Help your child learn and grow by spotting amazing milestone moments!

“Learn the Signs. Act Early.”
CDC: Learn the Signs Act Early (LTSAE)
Organizations

- California Autism Professional Training and Information Network (CAPTAIN)
  - Northern California (8 Regions)
  - Southern California (9 Regions)
  - Collaboration between SELPA’s/ Regional Centers/ State Funded Family Support
- Center for Disease Control and Prevention (CDC)
  - Learn the Signs Act Early (LTSAE)
CAPTAIN is a multiagency network developed to support the understanding and use of Evidence Based Practices for individuals affected by Autism Spectrum Disorder across the state.

http://www.captain.ca.gov/index.html

Northern California Region 2:

SELPA’s:
Glenn, Modoc, Shasta, Siskiyou, Tehama, Butte, Trinity, Plumas, Lassen

Regional Center:
Far Northern

State/Federally Funded Family Support Agencies:
Rowell Family empowerment Center
Family Resource Center Region 1
CAPTAIN Regions

17 CAPTAIN REGIONS

- CAPTAIN ORANGE: Anaheim City Capistrano Greater Anaheim Irvine Newport-Mesa North Orange Northeast Orange Orange Unified Santa Ana South Orange Co Tustin West Orange Co Garden Grove
- CAPTAIN X: Riverside Co Riverside Unified Desert Mountain Fontana East Valley Consortium San Bernardino City West End Corona-Norco Moreno Valley Morongo Ontario-Montclair
- CAPTAIN 805: San Luis Obispo Santa Barbara Ventura
- CAPTAIN 007: Monterey North Santa Cruz Co Santa Clara I, II, III, IV, VII South East Pajaro Valley San Benito
- CAPTAIN BRIDGES: Marin San Francisco San Mateo Napa Solano Sonoma Sonoma Charter Vallejo City
- CAPTAIN HOOK: Amador Calaveras Lodi Modesto City San Joaquin Stanislaus Stockton City Tuolumne
- NORTH STATE CAPTAIN: Glenn Modoc Shasta Siskiyou Tehama Butte Trinity Plumas Lassen Sierita
- CAPTAIN 101: Lake Humboldt-Del Norte Mendocino
- CAPTAIN KERN: Bakersfield Kern Consortium Kern HS Mono Inyo Sierra Sands
- CAPTAINS OF THE EAST BAY: Contra Costa MAC Mission Valley Mt. Diablo No Region San Ramon Valley West Contra Costa Tri-Valley Oakland
- CENTRAL VALLEY CAPTAIN: Madera-Merced Tulare Kings
- CAPTAIN SAN DIEGO: Imperial East Co San Diego North Coastal San Diego North Inland San Diego Poway San Diego City San Diego South Co Temecula Valley

LA 4 REGIONS:
- NEW WAVE: West San Gabriel Valley, Downey-Montebello, WACSEP, Long Beach, Mid Citiacs, Southwest, Norwalk-La Mirada, ABC
- CAPTAIN LA: LA USD, Pasadena, Foothill, Santa Monica-Malibu, Tri City, LA Court & Charter, Compton
- SUPER 14: Antelope Valley, Santa Clarita
- CLIC: East San Gabriel Valley, Pomona, Puente Hills
We still need your help!

1) Complete the statewide survey at http://bit.ly/2CwR8gm (automatically entered to win $50)

2) Assist us with recruitment by sending this information on to other California public educators who are supporting students with Autism

Learn the Signs. Act Early.

www.cdc.gov/ActEarly
• CAPTAIN Vision
Establish a statewide training and technical assistance network focused on the use of EBPs for ASD inclusive of agencies who will work collaboratively at a local level so that individuals with ASD and their families can benefit from research based practices ..... 

