

Learn More about Your Child's Development:

Developmental Monitoring and Screening



Taking a first step, waving “bye-bye,” and pointing to something interesting are all developmental milestones, or things most children can do by a certain age. Children reach many milestones in how they play, learn, speak, act, and move. Developmental monitoring and screening are ways to look for your child's developmental milestones.

Developmental Monitoring

- WHO:** You — parents, grandparents, other caregivers
- WHAT:** Look for developmental milestones
- WHEN:** From birth to 5 years
- WHY:** To help you:
- celebrate your child's development
 - talk about your child's progress with doctors and child care providers
 - learn what to expect next
 - identify any concerns early
- HOW:** With easy, free checklists – get yours at www.cdc.gov/Milestones

Developmental Screening

- WHO:** Healthcare provider, early childhood teacher, or other trained provider
- WHAT:** Look for developmental milestones
- WHEN:** At 9, 18, and 24 or 30 months, or whenever there is a concern
- WHY:** To find out:
- if your child needs more help with development, because it is not always obvious to doctors, child care providers, or parents
 - if a developmental evaluation is recommended
- HOW:** With a formal, validated screening tool – learn more at www.hhs.gov/WatchMeThrive

➤ All young children need both developmental monitoring and developmental screening.

➤ The best person to track your child's development is you!

Use free **milestone checklists** and go over them with the doctor at every well-child visit.

➤ What if your child is not reaching milestones as expected?

You know your child best. If you are concerned about your child's development, talk with your child's doctor about your concerns and ask about developmental screening. For more information, go to www.cdc.gov/Concerned.

Don't wait! Acting early can make a real difference.

Your child's development is a journey.
Monitoring and screening show you the way.

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



Learn the Signs. Act Early.