

CDC's *Learn the Signs. Act Early.* FREE Resources for WIC Staff

1 in 6 children have developmental delays or disabilities. Children from families with low incomes, like those served by WIC, are at even greater risk. You can make a difference for these children by using the free resources described below and making a referral when there is a concern.

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

- ✓ Help staff respond to questions or concerns from parents about their child's development.
- ✓ Provide a quick and easy way to monitor a child's early development.
- ✓ Help parents set goals related to their child's growth and development.
- ✓ Offer parent education about developmental milestones and tips for supporting their child's development.
- ✓ Help staff know when and where to refer a child with a possible developmental delay.

Note: These materials support developmental monitoring, but do not replace developmental screening. They help staff decide when to refer a child to other professionals for screening and further assessment.

WIC staff can help children with suspected developmental delays receive the help they need by...

Promoting parent awareness

1. Integrate LTSAE developmental [milestone checklists](#) into clinic visits.
 - a. Provide parents a checklist to complete at regular intervals, such as certification visits.
 - b. Review the completed checklist with parents, and encourage them to share it with their child's healthcare provider.
 - c. Provide parents a [milestones brochure](#) or [Milestone Moments booklet](#), and encourage them to monitor development between visits.

Making a referral

2. Refer to the child's healthcare provider and/or early intervention program, when needed, for formal screening and assessment.
3. Support parents in following up on concerns by sharing CDC's tip sheets on [How to Help Your Child](#) and [How to Talk with the Doctor](#).

It's Working in WIC!

WIC clinics in Missouri have developed a model to successfully integrate CDC's *Learn the Signs. Act Early.* Research shows that the model is highly acceptable to staff and families and works to identify and support children at risk.

- ✓ 96% of WIC staff referred one or more children with suspected delays
- ✓ 84% of WIC staff report that implementation takes less than 5 minutes

The model includes:

1. Engaging imagery on the walls and floors of the clinic introduce milestone monitoring in a fun and friendly way
2. Parents completing milestone checklist while staff complete data entry tasks
3. Brief discussion of the completed checklist and referral to the child's healthcare provider and/or early intervention program when concerns are noted



For more about this model or to replicate or adapt it for your clinic, contact ActEarly@cdc.gov.

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



Learn the Signs. Act Early.

Getting materials is easy with 3 simple options:

Print **FREE** materials directly at
www.cdc.gov/ActEarly/Materials

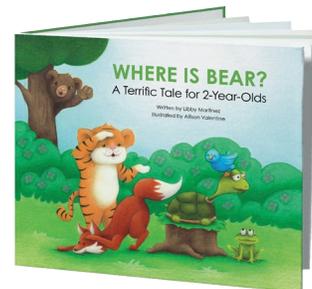
OR

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

OR

Download the **FREE**
Milestone Tracker mobile app
Learn more 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 **FREE** resources pictured here and others at www.cdc.gov/ActEarly.

Want to customize CDC materials with your logo and contact information? Local contact information is helpful to families. 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 can get the services they need as early as possible.

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