• Our Mission:
• Increase knowledge about ASD and EBPs through systematic dissemination of information
• Increase Implementation and fidelity of EBPs in schools and community settings (families and providers of services)
• Increase inter-agency collaborations to leverage resources, solve local challenges & standardize the use of EBPs across agencies
<table>
<thead>
<tr>
<th>Agency Active</th>
<th>Cadre</th>
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<tbody>
<tr>
<td>SELPAs/Schools</td>
<td>305</td>
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<tr>
<td>Regional Centers</td>
<td>47</td>
</tr>
<tr>
<td>Family Support Agencies</td>
<td>17</td>
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<tr>
<td>University/UCEDD/LEND</td>
<td>7</td>
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<tr>
<td>CDE</td>
<td>3</td>
</tr>
<tr>
<td>Total</td>
<td>376</td>
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</tbody>
</table>
Of the 306 SELPA Nominated/School Cadre

- 49- Cadre are employed by a COE
- 38- COE Cadre employed by a COE are returning Cadre members
- 30- SELPAs (out of 134) have COE as one or more of their Cadre

Cadre Requirements

- New cadre must take online class and attend “Bootcamp”
- All Cadre Must:
  - Attend annual summit
  - Provide annual training on ASD and EBP
  - Attend quarterly regional collaboration meetings
  - Report back to SELPA director and their immediate supervisor following summit
Deputy Ambassador for the State of California LTSAE State Systems Grant

Two Responsibilities

1. Support the development and distribution of the regional LTSAE Milestone Moments Brochure

2. Provide LTSAE presentations in our CAPTAIN region
You’ll Learn

- Looking for milestones is important
- About free resources to help
- Things you can do to help your child learn and grow

Uses things correctly (cup)
Walks down stairs holding on
Dresses and undresses self
Let’s talk about

- Your essential, irreplaceable role in developmental monitoring and early identification
- Why early identification is important
- FREE resources to make discussing screening and development with parents easier
Tracking Milestones Is Important

Tracking your child’s milestones gives you the chance to catch early signs of possible developmental problems so your child has the best chance to get the help he or she might need.

Learn the Signs. Act Early.

www.cdc.gov/ActEarly
Tracking Your Child’s Milestones

• Looking for milestones is easy, fun, and really important
• Tracking milestones over time
  – Helps you understand your child and know what to expect
  – Helps you to be sure that your child is developing well for his/her age
  – Provides important information to share with your child’s doctor at every checkup
What are Developmental Milestones?

- Things most children can do by a certain age
  - How a child plays, learns, speaks, acts, and moves

- They offer important clues about your child’s developmental health

- Children develop at their own pace. Some will reach milestones slightly late or early

- Parents need Guidance in recognizing

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AAP Developmental Screening Guidelines

The American Academy of Pediatrics (AAP) recommends developmental screening at well-child visits

- **All** children screened to assess their general development at 9, 18 and 24 or 30 months
- **All** children screened for ASD at 18 & 24 months

1 in 6 children ages 3-17 has a developmental disability
Helping Your Child Learn and Grow

- Tracking milestones is a great first step
- Try the activities to help your child learn and grow
- Talk with other care providers about the milestones they see in your child
- Talk with your child’s doctor about your child’s progress and what to expect next
- Act early if you ever have a concern
Helping You Serve Families

• You are parents’ most trusted source for high-quality and comprehensive information about early child development
• CDC can help you meet parents’ expectation for high-quality resources
Tools to Make Your Work Easier

- Developed by CDC, in conjunction with the AAP
- Help parents become better partners in monitoring development
- Objective, research-based information may make visits more productive
- FREE!!!!!!
Free Milestone Trackers

- Developed by CDC’s “Learn the Signs. Act Early.” program
- Milestone trackers in a variety of options
- Can be ordered online
- Some resources are printable online
- Customizable

Learn the Signs. Act Early.

www.cdc.gov/ActEarly
LTSAE Materials- Ingles y Espanol

• Additional Languages:
  – Arabic
  – Korean
  – Portugues
  – Somali
  – Simplified Chinese
  – Vietnamese
  – Haitian Creolo
  – Brazilian Portuguese
LTSAE Materials
Designed for use by:
Parents
Professionals
Together
Where is Bear? / Donde Esta Osisto?

