

Engaging Families to Support Early Childhood Development in the Health Center Exam Room and Beyond: *CDC's FREE "Learn the Signs. Act Early."* *Resources Can Help*

August 8, 2024



Early Childhood
Developmental
Health Systems

EVIDENCE TO
IMPACT CENTER

Learn the Signs.
Act Early.





Housekeeping

- Attendees are muted for the duration of the event.
- Please submit questions through the Q&A feature.
- Today's slides are available under the Handouts tab on the eLearn event page.
- A recording will be available within 48 hours and sent through a post-event email within 1 week.
- CEUs are provided for this webinar (more details on how to receive credits will be shared at the end of the presentation).





About the Early Childhood Developmental Health Systems (ECDHS): Evidence to Impact Center

- We support states and communities to build early childhood systems that improve the health and well-being of young children and their families
- Our objectives:
 - Strengthen the evidence base of state ECD systems
 - Accelerate ECD systems development
 - Increase systems-building skills and the number of early childhood and health system leaders
 - Advance the delivery of high-quality ECD promotion and support services in pediatric settings
- Learn more about our mission and structure at earlychildhoodimpact.org/about-us/



Funding Acknowledgement

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Today's Speakers



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MATERNAL AND CHILD HEALTH BUREAU STRATEGIC PLAN

Mission

To improve the health and well-being of America's mothers, children, and families.

Vision

Our vision is an America where all mothers, children, and families thrive and reach their full potential.



MCHB Goals

ACCESS

Assure access to high-quality and equitable health services to optimize health and well-being for all MCH populations.

EQUITY

Achieve health equity for MCH populations.

CAPACITY

Strengthen public health capacity and workforce for MCH.

IMPACT

Maximize impact through leadership, partnership, and stewardship.

Paradigm for Improving Maternal and Child Health



Accelerate



Upstream



Together

National Maternal Mental Health Hotline

You're not alone

Pregnant or just had a baby? The National Maternal Mental Health Hotline is free, confidential, and here to help, 24/7.

1-833-TLC-MAMA



Welcome

Jaewon Hong, PharmD, MPS, RAC

Team Lead

Clinical Performance Improvement Investment
Management

Office of Health Center Investment Oversight

Bureau of Primary Health Care

Health Resources and Services Administration



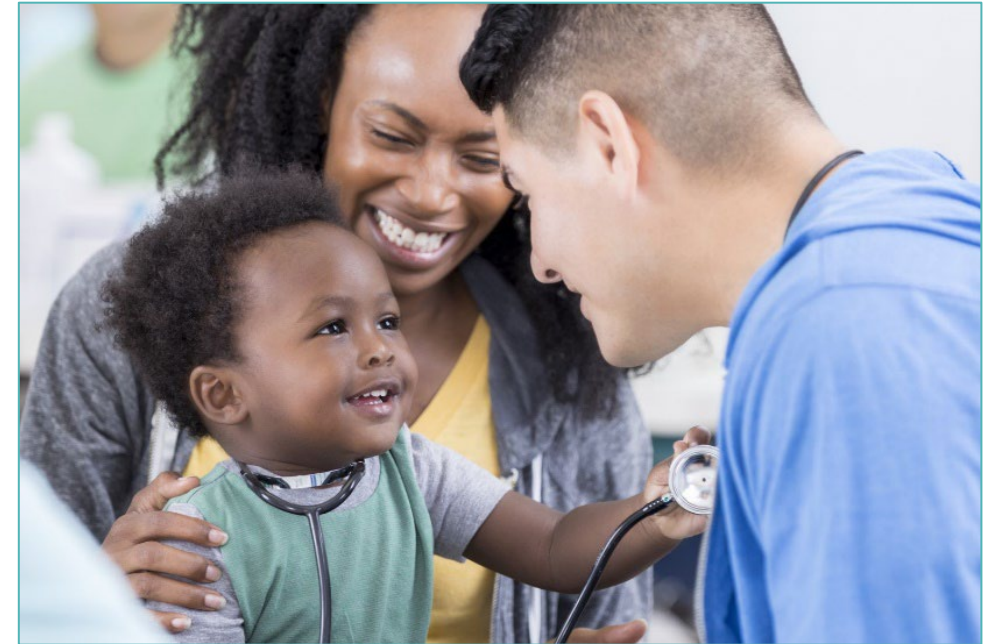
Engaging Families to Support Early Childhood Development in the Health Center Exam Room and Beyond:

CDC's FREE "Learn the Signs. Act Early." Resources Can Help

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**Centers for Disease
Control and Prevention**

www.cdc.gov/actearly

1-800-CDC-INFO

Offering Support for Early Childhood and Health Efforts

CDC's Learn the Signs. Act Early. resources and strategies can support

- **Primary care priorities:** around family engagement, well-child visits, developmental screening, early childhood developmental health
- **Community collaboration and systems-building:** around early identification and referral to services
- **Reporting requirements:** for Medicaid and Health Center Uniform Data System around developmental screening
- **HRSA early childhood grants:** including Early Childhood Development and Early Childhood Developmental Health Systems

POLL #1

*Which of the following describes you and/or your organization? **CHOOSE ALL that apply.***

Objectives

1. Recognize the **critical role that families play in monitoring** and supporting their child's development
2. Recall how **engaging families in monitoring** as part of ongoing developmental surveillance **complements developmental screening**
3. List **CDC's free *Learn the Signs. Act Early.* resources that can help** engage families in developmental monitoring in a simple and effective way
4. Identify **strategies health centers can implement** to engage families and build early childhood development expertise into care teams

Why Focus on Child Development?



- The early months and years of a child's life form the foundation for future health, development, and learning
- Young children learn best through nurturing relationships with their families and primary caregivers
- Families need information and support to understand how children learn and grow, from birth through kindergarten, and beyond

Developmental Disabilities are Common

Developmental disabilities are common and often not identified before school age

- **1 in 6** (3–17 years of age) have a developmental disability
- **1 in 36** (8-year-olds) is estimated to have autism spectrum disorder
- Developmental disabilities are even more common among children from low-income households, with **1 in 5 children** experiencing a developmental disability



Improvements in Disparities in Identifying Developmental Disabilities

For many years, rates of autism identification for children from racial/ethnic minorities were lower than those for white children

- CDC data from 2020 showed higher autism identification among Black, Hispanic, and Asian or Pacific Islander children, suggesting improved identification (Maenner, 2023)

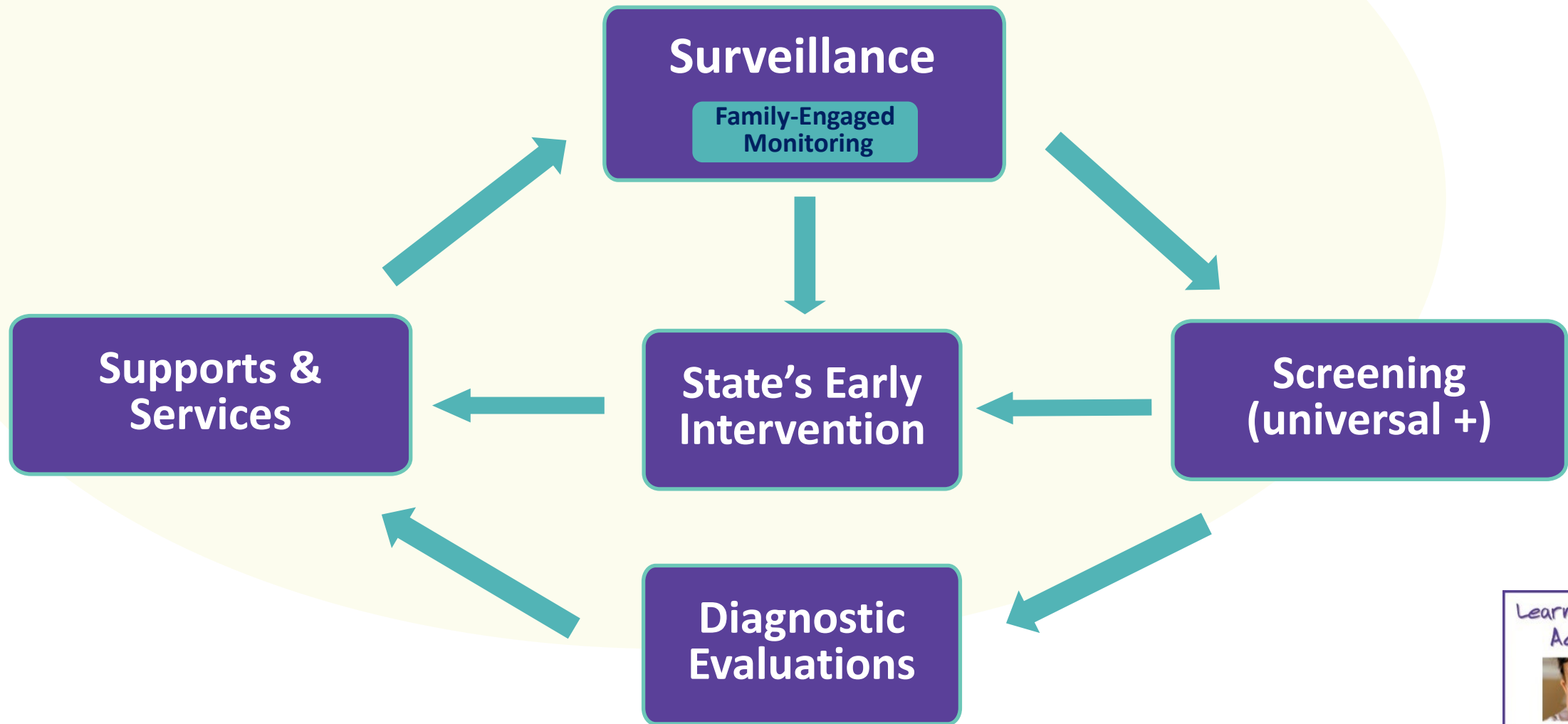
Attention and outreach *are* needed for effective screening for *all* children, including those in underserved populations such as:

