

CDC's *Learn the Signs. Act Early.*

for Early Head Start and Head Start Programs

FREE resources from the Centers for Disease Control and Prevention (CDC) to help you engage families in monitoring children's developmental milestones from 2 months to 5 years of age

CDC's *Learn the Signs. Act Early.* resources help you...

- ✓ Provide guidance and resources to families when discussing developmental concerns.
- ✓ Work with families to become better observers of their child's development and encourage them to take action on a developmental concern.
- ✓ Meet Head Start Program Performance Standards.
 - Complement and support developmental screening.
- ✓ Meet Head Start training requirements.
 - Earn 0.1 CEU with the *Watch Me! Celebrating Milestones and Sharing Concerns* online training (www.cdc.gov/WatchMeTraining).

Note: In centers that conduct developmental screenings, these resources support and complement, but do not replace, developmental screening.



Learn the Signs. Act Early.
is featured in...

- ✓ Head Start Early Childhood Learning & Knowledge Center

Visit [Head Start Resources](#) to link to these and other resources.

1 in 6 children has a developmental delay or disability. You can help identify children with signs of developmental delay, strengthen family engagement, in developmental monitoring, and better support all children by...

1. Using CDC's [milestone checklists](#) and [Milestone Moments](#) booklet to
 - ✓ Enhance developmental screening by routinely tracking each child's development.
 - ✓ Empower families to observe and track their child's development.
 - ✓ Increase your knowledge of signs of potential delay and what to do when there is a concern.
2. Helping families to act on developmental concerns.
 - ✓ Support them by sharing CDC's [How to get Help for Your Child Tip Sheet](#).
3. Learning more about monitoring each child's development and sharing updates with families with CDC's FREE 1-hour online training, *Watch Me!* (www.cdc.gov/WatchMeTraining).

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



Learn the Signs. Act Early.

Getting resources is easy with 3 simple options:

Download CDC's FREE *Milestone Tracker* app.
Learn more at
www.cdc.gov/MilestoneTracker

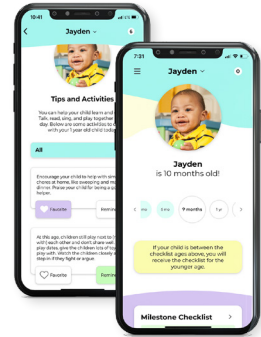
OR

Print FREE resources directly from
www.cdc.gov/ActEarly/Materials

OR

Contact your Act Early Ambassador
to ask about local supplies of resources
in English or Spanish at
www.cdc.gov/ActEarly/Ambassadors

*Most resources are available in English and Spanish.
CDC's milestone checklists are available in additional languages.*



Find the FREE resources pictured here and others at www.cdc.gov/ActEarly.

Local contact information is helpful to families. Want to customize CDC resources with your logo and contact information? Request customizable files from ActEarly@cdc.gov and have them printed locally.

The Centers for Disease Control and Prevention's (CDC's) *Learn the Signs. Act Early.* program aims to improve early identification of children with developmental disabilities so children and families receive needed services and support as early as possible.

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