

Learn the Signs. Act Early.



CDC's effort to improve early identification of autism spectrum disorder and other developmental disabilities by empowering parents and other care providers to

‘Learn the Signs’ of typical development and
‘Act Early’ on developmental concerns
so children and their families can get the services and
support they need as early as possible.



How We Work to Realize Our Mission



- Develop and disseminate high-quality, research-based, parent-friendly materials to engage parents and other care providers in ongoing developmental monitoring through age 5 years
- Provide clear, concrete guidance about what to do when there is a developmental concern

Learn the Signs. Act Early. Materials

Your Baby at 9 Months

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

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 the end of 9 months. 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 Babies Do at this Age:

Social/Emotional

- May be afraid of strangers
- May be clingy with favorite adults
- Has favorite toys

Language/Communication

- Understands "no"
- Makes a lot of different sounds like "mama/mama" and "babababab"
- Copies sounds and gestures of others
- Uses fingers to point at things

Cognitive (learning, thinking, problem-solving)

- Matches the path of something as it falls
- Looks for things he sees you do
- Plays peek-a-boo
- Follows things he sees you do
- Moves things smoothly from one hand to the other
- Picks up things like cereal or buttons from one hand to the other

Movement/Physical Development

- Stands, holding on
- Can get into sitting position
- Sits without support
- Pushes or pulls
- Drinks

Act Early by Talking to Your Child's Doctor if Your Child:

- Doesn't have weight or size with support
- Doesn't sit with help
- Doesn't babble ("mama", "dada")
- Doesn't play any games involving back and forth play
- Doesn't respond to own name
- Doesn't seem to recognize familiar people
- Doesn't look where you point
- Doesn't transfer toys from one hand to the other

Tell your child's doctor or nurse if you notice any of these signs of possible developmental delay for this age, and talk with someone in your community area to familiarize with services for young children in your area, such as your state's public early intervention program. For more information, go to www.cdc.gov/actearly or call 1-800-CDC-INFO.

The American Academy of Pediatrics recommends that children be screened for general development at the 9-month visit. Ask your child's doctor about your child's developmental screening.

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www.cdc.gov/actearly | 1-800-CDC-INFO

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Amazing Me

A free children's book

cdc.gov/AmazingMe

DEPARTMENT OF HEALTH & HUMAN SERVICES USA
CENTERS FOR DISEASE CONTROL AND PREVENTION

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 big difference!

Talk with your child's doctor.

You know your child best. If you think 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.

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

Ask the doctor how to contact your state's early childhood system to request an evaluation to find out if your child qualifies for services that might help his or her development.

If your doctor doesn't know the phone number, go to www.cdc.gov/first5 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 your local 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/actearly.

www.cdc.gov/actearly | 1-800-CDC-INFO

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Autism Case Training


Free CE for healthcare professionals

cdc.gov/AutismCaseTraining

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Milestone Moments

Learn the Signs. Act Early.



You can follow your child's development by watching how he or she plays, learns, speaks, and acts. Look inside for milestones to watch for in your child and how you can help your child learn and grow.

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www.cdc.gov/actearly
1-800-CDC-INFO



Watch Me!

A free training for early educators

cdc.gov/WatchMeTraining

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Track Your Child's Developmental Milestones

Development is a Journey

Track and share your child's progress with the doctor at every visit.



12 MONTHS (1 YEAR)

- How your child plays, learns, speaks, acts or moves
- Understands "no"
- Makes a lot of different sounds like "mama/mama" and "bababab"
- Copies sounds and gestures of others
- Uses fingers to point at things
- Stands, holding on
- Can get into sitting position
- Sits without support
- Pushes or pulls
- Drinks

18 MONTHS (1 1/2 YEARS)

- Understands "no"
- Makes a lot of different sounds like "mama/mama" and "bababab"
- Copies sounds and gestures of others
- Uses fingers to point at things
- Stands, holding on
- Can get into sitting position
- Sits without support
- Pushes or pulls
- Drinks

4 YEARS

- Understands "no"
- Makes a lot of different sounds like "mama/mama" and "bababab"
- Copies sounds and gestures of others
- Uses fingers to point at things
- Stands, holding on
- Can get into sitting position
- Sits without support
- Pushes or pulls
- Drinks

For more complete checklists by age visit www.ActEarly.gov or call 1-800-CDC-INFO.