- Racial and ethnic minorities
- Lower socioeconomic levels, including on public insurance
- Rural, underserved urban



Early intervention increases
positive health outcomes
and lowers **costs** long-term

Early Identification & Intervention



AAP and Bright Futures National Guidelines

Developmental Screening



9-Month-Old



18-Month-Old



24-Month-Old



30-Month-Old

The **AAP** recommends developmental screening with validated tools at well-child visits

All children screened to assess general development at **9, 18 & 30** months

All children screened for autism at **18 & 24** months

Special attention to surveillance at 4- to 5-year well visit

+ screening anytime a concern

+ make up missed screen next visit

Lipkin and Macias, 2020
Hyman, 2020

Screening is NOT diagnostic

Gaps Exist

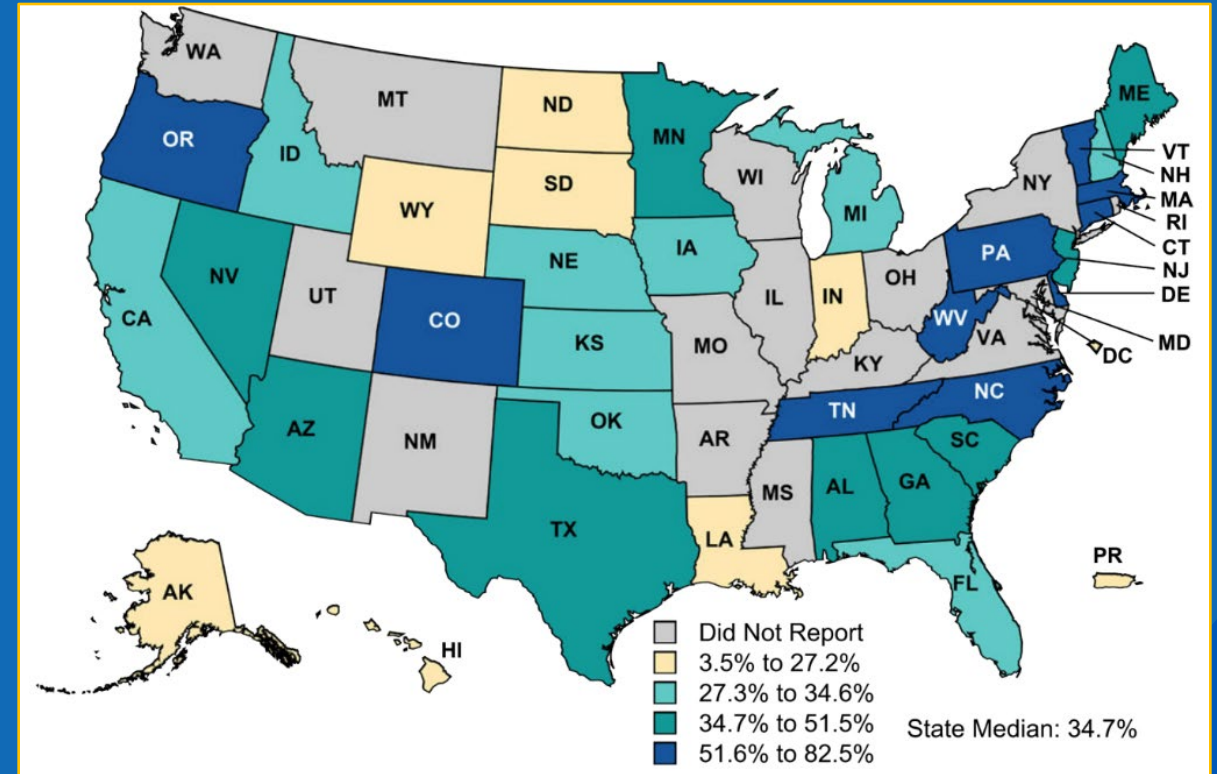
- **Parent concerns elicited: 32.0%** of parents of children 0–5 years of age reported that their child's doctors or other health care providers asked if they had concerns about their child's learning, development, or behavior
- **Developmental screening: 34.4%** of parents of children 9–35 months of age reported that their child received developmental screening using a parent-completed screening tool in the past 12 months

Data from the National Survey of Children's Health 2022



Developmental Screening

Across 37 states, a median of **35% of children enrolled in Medicaid or CHIP** during federal fiscal year 2022 were screened for developmental, and social delays in the 12 months preceding or on their first, second or third birthday



Developmental Monitoring/Surveillance

- Recommended by AAP at every well-child visit
- Can be done by parents, teachers, health professionals
- Ongoing process-begins at birth
- No score or risk categories
- Sample tool: *“Learn the Signs. Act Early.” Milestone Checklists*

**Look for
developmental
milestones**

**Important for
tracking signs of
development and
identifying
concerns**

Developmental Screening

- Formal process
- Recommended by AAP at 9, 18, 24, and 30 months
- Done by health professionals and may be done by others with special training
- Uses a validated screening tool
- Sample tools: *Ages and Stages Questionnaire®*, *Survey of Well-being of Young Children (SWYC)™*

Developmental monitoring + screening = more children in early intervention compared with either alone (Barger, 2018)

Developmental Monitoring



Key Elements of Developmental Monitoring



- Ongoing process
- Monitors specific developmental milestones
- Engages families as experts on their children

CDC's milestone checklists are education and communication tools intended to complement, but not replace use of, a validated developmental screening tool

What Are Developmental Milestones?

- Things most children can do by a certain age
- Children reach milestones in how they play, learn, speak, act, and move; tracking milestones offers important information about developmental progress
- Though all children develop at their own pace, most children reach developmental milestones at or around the same age



What is Developmental Monitoring?



- Developmental monitoring looks at how a child grows and changes over time and whether they are meeting typical developmental milestones
- Families and those who work with them can use a checklist of milestones to see how a child is developing
- If a child is not meeting a milestone, families should be encouraged to talk with their child's health provider about their concerns and to ask about developmental screening

Why is Developmental Monitoring Important?

- Ongoing **developmental monitoring and developmental screening together** help families, health care providers, schools, and communities identify children with developmental delays or disabilities as early as possible
- When developmental concerns are identified early, and children and families receive early intervention or other needed services, children have better outcomes (Barger, 2018)



Why is Engaging Families Important?



Regularly talking with families about child development

- Recognizes that **families are experts** on their children
- Demonstrates the **importance of child development**
- Implements a **strength-based** approach
- Helps build **trusting relationships** with families
- **Encourages families to share** any concerns
- Facilitates **shared decision-making**

POLL #2

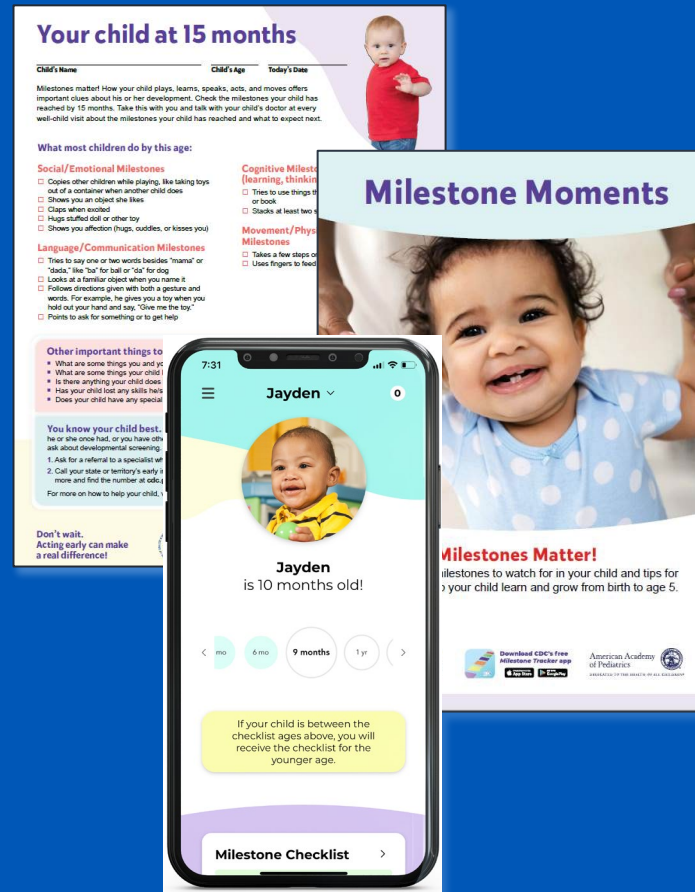
*Which best describes your organization's current level of awareness or use of CDC's "Learn the Signs. Act Early." developmental milestone resources? **CHOOSE ONE.***

Learn the Signs. Act Early. (LTSAE)

Mission

To improve early identification of developmental delays and disabilities by promoting family-engaged developmental monitoring and screening so children and their families can get the services and support they need at the earliest age possible

Materials + Strategy



Learn the Signs. Act Early. Resources Support Early Childhood Development Across the Health Center and Beyond

- CDC's *Learn the Signs. Act Early.* program provides **FREE**, high-quality, research-based, tools to engage families and providers in ongoing developmental monitoring through age 5 years
- Resources help families **learn the signs** of child development and encourage them to **act early** to access screening and additional services when they have questions or concerns



Your baby at 4 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 4 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 <ul style="list-style-type: none"><input type="checkbox"/> Smiles on his own to get your attention<input type="checkbox"/> Chuckles (not yet a full laugh) when you try to make her laugh<input type="checkbox"/> Looks at you, moves, or makes sounds to get or keep your attention	Cognitive Milestones (learning, thinking, problem-solving) <ul style="list-style-type: none"><input type="checkbox"/> If hungry, opens mouth when she sees breast or bottle<input type="checkbox"/> Looks at his hands with interest
Language/Communication Milestones <ul style="list-style-type: none"><input type="checkbox"/> Makes sounds like "oooo", "aahh" (cooing)<input type="checkbox"/> Makes sounds back when you talk to him<input type="checkbox"/> Turns head towards the sound of your voice	Movement/Physical Development Milestones <ul style="list-style-type: none"><input type="checkbox"/> Holds head steady without support when you are holding her<input type="checkbox"/> Holds a toy when you put it in his hand<input type="checkbox"/> Uses her arm to swing at toys<input type="checkbox"/> Brings hands to mouth<input type="checkbox"/> Pushes up onto elbows/forearms when on tummy

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?
- Has your baby lost any skills he/she once had?
- Does your baby have any special healthcare needs or was he/she born prematurely?

