

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

FREE research-based, parent-friendly resources to assist healthcare providers 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 supervision visit
- ✓ Prepare families to provide more accurate responses to validated developmental screeners recommended by the AAP
- ✓ Lay a foundation for engaged 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 the help they need at the time that intervention is most effective by:

1. Performing developmental surveillance at each health supervision visit and encouraging parents to monitor milestones between visits;
 - Provide [milestone checklists](#) as anticipatory guidance; ask families to complete the checklists before each health supervision visit to facilitate developmental surveillance discussion
 - Welcome newborns with a [Milestone Moments booklet](#); refer to it at every health supervision visit
 - Print and post a free poster encouraging families to use CDC's [Milestone Tracker app](#) to track and quickly share developmental progress at visits
2. Making connections with child care providers, directly or through parents, to encourage use of these resources so they can share additional information with you about a child's developmental progress, as recommended by the AAP;
3. Conducting developmental screenings and autism-specific screenings as recommended by the AAP using a validated screening tool; and
4. Referring children with concerning screening results for further evaluation AND to your state's early intervention services (www.cdc.gov/FindEI).

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



Milestone Tracker App
CDC's Milestone Tracker app available for iOS and Android devices; includes illustrated milestone checklists, tips for supporting development, sharable milestone summary, and more!



Your Child at 1 Year
Checklist of milestones for a 1-year-old child, including categories like Social/Emotional, Language/Communication, and Cognitive/Thinking/Problem Solving.

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



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



Learn the Signs. Act Early.

Three easy ways to share materials with families:

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

OR

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

OR

Promote **CDC’s FREE Milestone Tracker app**
for families and other care providers; learn
more and print a poster for your clinic at
www.cdc.gov/MilestoneTracker



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

Find the resources pictured here and others, including *Autism Case Training (ACT)*, a continuing education online course offering **FREE CME** at 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 and have them printed locally.

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