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Getting the Materials is Easy

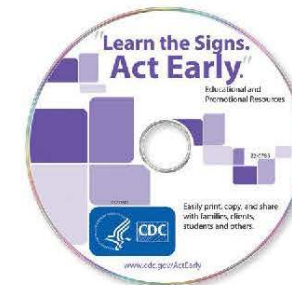
Print **FREE** materials directly at
www.cdc.gov/ActEarly
(click on “Free Materials”)

OR

Print materials from a **FREE** disk.
Order disk from
www.cdc.gov/ActEarly/Orders

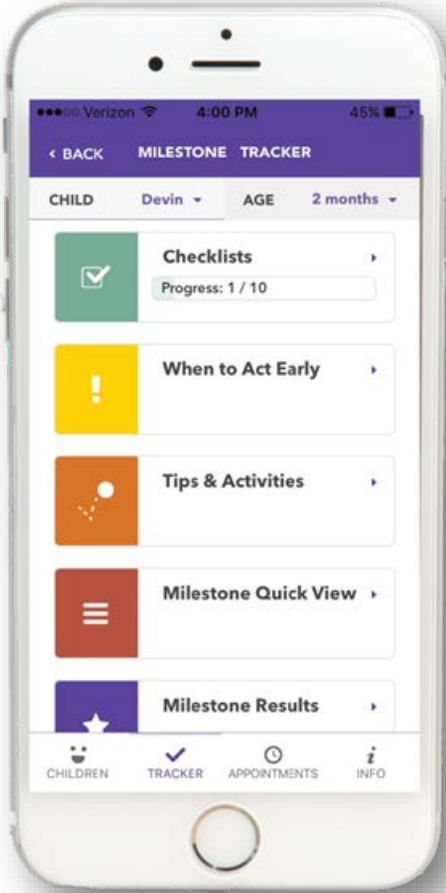
OR

Order **FREE** printed materials
(in limited quantities) in English or Spanish
from www.cdc.gov/ActEarly/Orders



New Materials and Resources

Where is Bear? A Terrific Tale for 2-Year-Olds (children's book)



A photo or video for each milestone 2 mo.-5 yrs.!



Milestone Tracker smart phone app
Available this May!

Coming Soon! *Milestone Tracker App*

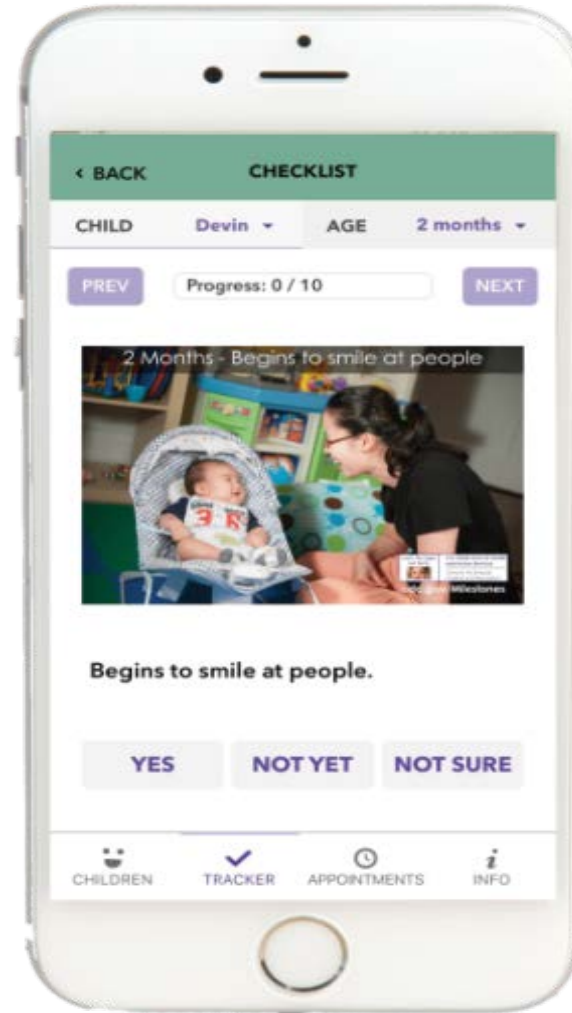
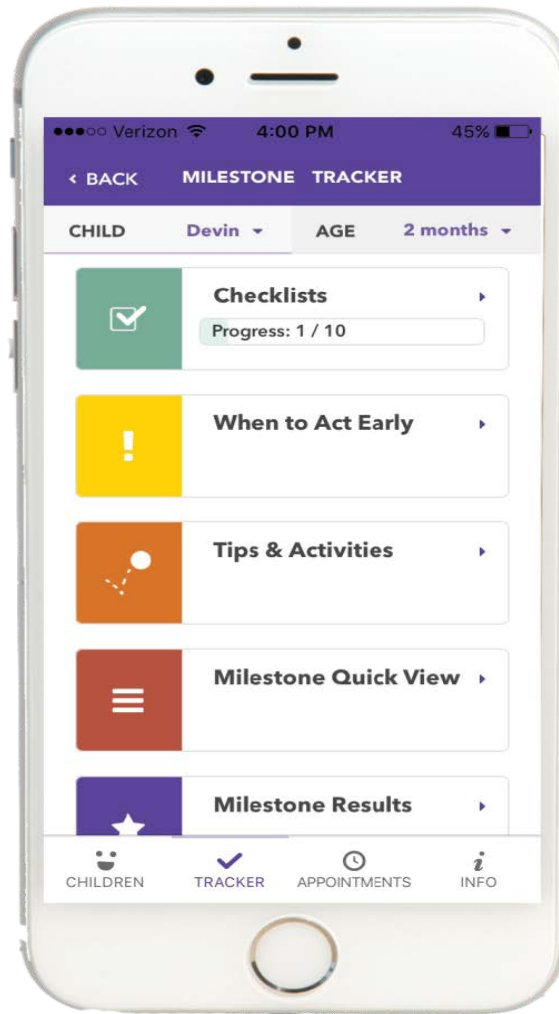


Milestone Tracker
smart phone app
Available this May!