You know your baby best. Don't wait. If your baby 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 baby'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 baby more; and
2. Call your state or territory's early intervention program to find out if your baby can get services to help. Learn more and find the number at [cdc.gov/FindEI](https://www.cdc.gov/FindEI).

For more on how to help your baby, visit [cdc.gov/Concerned](https://www.cdc.gov/Concerned).

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

LTSAE Encourages Tracking and Celebrating Milestones and Acting on Concerns

- Include milestones **MOST** ($\geq 75\%$) children are expected to achieve by given ages (Zubler, 2022)
 - Any missed milestone or concern is cause for discussion or action
 - Avoids a “wait and see” approach
- **Provide clear, concrete guidance about what to do when there is a developmental concern**
 - Talk with health care provider
 - Ask about developmental screening
 - Seek support through early intervention (Birth to 3-year-olds) or public schools (3–5-year-olds)



Pediatrics, March 2022



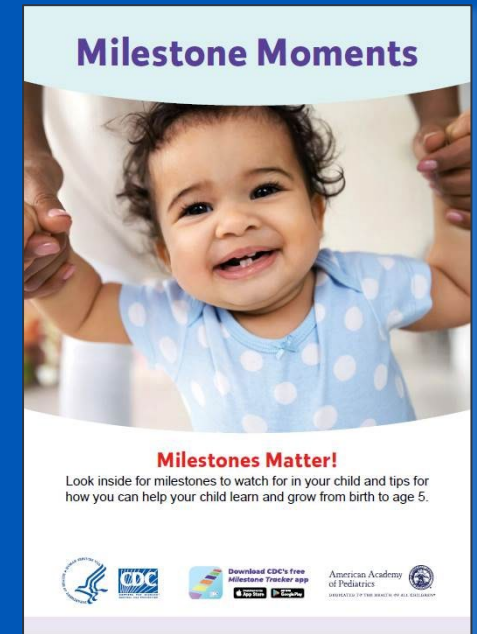
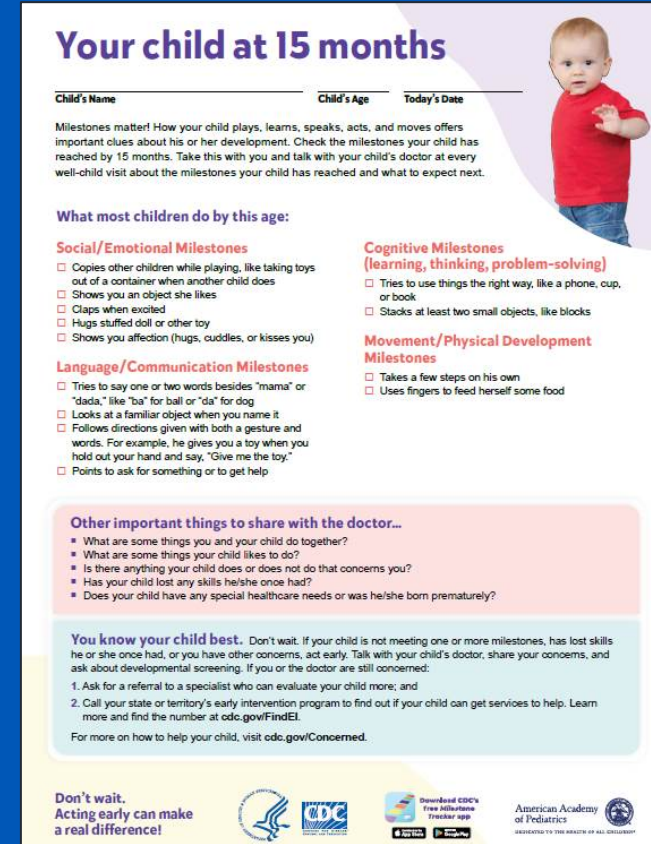
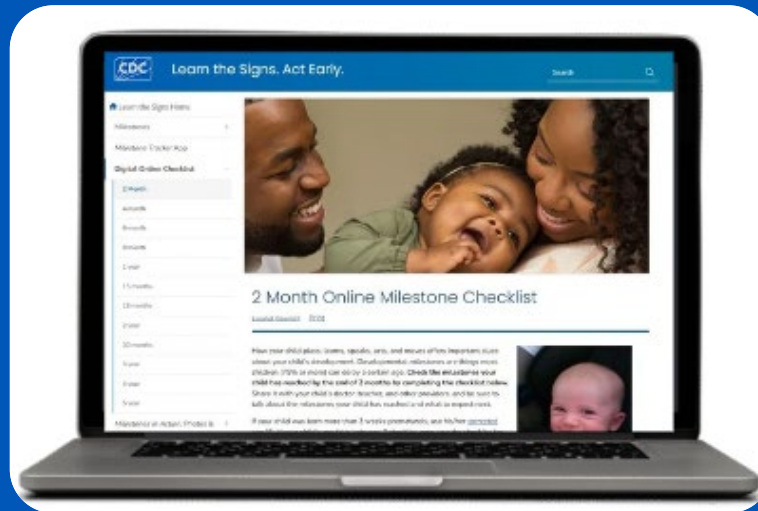
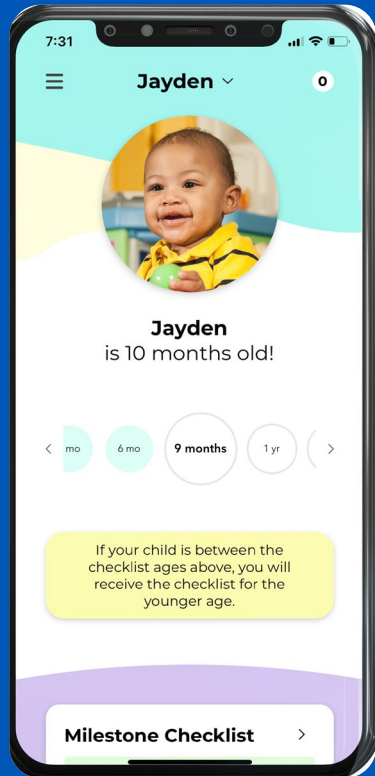
Detailed information on CDC's developmental milestones and the 2022 revisions can be found in

Zubler JM, et al. *Evidence-Informed Milestones for Developmental Surveillance Tools*. **Pediatrics** 2022;149(3):e2021052138.

<https://doi.org/10.1542/peds.2021-052138>



Milestone Checklists in Various Formats



www.cdc.gov/ActEarly/Materials

Milestone Checklist

- Open-ended questions
- Guidance for what to do when there is a developmental concern
- Early intervention information
- Tips and activities for developmental promotion and early relational health
- Reminders about well visits and developmental screening ages
- Anticipatory guidance on what to expect by the next age checklist



Reminders for Visits and Screenings

- The checklists align with well-child check-up (health supervision visits)
- Informs families
 - About developmental monitoring at each visit
 - When general developmental (9, 18, and 30 months) and autism screenings (18 and 24 months) are due
- The *Milestone Tracker* app reminds families of upcoming recommended well-visits, to schedule and appointment, and to complete the checklist

Four developmental domains at each age



Encouragement and suggestions to act early when needed



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 "mamamama" and "babababa"
- ☐ 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 for all children 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?
- Has your baby lost any skills he/she once had?
- Does your baby have any special healthcare needs or was he/she born prematurely?

You know your baby best. Don't wait. If your baby 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 baby's doctor, share your concerns, and ask about developmental screening. If you or the doctor are still concerned:

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2. Call your state or territory's early intervention program to find out if your baby can get services to help. Learn more and find the number at [cdc.gov/FindEI](https://www.cdc.gov/FindEI).

For more on how to help your baby, visit [cdc.gov/Concerned](https://www.cdc.gov/Concerned).

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

Download CDC's free Milestone Tracker app

American Academy of Pediatrics

Developmental screening reminder



Tips for talking to the doctor



Other Engaging Resources to Promote Monitoring




Watch Me!

A free training for early educators

cdc.gov/WatchMeTraining



Help your child grow and thrive

Your child's early years are so very important. Tracking how your little one plays, learns, speaks, acts, and moves helps you support their development.

Download CDC's free **Milestone Tracker** app to find fun and easy activities for each age.



Track & Share Milestones | Get Tips & Activities | Learn When to Act Early

Learn more at cdc.gov/MilestoneTracker



AAP recommends developmental surveillance. CDC has FREE resources to help.

Tips for Talking with Parents about Child Development

The following talking points are examples that can be used to support your conversation. Modify them as needed to best fit the situation.

