

# CDC's "Learn the Signs. Act Early." for Healthcare Providers

**FREE** research-based, parent-friendly resources to assist physicians with developmental surveillance from age 2 months to 5 years

CDC's "Learn the Signs. Act Early." materials can:

- ✓ Help you meet the American Academy of Pediatrics (AAP) recommendation for developmental surveillance at each health maintenance visit
- ✓ Prepare your patients' parents for providing more accurate responses to administered validated developmental screeners like those recommended by the AAP
- ✓ Lay a foundation for productive and efficient conversations with families about developmental progress or concerns
- ✓ Aid in early identification of the 1 in 6 children with a developmental delay or disability so they can benefit from early intervention services shown to improve skills, abilities, future school performance, and later success in life

You can ensure children with developmental delays and disabilities receive much needed help at the time that intervention is most effective by:

1. Performing developmental surveillance at each health maintenance visit and encouraging parents to monitor milestones between visits;

**CDC's "Learn the Signs. Act Early." FREE materials can:**

- Provide [Milestone checklists](#) as anticipatory guidance; ask families to complete the checklists in advance of each health maintenance visit to facilitate developmental surveillance discussion
  - Welcome newborns with a [Milestone Moments booklet](#); refer to it at every health maintenance visit
  - Introduce the idea of developmental surveillance in a friendly way by making [Milestones brochures](#) available in waiting or exam rooms
2. Conducting developmental screenings and autism-specific screenings as recommended by the AAP using a validated screening tool; and
  3. Referring children with concerning screening results for further evaluation AND to your state's early intervention services.

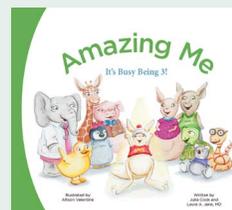
[www.cdc.gov/ActEarly](http://www.cdc.gov/ActEarly) | 1-800-CDC-INFO (1-800-232-4636)

**Learn the Signs. Act Early.**



### Milestone Moments Booklet

Comprehensive, parent-friendly; includes all milestone checklists as well as tips for supporting a child's development at every age



### "Amazing Me – It's Busy Being 3!"

Children's book; educates parent about milestones



### Milestone Checklists

Objective, research-based; for ages 2 months through 5 years



# Getting materials is easy with 3 simple options:

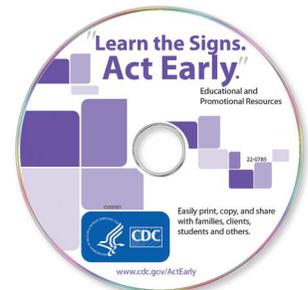
All materials are available in English and Spanish, many in simplified Chinese and Korean, some in other languages.

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



OR

**Print materials from a FREE disk.**  
Order disk from  
[www.cdc.gov/ActEarly/Orders](http://www.cdc.gov/ActEarly/Orders)



OR

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



Find the resources pictured here and others, including a continuing education online course offering FREE CME and MOC (Pt 2; 20 pts), at [www.cdc.gov/ActEarly](http://www.cdc.gov/ActEarly).

Want to customize CDC materials with your logo and contact information? Local contact information is most helpful to families. Request customizable files from [ActEarly@cdc.gov](mailto:ActEarly@cdc.gov) and have them printed locally.

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