CENTERS FOR DISEASE CONTROL AND PREVENTION’S

“Learn the Signs. Act Early.”

North CAPTAIN Summit Boot Camp
January 2019
Developmental disabilities are common

- About 1 in 6 children ages 3-17 has a developmental disability\(^1\)
- In the United States, about 1 in 59 children has an autism spectrum disorder\(^2\)
- Median age of ASD diagnosis is 4 years
- Fewer than 50% of pediatricians use valid and reliable screening tools

2. CDC increases estimate of autism’s prevalence by 15 percent, to 1 in 59 children, Autism Speaks, 4-28-18
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.
- 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
- Encourage parents and caregivers to celebrate their children’s milestones
- Pinpoint any potential developmental concerns
LTSAE Materials

- Developed by CDC, in conjunction with the AAP
- Objective, research-based
- FREE!!!
- Can be ordered online and mailed to your office
- Some resources are printable online
- Customizable

Learn the Signs. Act Early.

www.cdc.gov/ActEarly
LTSAE Materials – Ingles y Espanol

Additional languages*:

- Arabic
- Korean
- Portuguese
- Somali
- Simplified Chinese
- Vietnamese
- Haitian Creole
- Brazilian Portuguese
LTSÆE Materials

Designed for use by:

- Parents
- Professionals
- Parents & Professionals Together
LTSAE Materials…

Cover four developmental domains

- Social / Emotional
- Language / Communication
- Cognitive (learning, thinking, problem-solving)
- Movement / Physical Development
Learn the Signs. Act Early. Materials

Amazing Me
A free children’s book
cdc.gov/AmazingMe

Watch Me!
A free training for early educators
cdc.gov/WatchMeTraining

Milestones in Action
Free photos and videos of developmental milestones
cdc.gov/MilestonesInAction

WHERE IS BEAR?
A Terrific Tale for 2-Year-Olds

Track Your Child’s Developmental Milestones

Learn the Signs. Act Early.

www.cdc.gov/ActEarly
Milestone Moments Booklet

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 single 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.
Select milestones at a glance for ages 6 months to 5 years

Learn the Signs. Act Early.

www.cdc.gov/ActEarly
Milestone Checklists

- Adapted from AAP’s Bright Futures and Caring for Your Baby and Young Child
- Use plain language and everyday examples
- For ages 2, 4, 6, 9, 12, and 18 months and 2, 3, 4, and 5 years
- Include milestones most children reach by each age
- Parent-engaged developmental monitoring tool, not a substitute for a validated developmental screening tool
Amazing Me / Soy Maravilloso

- Celebrates typical development
- Age-appropriate activities
- Audio version available online
Where is Bear? / Donde Esta Osisto?

- Designed for 2 year olds and their families
- Interactive
- Milestone prompts for parents
Learn the Signs. Act Early.

www.cdc.gov/ActEarly
Try CDC’s FREE Milestone Tracker app today...

Because milestones matter!

- Illustrated milestone checklists for 2 months through 5 years
- Summary of your child’s milestones to share
- Activities to help your child’s development
- Tips for what to do if you become concerned
- Reminders for appointments and developmental screening

Learn more at cdc.gov/MilestoneTracker
Milestone Tracker App

- Interactive milestone checklists illustrate each milestone and make tracking them easy and fun!
- User-friendly and easy to navigate.
- Free (and no ads!)
- Available for iPhone and Android in English & Spanish!
Milestone Tracker

*Milestone Tracker* can be used to:

– Support ongoing developmental surveillance as recommended by the American Academy of Pediatrics

– Help families communicate more effectively about their child’s development

– Share a child’s progress with providers (can send email to pediatrician)
Free Continuing Education

- Free online courses eligible for CME, CNE and CEU credits
  - 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
Milestones in Action

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 or on social media.
• Share photos and videos to support training information.
• Use to support observations and conversations with parents on age-appropriate milestones.
Watch Me!
Celebrating Milestones and Sharing Concerns

A FREE, Four module, 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
Learn the Signs. Act Early. Ambassadors

**Monica Adrian**, Merced County Office of Education, Early Education Department: Caring Kids & Early Connections
madrian@mcoe.org
(209) 381-6790 ext. 6146
cell: (209) 261-4194

**Fran D. Goldfarb**, MA, MCHES, CPSP| Director, Family Support  USC UCEDD CHLA Children's Hospital Los Angeles
fgoldfarb@chla.usc.edu
Ph: 323 361-3831| Fax 323 361-8305
Adjunct Assistant Professor of Clinical Pediatrics
Keck School of Medicine
University of Southern California

**Debbie Sarmento**, Manager;  Family Resource Centers Network of California
debrasarmento@comcast.net
916-993-7781