TIPS	EXAMPLES
ALWAYS:	
<ul style="list-style-type: none"> Talk about development regularly Encourage families to use Milestone Tracker app, or the Milestone Tracker booklet to monitor their child's development at home. Find these free resources here: www.cdc.gov/actearly/materials Use good listening skills 	<p>EXAMPLE:</p> <p>"I am so excited to be working with _____. Tracking _____'s milestones, how they play, speak, learn, act, and move for their age helps me better understand how to support their development. I hope we can work together to look for and track _____'s developmental milestones. I have free milestone checklists and an app to help us share _____'s progress."</p> <p>EXAMPLE:</p> <p>"A great way to monitor _____'s developmental milestones is with these checklists. They can help you understand milestones most children reach by certain ages and the ones to look for as they get older. You can put them on the refrigerator as an easy place to look them every day. You can also track your child's development with CDC's Milestone Tracker app!"</p> <p>EXAMPLE:</p> <p>"It sounds like you are pretty worried and I hear you saying that at home, you do not hear _____ talk well enough to be understood most of the time. Is that correct?"</p> <p>"Let's talk about what you have noticed at home. Can you describe specific situations?"</p> <p>"Is there anything else about _____'s development you'd like to talk about?"</p>

Share resources

Use good listening skills

Download CDC's free Milestone Tracker app

CDC U.S. CENTERS FOR DISEASE CONTROL AND PREVENTION

MILESTONES MATTER: LET'S TALK ABOUT THEM!

Milestones at 4 Months <ul style="list-style-type: none"> Brings hands to mouth Holds head steady 	Milestones at 9 Months <ul style="list-style-type: none"> Sits without support Bangs things together 	Milestones at 15 Months <ul style="list-style-type: none"> Points to get help Uses fingers to feed themselves
Milestones at 2 Years <ul style="list-style-type: none"> Points to body parts Eats with a spoon 	Milestones at 3 Years <ul style="list-style-type: none"> Uses a fork Asks "who", "what" questions 	Milestones at 4 Years <ul style="list-style-type: none"> Says sentences with 4 words Serves themselves food

Get free milestone checklists for these ages and more at www.cdc.gov/Milestones or by calling 800-CDC-INFO (800-232-4636).

Learn the Signs. Act Early.

Developed in partnership by the University of Missouri and the US Department of Health and Human Services, Centers for Disease Control and Prevention.



Milestones in Action

Free photos and videos of developmental milestones

cdc.gov/MilestonesInAction




www.cdc.gov/ActEarly/Materials

All Materials are Relatable and Accessible



- Written in family-friendly language
- Includes milestones easy to observe at home
- Available in print, electronically, and via the app
- Web-based checklists and the app include photos and videos to demonstrate each milestone (www.cdc.gov/MilestonesInAction)


Accessible for Diverse Populations

- Milestones were tested among families from diverse backgrounds
- Nearly all materials available in English and Spanish
- Printable checklists are available in multiple languages including Arabic, Brazilian Portuguese, Farsi, French, Haitian Creole, Hindi, Korean, Simplified Chinese, Somali, Vietnamese, and others



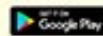


CDC Milestone Tracker App

Scan to
Download

A photograph of a woman with dark hair, wearing a blue shirt, smiling and holding a young child with dark skin and hair in a pink shirt. They are indoors, in a room with white walls and a doorway in the background.

**Help your child grow
and thrive with CDC's free
Milestone Tracker app.**

cdc.gov/MilestoneTracker



CDC's *Milestone Tracker* can help parents



Know what's coming next!



Spot everyday milestones with photos and videos that illustrate each one!



Find tips and activities to support early development!



Easily share progress with the doctor and early childhood care providers!

CDC's *Milestone Tracker* app

- English iOS version released in May 2017; Android in October 2017
- Interactive, illustrated milestone checklists for ages 2 months to 5 years
- Parent-friendly and easy to navigate
- Available in English and Spanish
- More than 2.17 million downloads to date



Custom Child Profiles

10:34

Cancel

Add a Child

Add a photo

Child's Name *

Date of Birth *

Was your child born prematurely?

☐ Yes ☐ No

Select one*

☐ Boy ☐ Girl

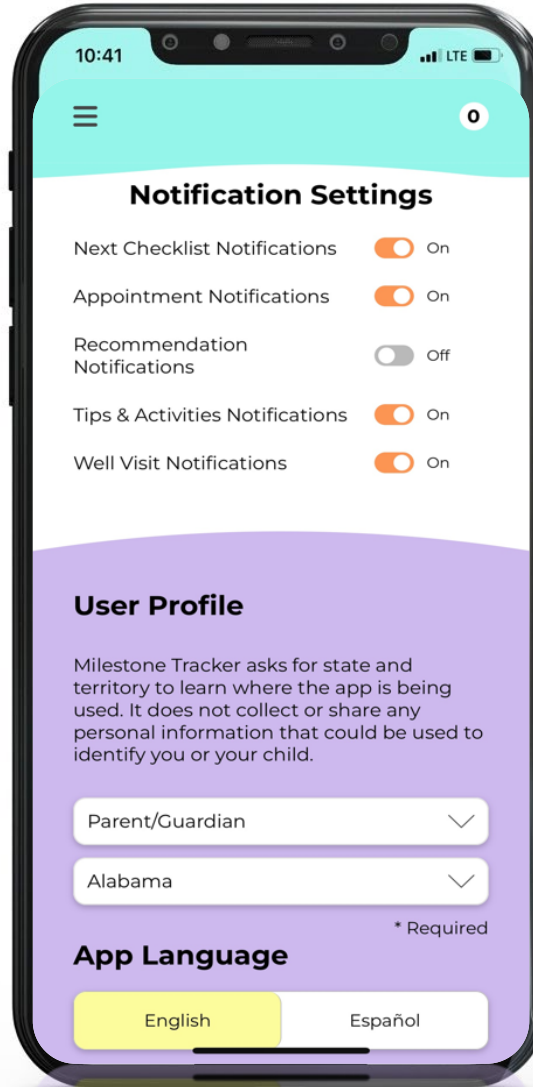
* Required

+ Add Another Child



- Add an unlimited number of personalized child profiles
- Look ahead at what's coming next or look back at past milestones
- Easily switch between each child's profile
- Ability to customize child's photo per profile
- Corrected checklists for children born prematurely

Notifications



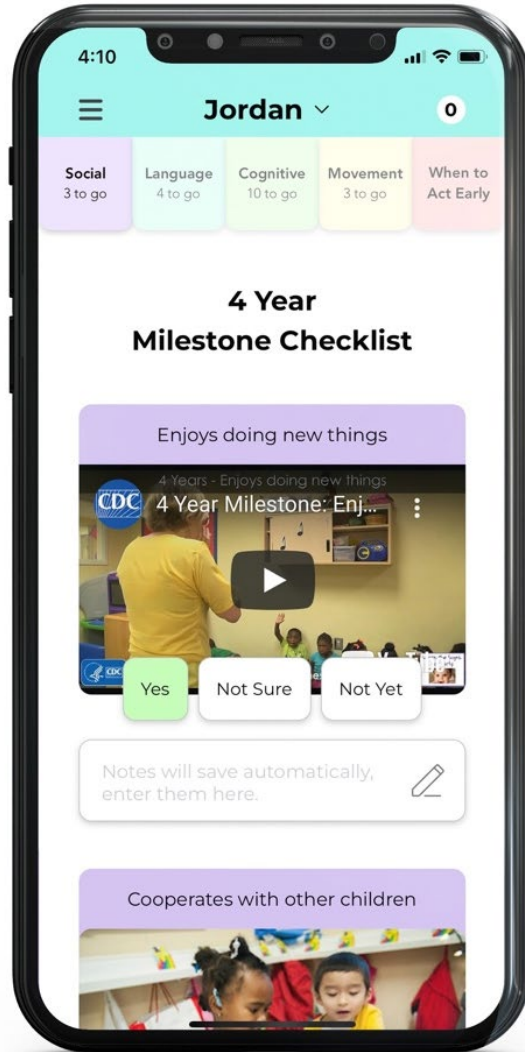
Turn notifications on for reminders on upcoming well-child visits, developmental screenings, and more!

Users can select state and user type for a personalized experience

All personal data is stored local to the user's phone

The app can be used in English or Spanish

Milestone Checklists



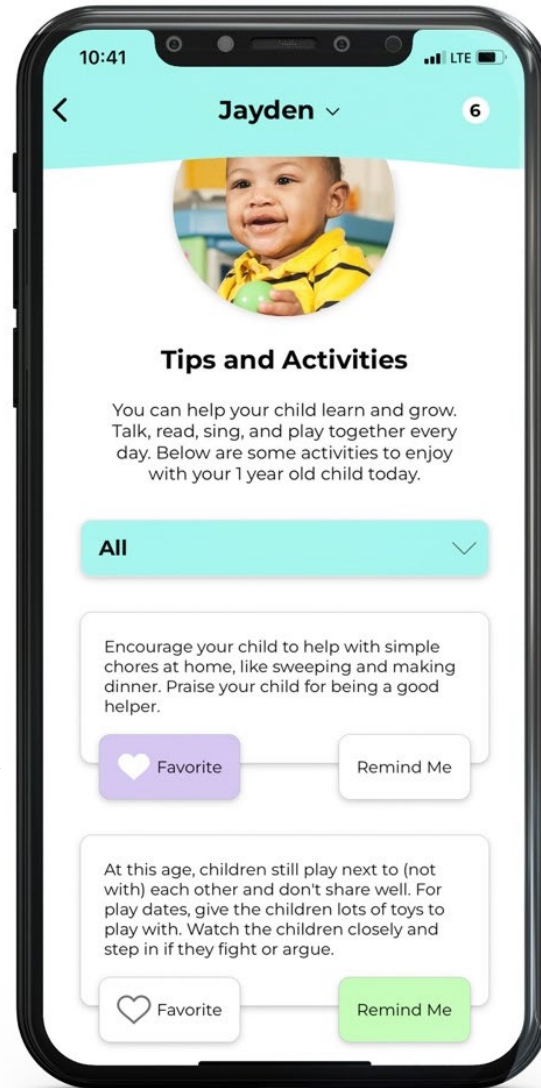
English



Spanish

- See photos and videos of each milestone
- Interactive checklist design
- Easily show a child's developmental progress
- Keep track of milestones answered