WHERE IS BEAR?
A Terrific Tale for 2-Year-Olds
Written by Libby Martinez
Illustrated by Allison Valentine

- Designed for 2 year olds and their families
- Interactive
- Milestone prompts for parents

Learn the Signs. Act Early.

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

- Checklists by age starting at 2 months and going through 5 years
- Lists milestones across 4 areas of development
- Identify causes for celebration or concern
- cdc.gov/milestones
Amazing Me / Soy Maravilloso

• Celebrates typical development

• Age-appropriate activities

• Audio version available online

Learn the Signs. Act Early.

www.cdc.gov/ActEarly
Using the Milestones Checklist

- Distribute to Families at every well-child visit
- Post a copy on your refrigerator and check off milestones as your child reaches them
- Complete the checklist before every well-child checkup and take it with you to share with the doctor
Milestone Moments Booklet

Learn the Signs. Act Early.

www.cdc.gov/ActEarly
Milestone Moments Booklet

Includes

- Full checklists 2 months through 5 years
- Activities for helping your child learn and grow
- Space to write down questions for the doctor

How to use it

- A resource to keep and use throughout your child’s early years
- Try the activities during playtime
- Take it to every well-child checkup
Milestone Moments

Learn the Signs. Act Early.

www.cdc.gov/milestones
1-800-CDC-INFO


Special acknowledgments to Susan P. Berger, PhD, Jenny Burt, PhD; Margaret Greco, MD; Katie Green, MPH, CHES; Georgia Peacock, MD, MPH; Lisa Robison, PhD, MPH, Camille Smith, MS, EID; Julia Whitney, BS; and Rebecca Wolff, MA.

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.
Milestone Moments

How your child plays, learns, speaks, and acts offers important clues about your child’s development. Developmental milestones are things most children can do by a certain age.

The lists that follow have milestones to look for when your child is:

<table>
<thead>
<tr>
<th>Age</th>
<th>Page</th>
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<tbody>
<tr>
<td>2 Months</td>
<td>3–6</td>
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<tr>
<td>4 Months</td>
<td>7–10</td>
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<tr>
<td>6 Months</td>
<td>11–14</td>
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<tr>
<td>9 Months</td>
<td>15–18</td>
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<tr>
<td>1 Year</td>
<td>19–22</td>
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<tr>
<td>18 Months (1½ Years)</td>
<td>23–26</td>
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<tr>
<td>2 Years</td>
<td>27–30</td>
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<tr>
<td>3 Years</td>
<td>31–34</td>
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<tr>
<td>4 Years</td>
<td>35–38</td>
</tr>
<tr>
<td>5 Years</td>
<td>39–42</td>
</tr>
</tbody>
</table>

Check the milestones your child has reached at each age. 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.

For more information, go to www.cdc.gov/milestones

Learn the Signs. Act Early.
www.cdc.gov/ActEarly
Your Baby at 2 Months

What babies do at this age

Social/Emotional
- Can briefly calm himself
  - (may bring hands to mouth and suck on hand)
- Begins to smile at people
- Tries to look at parent

Language/Communication
- Coos, makes gurgling sounds
- Turns head toward sounds

Cognitive (learning, thinking, problem-solving)
- Pays attention to faces
- Begins to follow things with eyes and recognize people at a distance
- Begins to act bored (cries, fussy) if activity doesn’t change

