

Learn the Signs. Act Early.

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The findings and conclusions in this report are those of the author(s) and do not necessarily represent the official position of the Centers for Disease Control and Prevention.



Learn the Signs. Act Early.



Improve early identification of developmental disabilities so children and their families can get the services and support they need as early as possible

Materials ● Research and Evaluation ● “Act Early” Initiatives

Learn the Signs. Act Early. Materials

Your Baby at 9 Months

Child's Name _____

Child's Age _____

Today's Date _____



How your child plays, learns, speaks, and acts offer important clues about your child's development. Developmental milestones are things most children can do by a certain age. Check the milestones your child has reached by the end of 9 months. Take this with you and talk with your child's doctor at every visit about the milestones your child has reached and what to expect next.

What Most Babies Do at this Age:

Social/Emotional

- May be afraid of strangers
- May be clingy with familiar adults
- Has favorite toys

Language/Communication

- Understands "no"
- Makes a lot of different sounds like "mama" and "dada"
- Copies sounds and gestures of others
- Uses fingers to point at things

Cognitive (learning, thinking, problem-solving)

- Matches the path of something as it falls
- Looks for things he sees you hide
- Plays peek-a-boo
- Finds things he has hidden
- Moves things smoothly from one hand to the other
- Plays up things he cannot do (between blocks and index finger)

Movement/Physical Development

- Stands, holding on
- Can get into sitting position
- Sits without support
- Pushes to stand
- Crawls

Act Early by Talking to Your Child's Doctor if Your Child:

- Doesn't have weight or size with support
- Doesn't sit up with help
- Doesn't "babbles" ("mama", "dada", "da")
- Doesn't play any games involving back and forth play
- Doesn't respond to own name
- Doesn't seem to recognize familiar people
- Doesn't look where you point
- Doesn't transfer toys from one hand to the other

Tell your child's doctor or nurse if you notice any of these signs of possible developmental delay at this age, and talk with someone in your community who is familiar with services for young children in your area, such as your state's public early intervention program. For more information, go to www.cdc.gov/actearly or call 1-800-CDC-INFO.

The National Learning Disabilities Institute recommends that children be screened for general development at the 9-month visit. Ask your child's doctor about your child's developmental screening.

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www.cdc.gov/actearly | 1-800-CDC-INFO



Learn the Signs. Act Early.

Milestone Moments

Learn the Signs. Act Early.

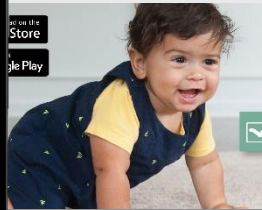
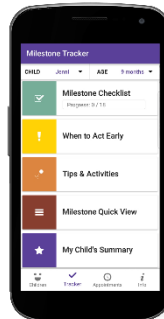


You can follow your child's development by watching how he or she plays, learns, speaks, and acts.

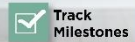
Look inside for milestones to watch for in your child and how you can help your child learn and grow.



Centers for Disease Control and Prevention
www.cdc.gov/milestones
1-800-CDC-INFO



Download CDC's FREE Milestone Tracker App



Learn more at cdc.gov/MilestoneTracker

Concerned about Development?

How to Help Your Child



If you're concerned about your child's development, don't wait. Acting early can make a big difference!

Talk with your child's doctor.

You know your child best. If you think your child is not meeting the milestones for his or her age, or if you, your child's teacher, or another care provider is concerned about how your child plays, learns, speaks, acts, or moves, talk with your child's doctor and share your concerns. Don't wait.

Use a milestone checklist

Visit www.cdc.gov/milestones to find the milestone checklist for your child's age. Use it to track your child's development. When it's time to talk with the doctor, write down the questions you have and show the doctor the milestones your child has reached and the ones that concern you.

Ask the doctor about developmental screening

Developmental screening happens when the doctor asks you to complete a formal checklist or questionnaire about how your child plays, learns, speaks, acts, or moves. It gives the doctor more information to figure out how best to help your child. Developmental screening is recommended for all children at certain ages or whenever there is a concern. Ask the doctor about your child's developmental screening.

If you or the doctor is still concerned about your child's development, here's how you can help your child:

Ask the doctor how to contact your state's early childhood system to request an evaluation to find out if your child qualifies for services that might help his or her development. If your doctor doesn't know the phone number, go to www.cdc.gov/actearly or call 1-800-CDC-INFO (1-800-232-4636). Ask for the phone number for the early intervention provider in your area.