Tips & Activities



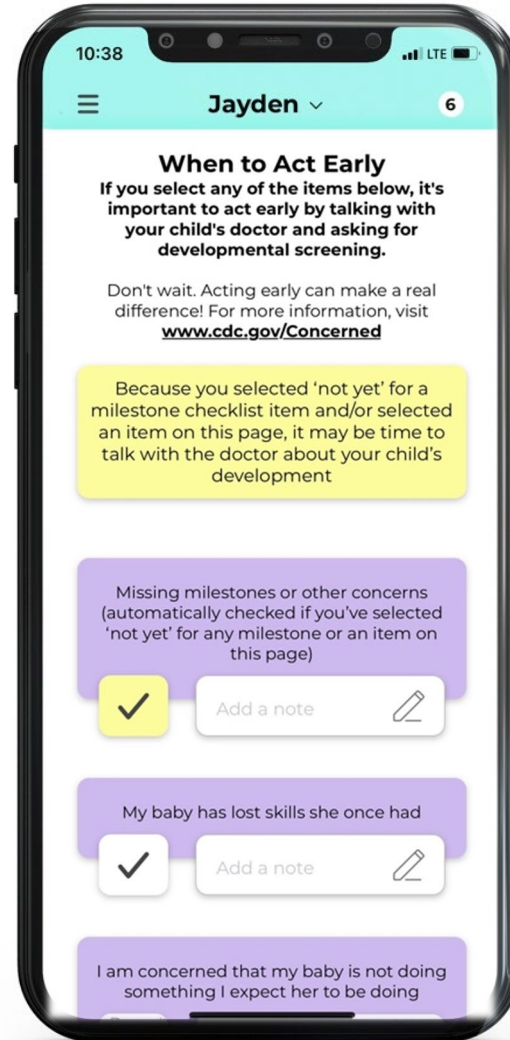
Parents can
“favorite” and get
reminders for tips
and activities they
want to try later

- Easy tips and activities for parents to help young children grow and thrive
- Support a child’s developmental progress

The app can be used in
English or Spanish

When to Act Early

Milestones
selected as “not
yet” automatically
enact an on-screen
notification to
“act early”

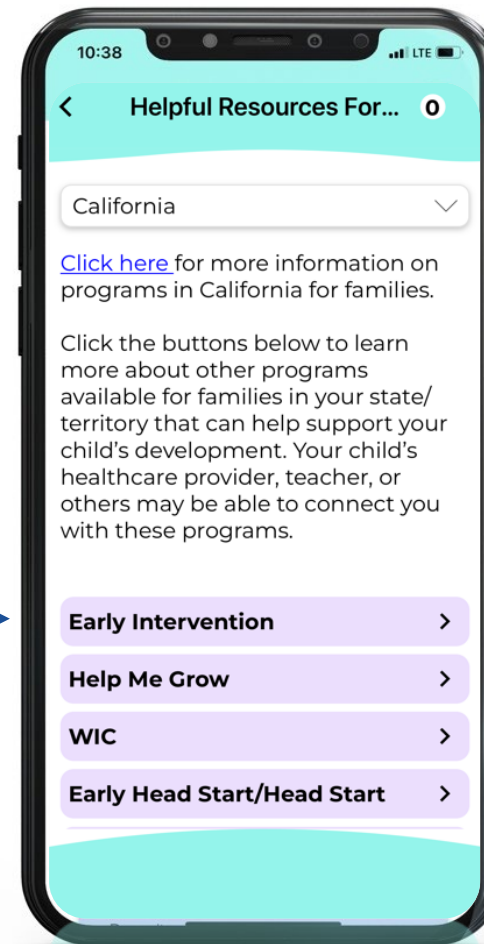
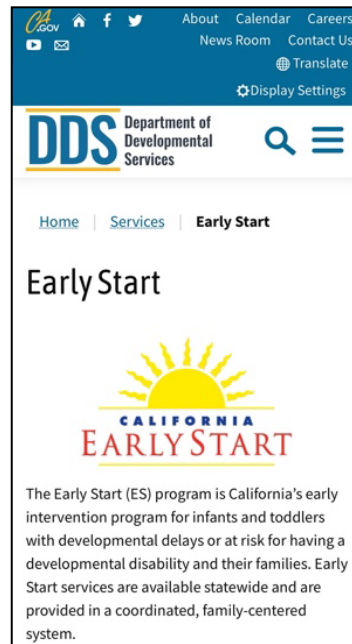


This page lists some items that, if selected, should be talked about with the child’s doctor

It is important to “act early” on any developmental concerns

Helpful Resources for Families

This page includes links to inform families about resources to help their child.



Users can select from the drop-down list of states and territories.



Each link is tailored to show state and territory-specific information.

Materials + Strategy

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 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 something

Movement/Physical Development Milestones

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

Other important things to know:

- 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 that worries you?
- Has your child lost any skills he or she had?
- Does your child have any special needs?

You know your child best. If you have other questions about developmental screening, ask your doctor or the nurse at your child's well-child visit.

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

Jayden
is 10 months old!

Milestone Moments

Milestones Matter!
Inside for milestones to watch for in your child and tips for you can help your child learn and grow from birth to age 5.

Milestone Checklist

Strategy

WIC

Early Head Start

CHILD CARE

CDC's Anti-Early Ambassadors 2019-2021

Map of the United States

Download CDC's free Milestone Tracker app

American Academy of Pediatrics

Developmental Monitoring in WIC

- 2010: WIC clinics in St. Louis MO develop and pilot a model for integrating monitoring into the WIC visit
- 2024: 28 WIC state agencies voluntarily participate in the CDC WIC Learning Collaborative
- A simple but effective model
 - Introduce developmental milestones with engaging wall and floor blocks throughout the clinic
 - Offer a LTSAE milestone checklist at every certification visit
 - Discuss the completed checklist and refer for developmental screening as needed

* Many WIC clinics are co-located within health centers and will refer directly to the primary care providers for developmental screening as needed.



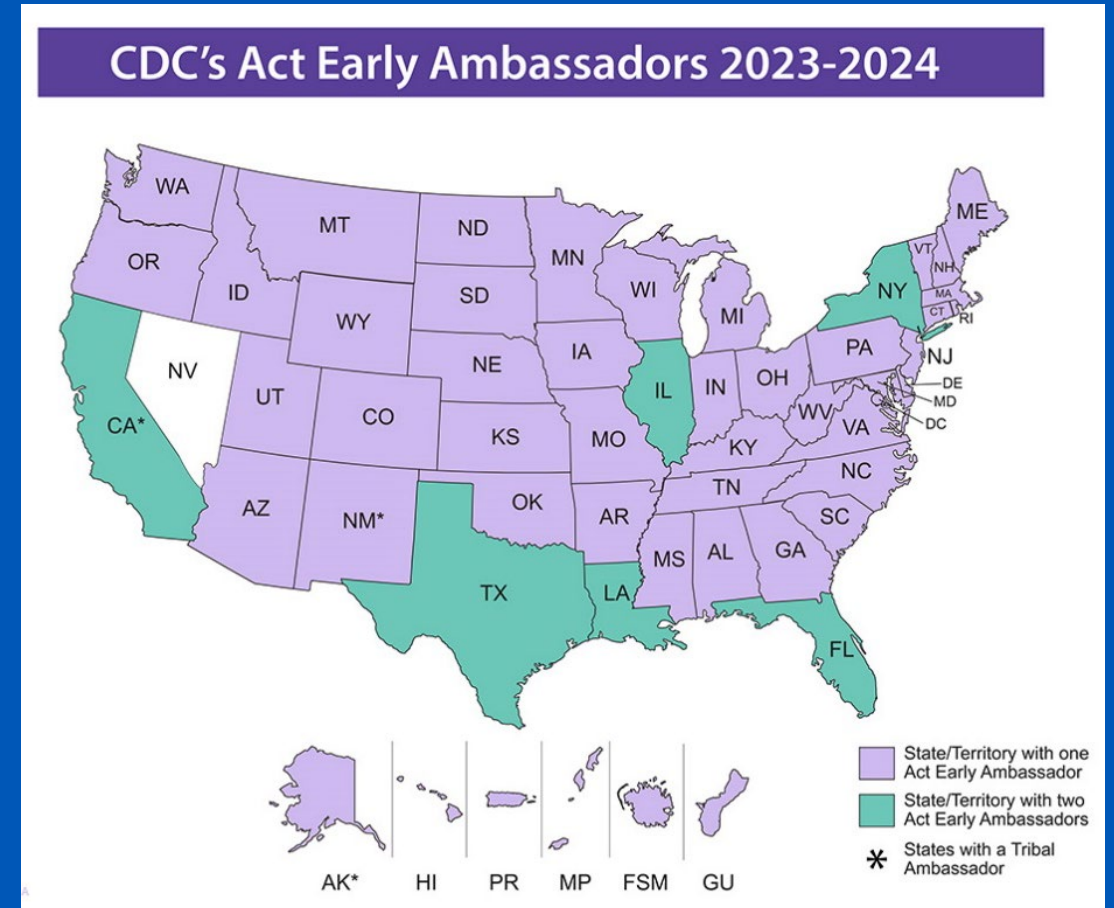
Quotes from WIC Clinic Staff

“Our clients are always happy to receive referrals and they love to hear about their child’s development milestones.”

“I feel like this is [one of] the most important things I do at WIC...”

