



“Learn the Signs. Act Early.”

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



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

Mark Pfaff Director of Special Education
Tehama County Department of Education SELPA
North State CAPTAIN Region 2

CDC: Learn the Signs Act Early (LTSAE)



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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 Sierra
- **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-Mariposa Clovis Fresno USD Fresno Co Merced Tulare Kings
- **CAPITAL CAPTAIN:** Placer Yolo Yuba Tahoe-Alpine Colusa El Dorado Charter El Dorado Co Elk Grove San Juan Sacramento Co Sutter Folsom Cordova Sacramento City Nevada
- **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 Cities, 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!



Participate in an Important Research Study

Help improve training in evidence-based practices for students with Autism in California

1 in 20 will win \$50!

Exploring Multi-Level System Factors Facilitating Educator Training in Evidence Based Practices for Autism

Exploring Multi-Level System Factors Facilitating Educator Training in Evidence Based Practices for Autism

Who can participate?

- SELPA Directors
- Special Education Directors
- Program Specialists/Coordinators
- Behavior/Autism Specialists
- Site Principals/Administrators
- Special Education Teachers
- Para-educators

What's next?

- Complete a 20-minute web-based survey
- Share the survey link with others in your organization who also support students with Autism

1 in 20 will win \$50!

This research study is funded by the Institute of Education Sciences (IES), (R324A170003)

UC DAVIS
Levin Institute

SAN DIEGO STATE UNIVERSITY

CAPTAIN
CALIFORNIA

UC DAVIS

To learn more contact:
Patty Schetter, MA, BCBA
Project Coordinator
916-783-8329
ps-schetter@ucdavis.edu

To take the survey



<https://bit.ly/2CwR8gm>

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.

CAPTAIN

- **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

Learn the Signs. Act Early.

Active Cadre Members

| <u>Agency Active</u> | <u>Cadre</u> |
|-------------------------|--------------|
| SELPAs/Schools | 305 |
| Regional Centers | 47 |
| Family Support Agencies | 17 |
| University/UCEDD/LEND | 7 |
| CDE | <u>3</u> |
| Total | 376 |



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Control and Prevention
www.cdc.gov/actearly
1-800-CDC-INFO

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

Learn the Signs. Act Early.

The journey of your child's early years includes many developmental milestones for how he or she plays, to learn what to look for in your child. 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
famorthernrc.org

Rowell Family Empowerment of Northern California

Serving Butte, Glenn, Shasta, Siskiyou, Tehama & Trinity Counties
530-226-5129
empoweryourfamily.org

Lassen Child & Family Resources

Serving Lassen, Modoc & Plumas Counties
336 ALEXANDER AVENUE, SUSANVILLE, CA 96130
530-257-9781
lassenlcr.com



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

BUTTE, GLENN, LASSEN, MODOC, PLUMAS, SHASTA, SISKIYOU, TEHAMA & TRINITY COUNTIES -

Special Education Local Plan Areas (SELPA)

Butte County Office of Education - SELPA

530-532-5621
selpa.bcoe.org

Glenn County Office of Education - SELPA

530-865-1267
www.glenncoe.org

Lassen County Office of Education - SELPA

530-257-7266
lcoe.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

530-225-0100
Shastacoe.org/programs-services/selpa

Siskiyou County Office of Education - SELPA

530-842-8432
siskiyoucoe.net/Page/140

Tehama County Office of Education - SELPA

530-527-8562
tehamaschools.org/department/special-education/selpa

Trinity County Office of Education - SELPA

530-623-2861
www.tcoek12.org

Track Your Child's Developmental Milestones

For parents of children from birth to 4 years



Learn the Signs. Act Early.

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



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

Learn the Signs. Act Early.



Let's talk about

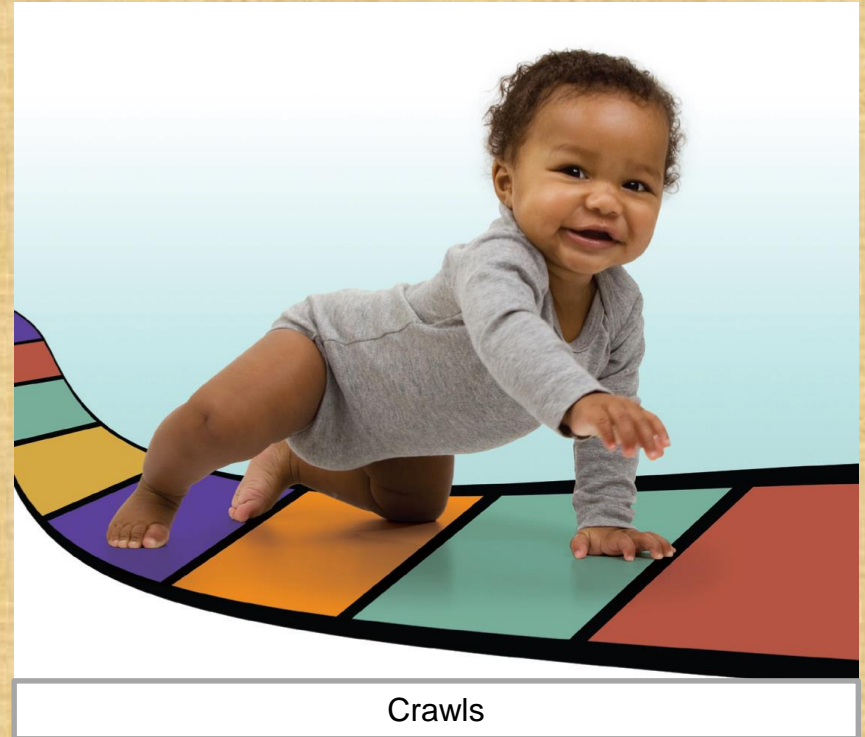
- Your essential, irreplaceable role in developmental monitoring and early identification
- Why early identification is important
- FREE resources to make discussing screening and development with parents easier