If your child is 3 years or older, call your local elementary school and ask to speak with someone who can help you have your child evaluated—even if your child does not go to that school.

AND

Ask the doctor if you need to take your child to a specialist who can take a closer look at your child's development. If you do, ask the doctor for a referral and contact the specialist right away. If your appointment with the specialist is many weeks away, remember you can call back every week to see if an earlier appointment has opened up. Getting early help for your child often means being persistent.

Find more information, including what to say when you make these important calls, what to do while you wait to have your child seen, and how to get support for your family, at www.cdc.gov/actearly.

www.cdc.gov/actearly | 1-800-CDC-INFO



Learn the Signs. Act Early.

Track Your Child's Developmental Milestones

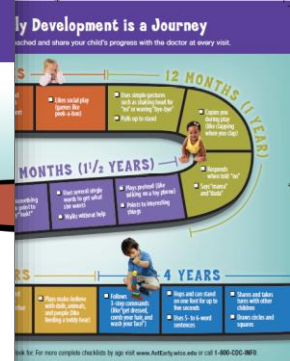


Your child's early development is a journey. Use this map of milestones to know what to look for along the way.

For parents of children from birth to 4 years.



Learn the Signs. Act Early.



Watch Me!

A free training for early educators

cdc.gov/WatchMeTraining



Learn the Signs. Act Early. Materials

Parent-tested materials focused on milestones, when to act early, what to do if concerned

- ☐ Free
- ☐ Research-based, audience-tested
- ☐ Parent-friendly
- ☐ Written in plain language
- ☐ Reproducible (no copyright)
- ☐ Cultural adaptations
 - ☐ Materials available in Spanish and in other languages
- ☐ Easily customizable
- ☐ Most available to print immediately
- ☐ Limited print copies available to order



CDC's FREE Milestone Tracker App

Because milestones matter!



