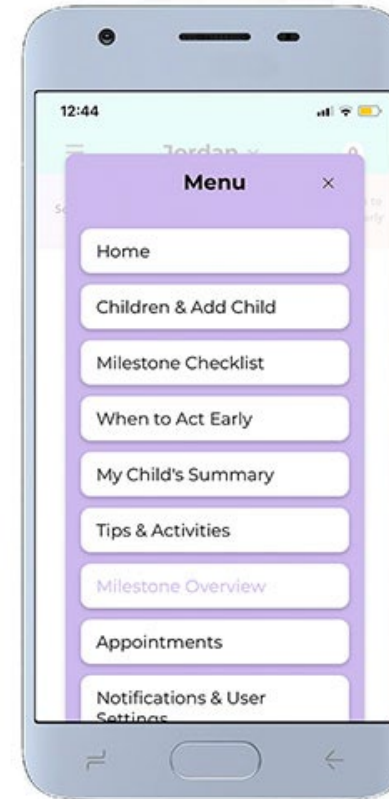


- **Add a Child(ren)-** and photos of child
- **Milestone Tracker** – track developmental progress using an interactive checklist
- **Additional Milestone Photos and Videos** coming soon
- **Tips and Activities** – support your child's development at every age
- **Spanish version now available**

Learn the Signs. Act Early.

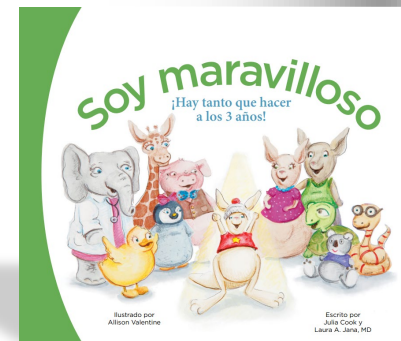
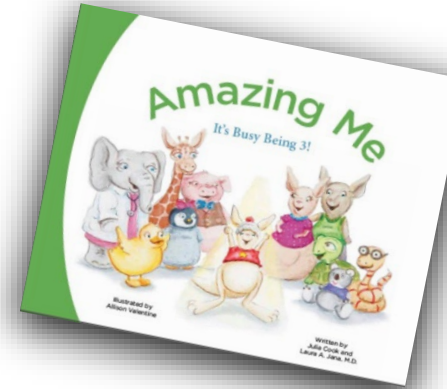
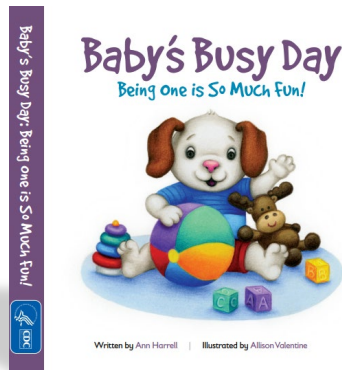
Milestone Tracker

- Checklists adjust for prematurity
- Helps to know when to “Act Early”
- Tracks appointments
- Summary of Milestones to view and share with child’s doctor.



Amazing Children's Books

- Milestones highlighted throughout story
- Parent tips and information about when to act early on concerns
- Available in English and Spanish
- Order free books:
<https://www.cdc.gov/ActEarly/Orders>





WHAT TO DO IF YOU HAVE CONCERNS



How to Get Help For Your Child

If your child is not meeting a milestone for their age or you have ANY concerns:

- Don't wait; acting early can make a real difference
- Make an appointment with your child's healthcare provider
- Complete a milestone checklist
 - Write down your questions and concerns; take them with you to the doctor's appointment
- Ask your child's doctor about developmental screening



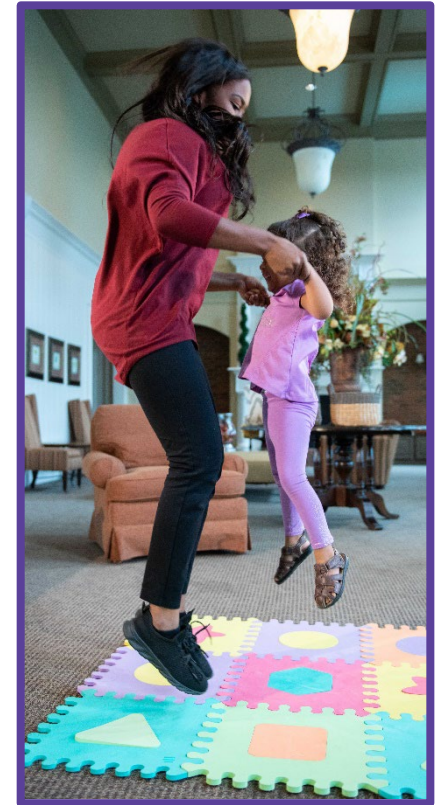
**If you or the doctor thinks there might be a delay, ask the doctor for a referral to a specialist who can do more evaluation.*

Learn the Signs.
Act Early.