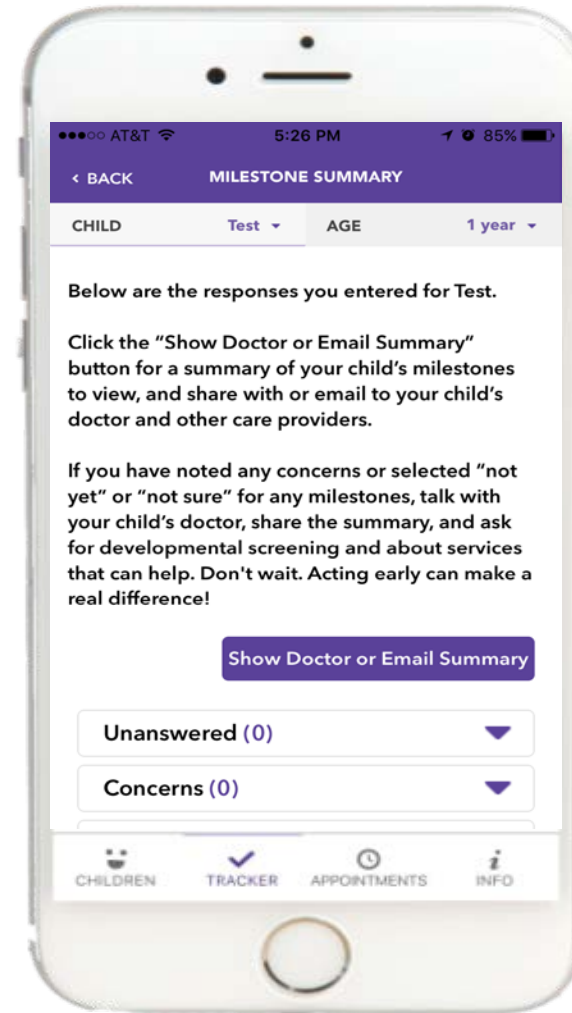
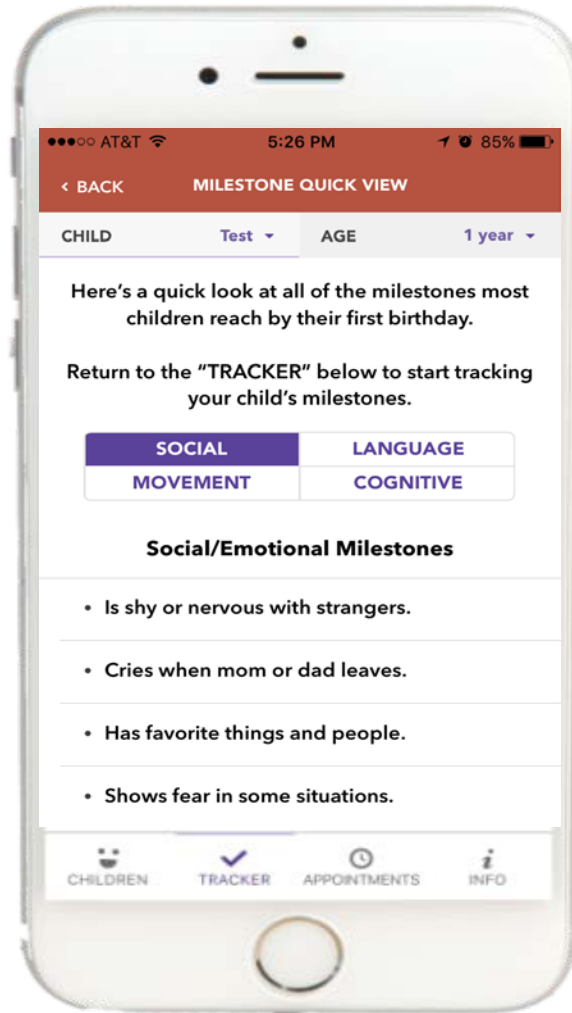
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Milestone Tracker App



Learn the Signs. Act Early. www.cdc.gov/ActEarly

Milestone Tracker App



Act Early Ambassadors

- ❑ Community champions to increase awareness activities and improve early identification practices
- ❑ Serve as state or territory point-of-contact for the national LTSAE program
- ❑ <https://www.cdc.gov/ncbddd/actearly/ambassadors-list.html>



Learn the Signs. Act Early. Across Early Childhood Settings and Programs

- Primary & pediatric health care
- Care coordination
- Home visitation
- Military child care
- Child welfare
- Early education & child care
- Women, Infants, and Children (WIC) nutrition program

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For more information, contact
ActEarly@cdc.gov

The findings and conclusions in this presentation have not been formally disseminated by the Centers for Disease Control and Prevention and should not be construed to represent any agency determination or policy.