

## **Watch Me! Celebrating Milestones and Sharing Concerns Using Free CDC Materials**

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*Voiceover:* The first time I heard the term “developmental monitoring,” I was really intimidated and thought, “this sounds really complicated and time consuming. How am I going to do that on top of everything else I have to do during the day?” I was so relieved when I found out that “developmental monitoring” is just a fancy way of saying “watch, observe and record what the kids are doing to make sure they’re on track.” I just mark on a simple checklist when children meet milestones.

We observe children everyday anyway. We watch what they’re doing when they play in the classroom or outside, when they eat, and so on. Monitoring is just that: watching and observing, and recording what you see. Making a check on a list when a child meets a milestone takes about two seconds, and it’s easier than just about anything else we do all day. It’s definitely easier than getting a room full of toddlers to sleep at naptime, and it’s a lot more fun than changing diapers! And if that’s all it takes to really make sure each child is on track and to make sure I’m not missing anything in all the hubbub each day, I’m all over it!