Early Intervention is Best

- The earlier a child is identified as having a developmental disability or delay, the sooner interventions and family supports can start
 - While earlier is better, it is **never** too late to start services and get support
- Early intervention can improve your child's skills, abilities, future school performance, and long-term self-care
- Early identification and intervention help families understand their child's strengths as well as areas in which they may need support
- Getting services for developmental delays early can help prevent challenging behaviors later



Learn the Signs.
Act Early.



Kentucky Early Intervention Services

KEIS serves children from **birth to age three and their families.**

Child eligibility for the program is determined in three ways:

1. **Developmental delay** - A child may be eligible for services if an evaluation shows the child is not developing typically in at least one of the measured skill areas: communication, cognition, physical, social and emotional, or self-help.

2. **Established risk concern** - A child may be eligible if diagnosed with a physical or mental condition likely to result in developmental delay such as Down Syndrome.

3. **Informed clinical opinion** - A child may be eligible for services if an approved multidisciplinary evaluation team of professionals determines the child needs services based on the team's clinical expertise.

Learn the Signs. Act Early.

Making a Referral to KEIS

- Anyone can make referrals to KEIS, **but all actions require written parental consent.**
- When a child is suspected of having a developmental delay and/or an established risk condition and is referred to KEIS, they undergo screening and evaluation to determine eligibility for early intervention services.
- If the child is deemed eligible, a family assessment is conducted to identify the family's concerns and priorities, followed by developing an Individualized Family Service Plan (IFSP).
- This entire process must be completed within 45 days of the referral date.



Contact Information for KEIS

Cabinet for Health and Family Services Department for Public Health KEIS Program

275 E. Main St., HS2-EE

Frankfort, KY 40621

(502) 564-3756 or (877) 417-8377

To make a referral contact your [point of entry office](#).

KEIS is available in **all** Kentucky counties.

Families Have the Rights To

- Evaluation, assessment, service coordination (at no charge), and IFSP development. An IFSP, if child is approved for services, must be developed within 45 days of referral.
- Privacy & Confidentiality - Under HIPPA Health Insurance Portability and Accountability Act and FERPA Family Educational Rights and Privacy Act they have a right to privacy, confidentiality and confidential record keeping.
- Written informed consent and right to refuse services.
- Prior notice of changes to services and discontinuation of services.
- Access to records (digital records via TOTS and paper copies via a records request form).
- Communication in their native language.
- Dispute resolution (3 ways to file a dispute and request resolution: written complaint to State Lead Agency, request for mediation, requests for impartial administrative hearing).
- Due process
- Surrogate parent representation



Making a Referral for Preschool

- If **age 3 or older**, contact your local school system's special education department to request an evaluation.

Dolly Parton's Imagination Library



- Free books mailed to your child every month.
- From birth to age 5
- Register online or fill out a paper form

Resources for Families in KY

Kentucky Special Parent Involvement Network

- Links families and individuals with disabilities to valuable resources that will enable them to live productive, fulfilling lives.
- <https://www.kyspin.com/>

Resources for Families in KY

The Kentucky Autism Training Center (KATC)

- Dedicated to providing families with access to the information, services, and support they need.
- Navigating autism resources can feel overwhelming.
- <https://louisville.edu/education/kyautismtraining/>
- [Step-by-Step Guide: 13 Things To Do for a Child with a New Autism Diagnosis](#)



Vroom.org: Building Babies Brains

- FREE science-based tips and tools to inspire families to turn shared, everyday moments into Brain Building Moments
- Families receive weekly texts with activities
- Available in 17 different languages
- Content Areas: Cooking, Feelings, Outside, Science, and more
- Activities for Birth- 5 years

Be a Brain Builder!

- Positive connections with caregiver help a child's brain grow strong and flexible.
- Back-and-forth moments with you build your child's brain in ways that help their learning, health, and behavior both now and in the future.
- Building life skills like focus, self control, problem-solving, and taking on challenges in their early years helps your child today and later in life.

Next Steps

- Which resources do you plan to use?
- How will you share information with families?
- How are you currently using any of these resources?
- Please post in the chat or raise your hand



QUESTIONS?

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