How you can help your baby’s development

- Cuddle, talk, and play with your baby during feeding, dressing, and bathing.
- Help your baby learn to calm herself. It’s okay for her to suck on her fingers.
- Begin to help your baby get into a routine, such as sleeping at night more than in the day, and have regular schedules.
- Getting in tune with your baby’s likes and dislikes can help you feel more comfortable and confident.
- Act excited and smile when your baby makes sounds.
- Copy your baby’s sounds sometimes, but also use clear language.
- Pay attention to your baby’s different cries so that you learn to know what he wants.
- Talk, read, and sing to your baby.
- Play peek-a-boo. Help your baby play peek-a-boo, too.
- Place a baby-safe mirror in your baby’s crib so she can look at herself.
Your Baby at 2 Months

**Movement/Physical Development**
- Can hold head up and begins to push up when lying on tummy
- Makes smoother movements with arms and legs

**How you can help your baby’s development**
- Look at pictures with your baby and talk about them.
- Lay your baby on his tummy when he is awake and put toys near him.
- Encourage your baby to lift his head by holding toys at eye level in front of him.
- Hold a toy or rattle above your baby’s head and encourage her to reach for it.
- Hold your baby upright with his feet on the floor. Sing or talk to your baby as he is upright.

**Act early by talking to your child’s doctor if your child:**
- Doesn’t respond to loud sounds
- Doesn’t watch things as they move
- Doesn’t smile at people
- Doesn’t bring hands to mouth
- Can’t hold head up when pushing up when on tummy

Tell your child’s doctor or nurse if you notice any of these signs of possible developmental delay for 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/concerned](http://www.cdc.gov/concerned).
Select milestones at a glance for ages 6 months to 4 years

Learn the Signs. Act Early.

www.cdc.gov/ActEarly
Learn the Signs. Act Early.

The journey of your child’s early years includes many developmental milestones for how he or she plays, learns, talks, moves, and behaves. Talk with your child’s doctor about these milestones.

Not reaching these milestones, or reaching them much later than other children, could be a sign of a developmental delay.

If you have concerns about your child’s development, contact your local Family Resource Center or school district Special Education Local Plan Area (SELPA):

**Far Northern Regional Center**
Serving Butte, Glenn, Lassen, Modoc, Plumas, Shasta, Siskiyou, Tehama & Trinity Counties
530-222-4791 Redding
530-895-8633 Chico
tnrecenter.org

**Rowell Family Empowerment of Northern California**
Serving Butte, Glenn, Shasta, Siskiyou, Tehama & Trinity Counties
530-226-5125
empoweryourfamily.org

**Lassen Child & Family Resources**
Serving Lassen, Modoc & Plumas Counties
336 Alexander Avenue, Susanville, CA 96070
530-257-9781
lassencfr.com

- BUTTE, GLENN, LASSEN, MODOC, PLUMAS, SHASTA, SISKIYOU, TEHAMA & TRINITY COUNTIES -
Special Education Local Plan Areas (SELPA)

**Butte County Office of Education - SELPA**
530-332-3621
selpa.bcde.org

**Glenn County Office of Education - SELPA**
530-665-1267
www.glenwuo.org

**Lassen County Office of Education - SELPA**
530-257-7266
loe.org

**Modoc County Office of Education - SELPA**
530-233-7110
www.modoccoe.k12.ca.us

**Plumas County Office of Education - SELPA**
Plumas Unified School District
530-283-6557
www.pcoe.k12.ca.us

**Shasta County Office of Education - SELPA**
530-225-1000
Shastacoe.org/programs-services/elpa

**Siskiyou County Office of Education - SELPA**
530-842-8432
siskiyourcse.net/Page/140

**Tehama County Office of Education - SELPA**
530-527-8562
tehamaschools.org/department/special-education/elpa

**Trinity County Office of Education - SELPA**
530-623-3861
www.troek12.org

Track Your Child’s Development Milestones

For parents of children from birth to 4 years

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

This brochure developed and provided by

C.A.P.T.A.I.N.
California Autism Professional Training and Network

Learn the Signs. Act Early.

Centers for Disease Control and Prevention
www.cdc.gov/actearly
1-800-CDC-INFO
Check off the milestones your child has reached and share your child’s progress with the doctor at every visit.