CDC's Act Early Ambassadors

- Currently 63 Ambassadors represent 49 states; Washington, DC; 3 territories, 3 Tribal communities, and 1 freely associated state
- Champions for CDC's *Learn the Signs. Act Early.*
- Individuals passionate about child development and early identification
- Work to add developmental monitoring into programs across their state/territory
- Connect with your ambassador here: www.cdc.gov/ActEarly/Ambassadors



POLL #3

*Now that you've heard about CDC's "Learn the Signs. Act Early." resources, which of the following are you likely to do? **CHOOSE ALL that apply.***

What Health Centers Can Do



Medical Providers as Trusted Messengers



Physicians/Health Care Providers in a Medical Home are trusted for information about child development

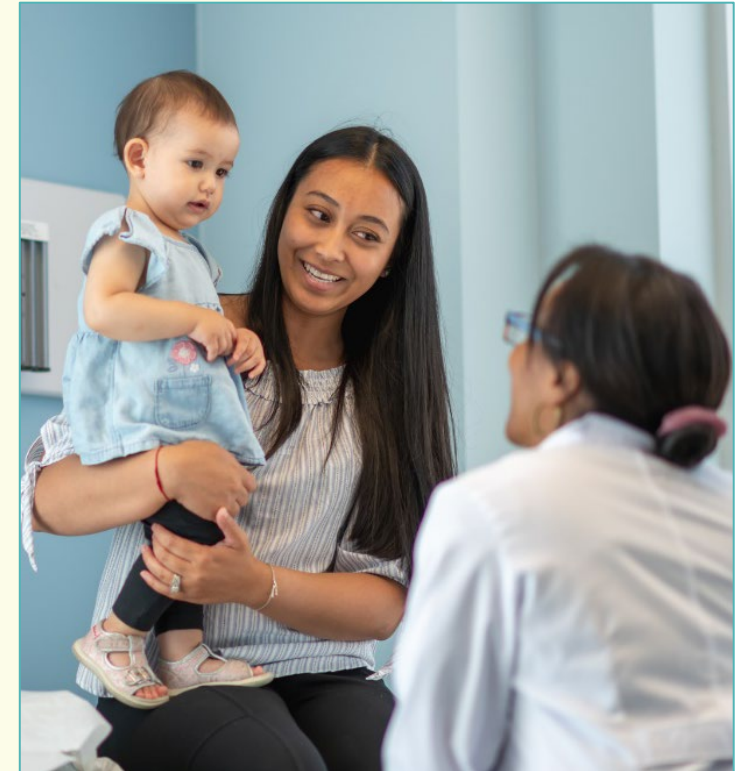
- Asking opens dialogue
- Discussions help prepare for future conversations
- If not discussed, parents may assume it's not important

Parents appreciate discussing monitoring and screening

- Reassurance when child is developing as expected
- Affirmation and action when they have concerns

Role of the Medical Home around Child Development

- Surveillance & Screening
- Refer early for services & diagnosis
- Medical evaluation
- Monitor siblings
- Answer questions & help find resources
- Ensure and coordinate appropriate interventions, transitions



Realities of Primary Care

Recognizing developmental delays/disabilities can be hard

- Limitations to brief office visits and screening tools
- Parents' and early childhood professionals' concerns are usually substantiated

Trust is important

- Ongoing conversations in the medical home
- Often a question behind the question

Parents may feel judged

- Caution in how the whole team presents surveillance and screening
- Try to avoid saying: "test", "pass/fail", "problems"

Follow-up on referrals is important (support/system navigation)

Approaching child development with families

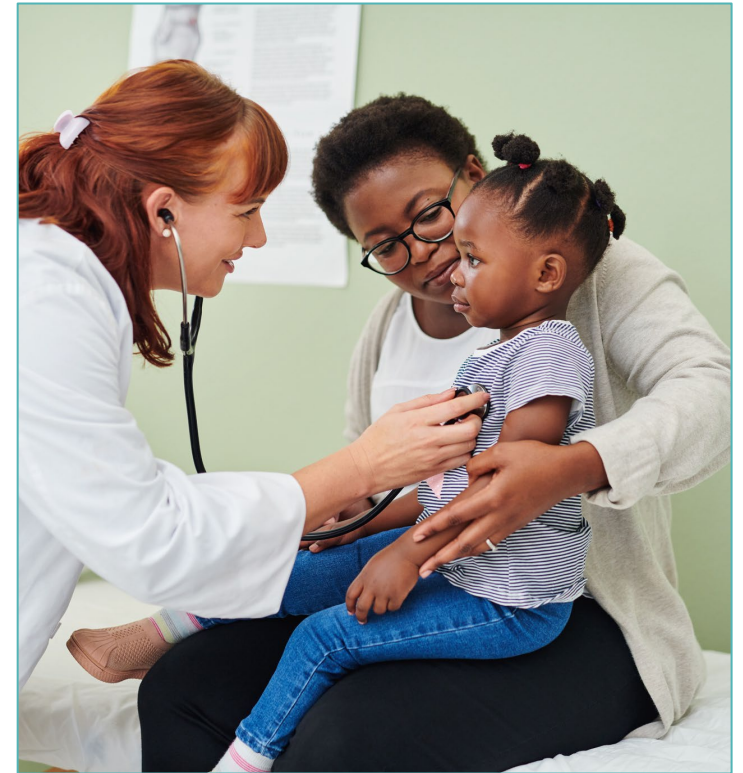
Provide anticipatory guidance for upcoming milestones to support typical development and to encourage developmental promotion

- A hands-on approach to sharing resources is important

Know that parents frequently complain that **“the doctor didn’t listen”**

- Listen to developmental concerns so parents feel heard
- Engage in shared decision-making
- Know your systems so you can help parents understand

Follow recommendations for **surveillance and screening**



Discussing Possible Developmental Delays with Families

If there is a missed milestone, take action

- Discuss the missed milestones and any other concerns with the family
- Do developmental screening, even if it is between recommended screening ages

Remember that **the concerns of parents and early childhood professionals are important**, even if milestones appear on track

If concerns remain, further action is needed (Zubler, 2022)

Strategies for Engaging Families



How to Engage Families in Developmental Monitoring

1. **Promote and share** developmental monitoring resources
2. **Directly encourage** families to monitor development using the checklists
3. **Actively use** the checklists with families to monitor development and help them act early on any concerns



Promote and Share Resources



Promote and share developmental monitoring resources

- Post flyers promoting the *Milestone Tracker* app in exam and waiting rooms
- Add a message and link or QR code to the app to your website and/or patient portal
- Encourage your colleagues to watch the recording of this webinar

Directly Encourage Families

Directly encourage families to monitor development using the checklists

- Share the printed checklist as anticipatory guidance at the well visit; ask about milestones and concerns at the following visit
- Include a *Milestone Moments* booklet in the new patient packet; refer to it during check-ups
- Demonstrate the *Milestone Tracker* app during a visit and encourage the family to download and use it

Actively Use Checklists with Families

Actively use the checklists to engage families in developmental monitoring in the clinic and help them act early on any concern

- Upon check-in, have staff direct families to download the app and use it to complete a checklist in the waiting room; ask to review the milestone summary and ask about any concerns
- Between recommended screening visits, ask the family to complete a milestone checklist before or during the visit; make time to discuss any missed milestone or concerns

Who Can Support Families?

Various staff can share the resources and reinforce messaging, including:

- Physicians, nurse practitioners, nurses, MAs, and other clinical staff
- WIC staff (Learning Collaborative)
- Community Health Workers
- Family Support Workers
- Health Educators
- Home Visitors

Consider what makes sense for your health center

Examples from Across the Country

Your baby at 2 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 2 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

- ☐ Calms down when spoken to or picked up
- ☐ Looks at your face
- ☐ Seems happy to see you when you walk up to her
- ☐ Smiles when you talk to or smile at her

Cognitive Milestones (learning, thinking, problem-solving)

- ☐ Watches you as you move
- ☐ Looks at a toy for several seconds

Language/Communication Milestones

- ☐ Makes sounds other than crying
- ☐ Reacts to loud sounds

Movement/Physical Development Milestones

- ☐ Holds head up when on tummy
- ☐ Moves both arms and both legs
- ☐ Opens hands briefly

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?
- Has your baby lost any skills he/she once had?
- Does your baby have any special healthcare needs or was he/she born prematurely?

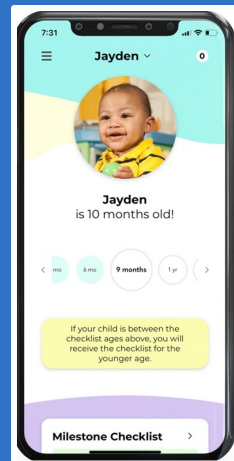
You know your baby best. Don't wait. If your baby is not meeting one or more milestones, has lost skills he or she once had, or you have other concerns, act early. Talk with your baby's doctor, share your concerns, and ask about developmental screening. If you or the doctor are still concerned:

1. Ask for a referral to a specialist who can evaluate your baby more; and
2. Call your state or territory's early intervention program to find out if your baby can get services to help. Learn more and find the number at [cdc.gov/FindEI](https://www.cdc.gov/FindEI).

For more on how to help your baby, visit [cdc.gov/Concerned](https://www.cdc.gov/Concerned).

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



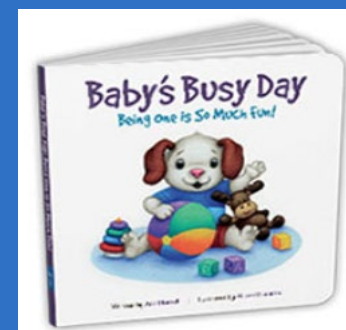
MILESTONES MATTER: LET'S TALK ABOUT THEM!

Milestones at 4 Months <ul style="list-style-type: none">✓ Brings hands to mouth✓ Holds head steady	Milestones at 9 Months <ul style="list-style-type: none">✓ Sits without support✓ Bangs things together	Milestones at 15 Months <ul style="list-style-type: none">✓ Points to get help✓ Uses fingers to feed themselves
Milestones at 2 Years <ul style="list-style-type: none">✓ Points to body parts✓ Eats with a spoon	Milestones at 3 Years <ul style="list-style-type: none">✓ Uses a fork✓ Asks "who", "what" questions	Milestones at 4 Years <ul style="list-style-type: none">✓ Says sentences with 4 words✓ Serves themselves food

Get free milestone checklists for these ages and more at www.cdc.gov/Milestones or by calling 800-CDC-INFO (800-232-4636).

