

# CDC's *Learn the Signs. Act Early.* for Home Visitors

**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...

- ✓ Meet home visiting performance indicators because they
  - Complement and support developmental screening
  - Enhance individualized developmental support
  - Help with making referrals
- ✓ Help families better understand their child's development
- ✓ Communicate with families about their child's progress
- ✓ Guide families when there is a concern about their child's development

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

1. Supplementing your curriculum with CDC's *Learn the Signs. Act Early.* family education and engagement resources
  - ✓ Enhance developmental screening by using [milestone checklists](#) and the [Milestone Moments](#) booklet to track each child's development between screenings.
  - ✓ Help families understand age-appropriate milestones by showing pictures and videos from [Milestones in Action](#).
  - ✓ Share children's books [Amazing Me](#) and [Where is Bear?](#) to help families learn about developmental milestones while reading with their child.
  - ✓ Increase your knowledge of signs of potential delay and what to do if there is a concern.
2. Encouraging families to use the [Milestone Tracker app](#) and review the My Child's Summary page with you to facilitate communication about developmental progress.
3. Helping families act on developmental concerns by sharing CDC's [How to get Help for Your Child Tip Sheet](#).

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

## It's Working in Home Visiting!

*Help Me Grow South Carolina* and Maternal, Infant, and Early Childhood Home Visiting (MIECHV) programs have developed a model to successfully integrate [Learn the Signs. Act Early.](#) resources.

The model includes:

1. An engaging training on developmental milestones for families.
2. Discussions with families at each visit about their child's development, using resources like CDC's [Milestone Moments](#) booklet.
3. A process to refer children to appropriate providers for further evaluation if concerns arise during visits.



*"My clients enjoy looking for their babies' milestones. They use the booklet to "glimpse into the future" of what their babies will be doing next! It allows them to prepare for what is to come even after they have graduated from our program."*

- Nurse Home Visitor, South Carolina

For more about this model or to replicate or adapt it for your program, contact [ActEarly@cdc.gov](mailto:ActEarly@cdc.gov).



*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](http://www.cdc.gov/MilestoneTracker)

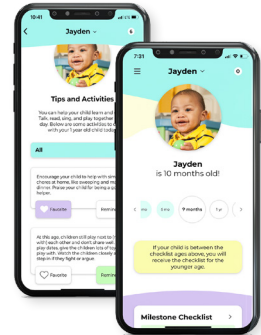
OR

Print FREE resources directly from  
[www.cdc.gov/ActEarly/Materials](http://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](http://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](http://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](mailto: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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