**Does your baby have any teeth yet?**
To promote dental health, your child should see a pediatric dentist when the first tooth appears, or by the 1st birthday.

**First Dentist Appointment**

**6 MONTHS**
- Responds to name
- Begins to say sounds such as “m” and “b”
- Smiles at you and other family members
- Babble with expression
- Likes to be picked up and held

**9 MONTHS**
- Understands “no”
- Shows interest in things such as people, toys, and foods
- Uses simple gestures like waving “bye-bye”
- Pulls up to stand
- Likes to play games such as peekaboo

**12 MONTHS**
- Says several single words
- Follows simple directions
- Points to show something interesting

**24/30 MONTHS**
- Points to things or pictures when named
- Says sentences with 2 to 4 words
- Likes to be hugged or cuddled

**Is your child on track?**
Developmental Screenings at 9, 18 and 24/30 months help you and your doctor monitor your child’s development.

These are just a few of the milestones to look for! For further developmental information and assistance contact your local Help Me Grow or visit helpmegrowca.org

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**FIRST 5 ASSOCIATION OF CALIFORNIA**
**HELP ME GROW**
**FIRST 5 CALIFORNIA**

DEVELOPMENTAL MILESTONE CONTENT ADAPTED FROM THE U.S. CENTERS FOR DISEASE CONTROL AND PREVENTION, “LEARN THE SIGNS. ACT EARLY”
Growth Chart

Learn the Signs. Act Early.

www.cdc.gov/ActEarly
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
Milestone Tracker – Home Screen

- Easily navigate to all of the app’s features from the home screen.
  - Milestone Checklists
  - When to Act Early
  - Tips and Activities
  - Milestone Quick View
  - My Child’s Summary
  - Appointments

To begin tracking milestones, tap **Milestone Checklists**.

Learn the Signs. Act Early.

www.cdc.gov/ActEarly
Other App Features

- **Appointments**
  - Enter upcoming appointments and receive reminders as the dates approaches

- **Reminders**
  - Checklist incomplete
  - Developmental concern

- **Notifications**
  - Ready for next age checklist!
  - Due for well-child checkup
  - Due for developmental screening
3 simple ways to get materials

- Print FREE materials directly at www.cdc.gov/ActEarly (click on “Free Materials”)
- Print materials from a FREE disk. Order disk from www.cdc.gov/ActEarly/Orders
- Order FREE printed materials (in limited quantities) in English or Spanish from www.cdc.gov/ActEarly/Orders

Learn the Signs. Act Early.

www.cdc.gov/ActEarly
Free Continuing Education Opportunity

- Free online courses eligible for CME, CNE and CEU credits
- MOC (Part 2) Approved
  - Identifying
  - Diagnosing
  - Managing
- In-Class Curriculum
  - Teaching Guide
  - Video Library

Learn the Signs. Act Early.
Act Early

- You know your child best
- Share your concerns with the doctor
- Ask for a referral to a specialist AND call 1-800-CDC-INFO (1-800-232-4636) to get connected to services
- Every state offers services that can help
- Don’t wait!
Act Today!

- View, print, or order FREE “Learn the Signs. Act Early.” resources at www.cdc.gov/ActEarly
- If you’d like to customize these materials for your practice and print them locally, contact ActEarly@cdc.gov
- Access free continuing education courses on autism spectrum disorder at www.cdc.gov/AutismCaseTraining

Thank you!
Remember!

- Looking for milestones is important
- There are free resources to help
- You can help your child learn and grow
- Acting early can make a real difference

Learn the Signs. Act Early.

www.cdc.gov/ActEarly
In conclusion
Help your child learn and grow by spotting every amazing milestone moment!

“Learn the Signs. Act Early.”

https://www.cdc.gov/ncbddd/actearly/index.html

Visit cdc.gov/ActEarly or call 1-800-CDC-INFO today.