Learn the Signs. Act Early.


Developed in partnership by the University of Missouri and the US Department of Health and Human Services, Centers for Disease Control and Prevention.




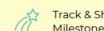
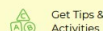
Help your child grow and thrive

Your child's early years are so very important. Tracking how your little one plays, learns, speaks, acts, and moves helps you support their development.

Download CDC's free Milestone Tracker app to find fun and easy activities for each age.


  






Learn more at cdc.gov/MilestoneTracker

Milestone Moments



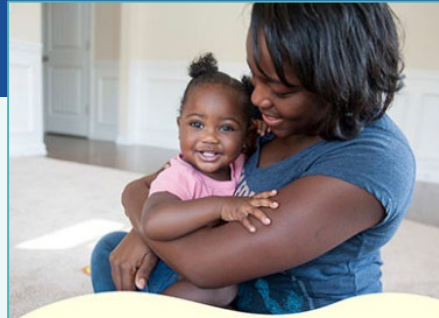
Milestones Matter!

Look inside for milestones to watch for in your child and tips for how you can help your child learn and grow from birth to age 5.


Louisiana Health Center

*“The **EPSDT nurse** provides and reviews a printed checklist to every patient 0-5 at identified appointments and encourages the caregivers to download the app. The **primary pediatrician** also encourages and supports the download of the app. In addition, LTSAE books (when available) are incorporated into their Reach Out and Read distributions.”*



Help your child grow and thrive with CDC's free Milestone Tracker app.

cdc.gov/MilestoneTracker



Your baby at 2 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 2 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 <ul style="list-style-type: none"><input type="checkbox"/> Calms down when spoken to or picked up<input type="checkbox"/> Looks at your face<input type="checkbox"/> Seems happy to see you when you walk up to her<input type="checkbox"/> Smiles when you talk to or smile at her	Cognitive Milestones (learning, thinking, problem-solving) <ul style="list-style-type: none"><input type="checkbox"/> Watches you as you move<input type="checkbox"/> Looks at a toy for several seconds
Language/Communication Milestones <ul style="list-style-type: none"><input type="checkbox"/> Makes sounds other than crying<input type="checkbox"/> Reacts to loud sounds	Movement/Physical Development Milestones <ul style="list-style-type: none"><input type="checkbox"/> Holds head up when on tummy<input type="checkbox"/> Moves both arms and both legs<input type="checkbox"/> Opens hands briefly

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?
- Has your baby lost any skills he/she once had?
- Does your baby have any special healthcare needs or was he/she born prematurely?

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1. Ask for a referral to a specialist who can evaluate your baby more; and
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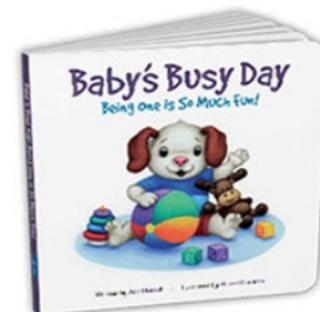
For more on how to help your baby, visit cdc.gov/Concerned.

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



California Health Center

*“A health center has trained their **Community Health Worker** to hand out the LTSAE materials, including the App download instructions, to their patients. They are also giving away Baby’s Busy Day to families, to encourage developmental monitoring.”*



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Track & Share Milestones | Get Tips & Activities | Learn When to Act Early

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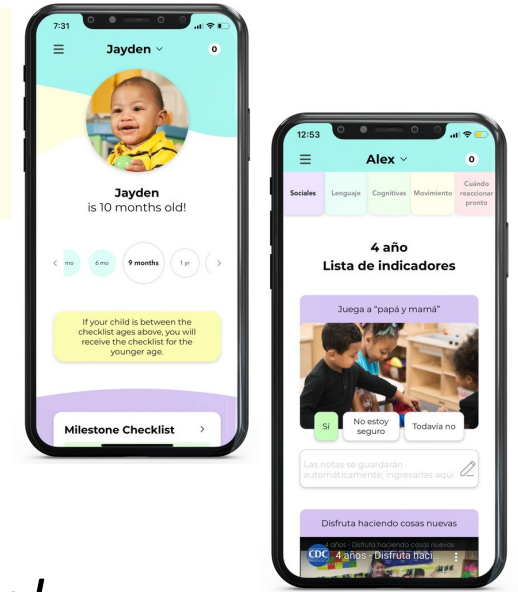
New York Clinic

“We offered the Milestone checklist app brochures with a book at the end of visits and are now starting a new QI (Qualitative Improvement) project in an outpatient pediatric clinic.

*The **patient educator** will meet with the family at the end of the 2-month well child visit, talk about the importance of developmental monitoring, show them the app, and help the family download it on their phone.*

*On subsequent well child visits, the **pediatrician** will ask if the app has been used, review the milestones checklist, and document if they had completed the checklist. If not, the **patient educator** will meet with the family to address any barriers.*

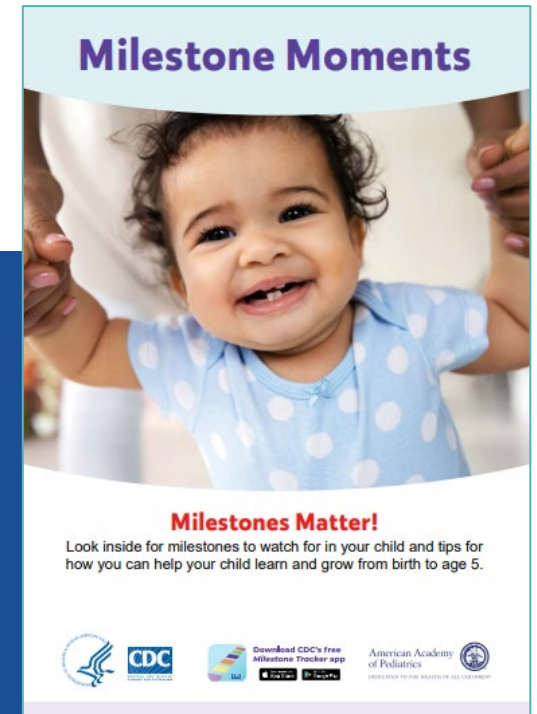
We will track the number of families who are using the app and hope to bring it to all outpatient clinics if successful!”



South Dakota Health Centers

*“A **community health worker** or **family support worker** is helping families download the milestone tracker app in initial visits with young families.”*

“Our staff enjoys being able to provide books and having the developmental milestone recommendations inside is helpful for parents. Also, the Milestone Moments book(let) is extremely helpful and detailed to discuss with parents!”



Utah Clinic

“The clinic sends a text reminder to the family to bring back the LTSAE checklist before the 12- and 24-months checkup. This is documented in the EMR and reviewed at the visit with the family along with any other screening that needs to occur. They also post materials throughout the entire clinic and created a QR code for the App that is available in all clinic rooms.”

Your child at 2 years*

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 age 2. 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

- ☐ Notices when others are hurt or upset, like pausing or looking sad when someone is crying
- ☐ Looks at your face to see how to react in a new situation

Language/Communication Milestones

- ☐ Points to things in a book when you ask, like "Where is the bear?"
- ☐ Says at least two words together, like "More milk."
- ☐ Points to at least two body parts when you ask him to show you
- ☐ Uses more gestures than just waving and pointing, like blowing a kiss or nodding yes

Cognitive Milestones (learning, thinking, problem-solving)

- ☐ Holds something in one hand while using the other hand, for example, holding a container and taking the lid off

Physical Development Milestones

- ☐ Uses to use switches, knobs, or buttons on a toy
- ☐ Plays with more than one toy at the same time, like putting toy food on a toy plate
- ☐ Kicks a ball
- ☐ Runs
- ☐ Walks (not climbs) up a few stairs with or without help
- ☐ Eats with a spoon

It's time for developmental screening!
At 2 years, your child is due for an autism screening, as recommended for all children by the American Academy of Pediatrics. Ask the doctor about your child's developmental screening.

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 had any skills he/she once had?
- Does your child have any special healthcare needs or was he/she born prematurely?

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1. Ask for a referral to a specialist who can evaluate your child more;
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/first.

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

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 Centers for Disease Control and Prevention
cdc.gov/actearly
(800) CDC-KIDS

WIC Clinic Staff

“My favorite experiences are with those parents that get the news that their children are on track. I love seeing how proud and excited they get. Parents light up and feel empowered.” – North Dakota

“Every appointment is a chance to go over the checklist for their child. It opens up opportunities to talk to parents about how their child is doing and things they have been doing well and areas that may need some improvement. It also provides an opportunity to provide recommendations for the parents to speak with their pediatrician about.” – Missouri WIC

WIC

Many Strategies are Working in Health Centers

Staff: Community health worker, family support worker, patient educator, nurse, physician, WIC staff

Strategies:

- Posting flyers
- Sending text reminders about visits and checklists
- Giving resources to families
- Encouraging families to use checklists
- Using the checklist with families
- Documenting monitoring and referrals in EHRs

Getting Started



What Can I Do TODAY?

Download and share ***CDC's Milestone Tracker*** app
with at least one family






Scan to
Download






Help your child grow and thrive

Your child's early years are so very important. Tracking how your little one plays, learns, speaks, acts, and moves helps you support their development.

Download CDC's free *Milestone Tracker* app to find fun and easy activities for each age.



 Track & Share Milestones |  Get Tips & Activities |  Learn When to Act Early

Learn more at cdc.gov/MilestoneTracker

What Can I Do TODAY?

Special Offer for Community Health Centers ONLY:

Order FREE Milestone App posters and growth charts for your clinic

Email
ActEarly@cdc.gov
TODAY

to request free print
copies to be mailed
to your clinic!

Help your child grow and thrive

Your child's early years are so very important. Tracking how your little one plays, learns, speaks, acts, and moves helps you support their development.