Milestone checklists for 2 months to 5 years



Summary of your child's milestones



Activities to help your child's development



Tips for what to do if you have concerns

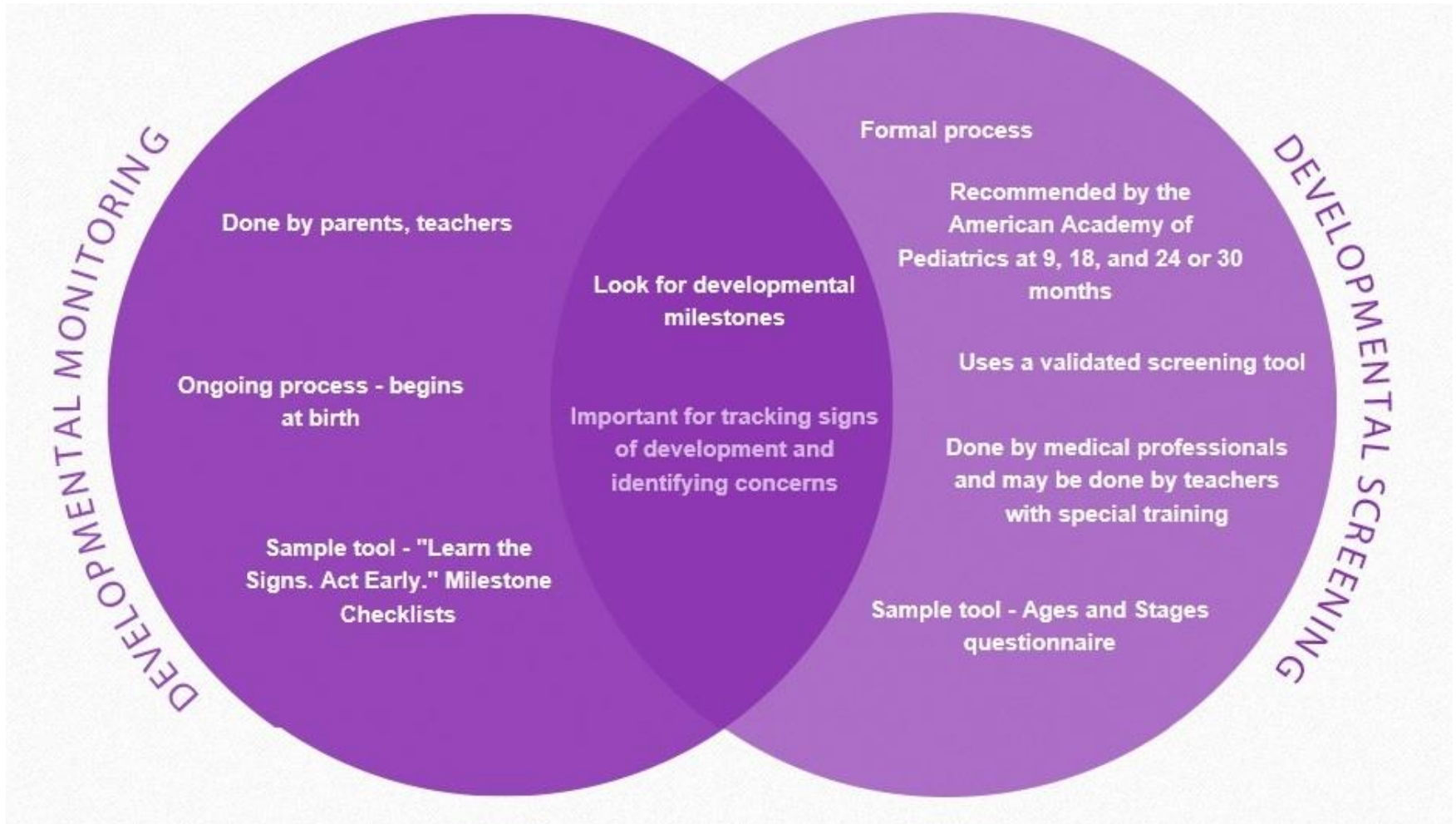


Appointment reminders



Learn more at cdc.gov/MilestoneTracker

Developmental Monitoring and Developmental Screening



Ideas for Child Find

- Add specific contact information to materials
- Provide to referral sources
 - Birthing hospitals--
Packets for new parents
 - Child care programs
- Resources and content for Child Find website
- Resource fairs, screening events
- Training



EARLY INTERVENTION PROGRAMS

All Early Intervention Referrals Statewide may call: 1-800-522-0066

Email: ProjectAssist@dhhs.nv.gov

Developmental Milestones

Are you concerned? Because all babies are different, they rarely do the same thing at exactly the same age. As a result, it's not unusual for families to have questions or concerns about their child's development. You may wonder; Why isn't my son sitting up? Why isn't my daughter crawling? Why doesn't my son do the same things as other children his age?

You can read the child find brochure "Babies Have A Lot To Learn" for some general guidelines on developmental milestones. It's important to keep in mind that all children develop differently and at their own pace.

- [Child Find Brochure - English Feb2015](#)
- [Child Find Brochure - Spanish Feb2015](#)
- [CDC Developmental Milestones for additional information - "Learn the Signs. Act Early."](#)

Act Early Ambassadors

- ❑ Community champions to increase awareness activities and improve early identification practices
- ❑ Serve as state or territory point-of-contact for the national LTSAE program - they can help you
- ❑ <https://www.cdc.gov/ncbddd/actearly/ambassadors-list.html>



Act Early Ambassadors

- ❑ ~50% worked to embed or integrate resources in Child Find systems
- ❑ ~37% report that programs in their state are regularly using LTSAE for child find activities
- ❑ Activities
 - ❑ Collaborating to improve or create policy or protocol
 - ❑ Customizing LTSAE materials
 - ❑ Collaborating on training
 - ❑ Serving on ICCs and other councils

Ambassadors and Parent Centers

How Ambassadors and Parent Centers are working together to support parents and improve early identification

- ❑ Information sharing and making referrals to each other
- ❑ Serving on committees together
- ❑ Collaborating on grants and training activities
- ❑ Being involved together in Act Early State Teams
- ❑ Sharing and disseminating each other's information
- ❑ Co-developing resources
- ❑ Having formal relationships--contracts or other relationships with each other's organizations

Getting the Materials is Easy

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

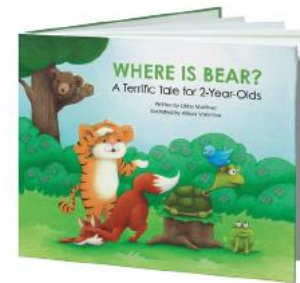
OR

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.



Birth to Five: Watch Me Thrive!

Updated Resources from Help Me Grow

- ❑ Audience Guides for Developmental and Behavioral Screening
- ❑ Developmental and Behavioral Screening Passport
- ❑ <https://helpmegrownational.org/hmg-partners/watchmethrive/>



Questions?