Learn more at cdc.gov/MilestoneTracker

Apoye su desarrollo y crecimiento

Los primeros años de su hijo son muy importantes. Seguir cómo su pequeño juega, aprende, habla, actúa y se mueve lo puede ayudar en su desarrollo.

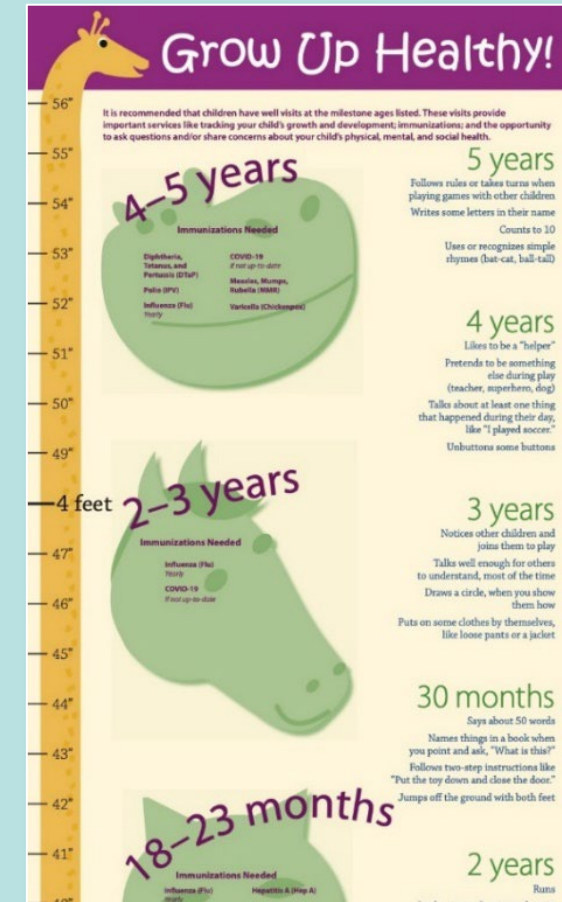
Encuentre más información en cdc.gov/Sigamos

Download CDC's free Milestone Tracker app.

Descargue la aplicación gratuita de los CDC Sigamos el desarrollo.

CDC U.S. CENTERS FOR DISEASE CONTROL AND PREVENTION

American Academy of Pediatrics ACADEMY OF PEDIATRICS



What Can I Do Next?

Connect with your Act Early Ambassador for local resources and support: www.cdc.gov/ActEarly/Ambassadors



What Can I Do Next?

Explore **FREE** resources and trainings for healthcare providers

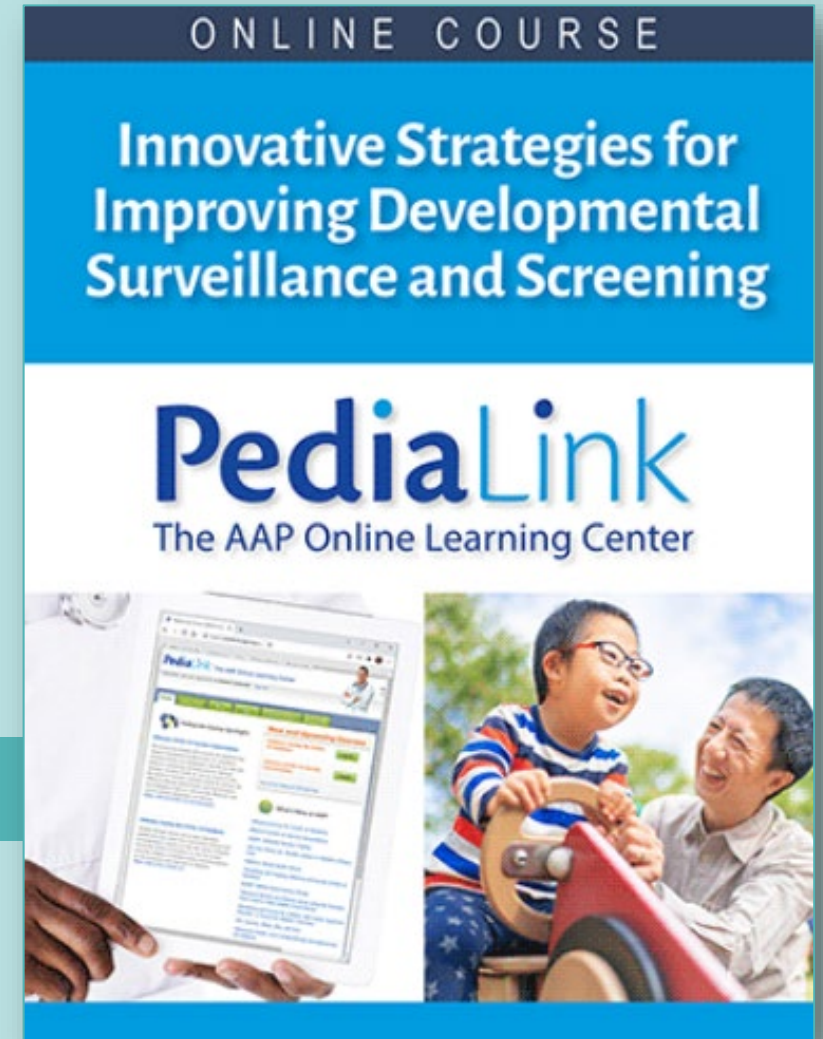
CDC Resources for Healthcare Providers
www.cdc.gov/ActEarly/Healthcare

AAP Child Development and Disability
PediaLink Courses <https://bit.ly/4f2txnv>



New PediaLink Courses Coming Soon

- Milestones Matter: Optimizing Developmental Surveillance
- Autism Identification and Collaborative Care



CDC Resource Links

Download the *Milestone Tracker* app:

www.cdc.gov/MilestoneTracker

Connect with your Act Early Ambassador:

www.cdc.gov/ActEarly/Ambassadors

Download and print milestone checklists and other resources:

www.cdc.gov/ActEarly/Materials

Email the *Learn the Signs. Act Early.* Program Team:

ActEarly@cdc.gov (request a special order of growth charts and App posters today!)



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Questions?

ActEarly@cdc.gov



The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the U.S. Centers for Disease Control and Prevention.



How Did We Do?

- Please take a moment to complete a brief survey to support the Evidence to Impact Center in improving its trainings and technical assistance offerings and assessing program outcomes over time.
- The survey is anonymous, voluntary, and should take **no longer than 5 to 10 minutes** to complete.

To complete the survey, please click on the link in the chat or scan the QR code below on a mobile device.





CEUs

- Go to the “Contents” tab on the event page.
- Select “CEU Survey.”
- Enter the verification code provided at the end of the survey. (Code is case sensitive.)
- Complete the quiz.
- Once all items are completed the certificate will become available for download.
- You have 30 days to return to the event page and complete items for CEU credit.

Event page link: [https://elearn.zerotothree.org/p/ECDHS-CDCsLearntheSignsActEarly#tab-product tab contents](https://elearn.zerotothree.org/p/ECDHS-CDCsLearntheSignsActEarly#tab-product%20tab%20contents) 5



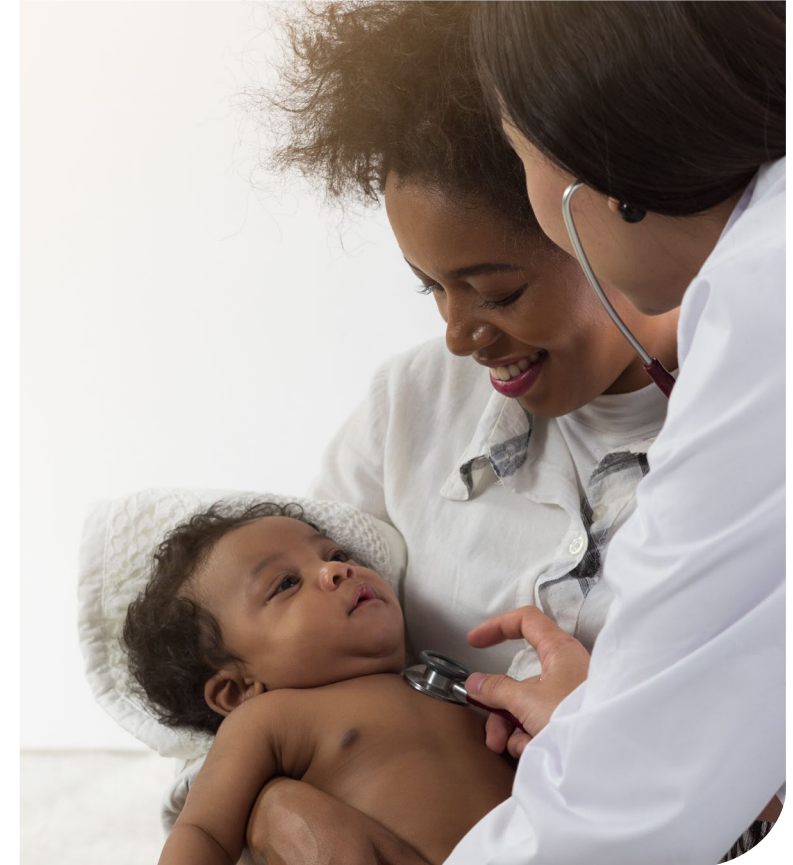
Join Us! Upcoming Webinar on the Well Visit Planner

Tuesday, September 10, 1:30-3 PM ET

- Learn how the family-engaged Well Visit Planner can elevate comprehensive health promotion and prevention services and foster child flourishing
- Presenters will highlight how to leverage existing system strengths and share an example of applying the Well Visit Planner in a community health center

Register today:

<https://elearn.zerotothree.org/p/ECDHS-WellVisitPlannerApproach>



Thank you again for joining us!

Please scan the QR code to complete our feedback survey.