Learn the Signs. Act Early.



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.



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

Learn the Signs. Act Early.



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. All children develop at their own pace. Some will reach milestones slightly late or early
- Parents need Guidance in recognizing



Points out a plane in the sky

Learn the Signs. Act Early.



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



9-Month-Old Child



18-Month-Old Child



24-Month-Old Child

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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

Learn the Signs. Act Early.



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




Learn the Signs. Act Early.



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!!!!!!

Your Baby at 9 Months



Child's Name _____ Child's Age _____ Today's Date _____

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. 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 "mamamama" and "bababababa"
- Copies sounds and gestures of others
- Uses fingers to point at things

Cognitive (learning, thinking, problem-solving)

- Watches the path of something as it falls
- Looks for things he sees you hide
- Plays peek-a-boo
- Puts things in her mouth
- Moves things smoothly from one hand to the other
- Picks up things like cereal o's between thumb and index finger

Movement/Physical Development

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

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

- Doesn't bear weight on legs with support
- Doesn't sit with help
- Doesn't babble ("mama", "baba", "dada")
- 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 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 or call 1-800-CDC-INFO.

The American Academy of Pediatrics recommends that children be screened for general development at the 9-month visit. Ask your child's doctor about your child's developmental screening.

Adapted from CARING FOR YOUR BABY AND YOUNG CHILD: BIRTH TO AGE 5, Fifth Edition, edited by Steven Sheiko and Tanya Renner Altmann © 1991, 1993, 1996, 2004, 2009 by the American Academy of Pediatrics and BRIGHT FUTURES: GUIDELINES FOR HEALTH SUPERVISION OF INFANTS, CHILDREN, AND ADOLESCENTS, Third Edition, edited by Joseph Hagan, Jr., Judith S. Shaw, and Paula M. Duncan, 2008, Elk Grove Village, IL: American Academy of Pediatrics. This milestone checklist is not a substitute for a standardized, validated developmental screening tool.

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

Learn the Signs. Act Early.

Learn the Signs. Act Early.



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



Builds block towers



Explores things by banging



Cooperates with friends



Climbs well

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LTSAE Materials- Ingles y Espanol

- Additional Languages:
 - Arabic
 - Korean
 - Portugues
 - Somali
 - Simplified Chinese
 - Vietnamese
 - Haitian Creolo
 - Brazilian Portuguese



Learn the Signs. Act Early.

Learn the Signs. Act Early. Materials

Your Baby at 9 Months



What Most Babies Do at this Age:

Speech/Language

- Say first words
- Respond to simple words
- Understand simple words

Language/Communication

- Understand "no"
- Respond to different accents, "loudness" and "softness"
- Imitate sounds and gestures
- Play with sounds

Cognitive Learning (looking problem solving)

- Explore the use of objects in play
- Use objects to help in problem solving
- Play with blocks
- Sort things by color
- Match shapes to holes
- Use objects to solve problems

Motor/Physical Development

- Walk with help
- Stand without help
- Pull to stand
- Climb

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

- Doesn't use words by age 18 months
- Doesn't babble
- Doesn't respond to "no" or "yes"
- Doesn't use simple words (such as "milk" or "ball")
- Doesn't understand simple words
- Doesn't play with sounds
- Doesn't play with blocks
- Doesn't stand without help
- Doesn't walk without help

Get your child's doctor or nurse to see whether you or your child may have a developmental delay. If you are concerned, ask your child's doctor or nurse for more information. For more information, call 1-800-CDC-INFO.

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

Learn the Signs. Act Early.



Amazing Me

A free children's book

cdc.gov/AmazingMe



Watch Me!

A free training for early educators

cdc.gov/WatchMeTraining



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 your child and how you can help your child learn and grow.

Milestones in Action

Free photos and videos of developmental milestones

cdc.gov/MilestonesInAction





LTSAE Materials

Designed for use by:

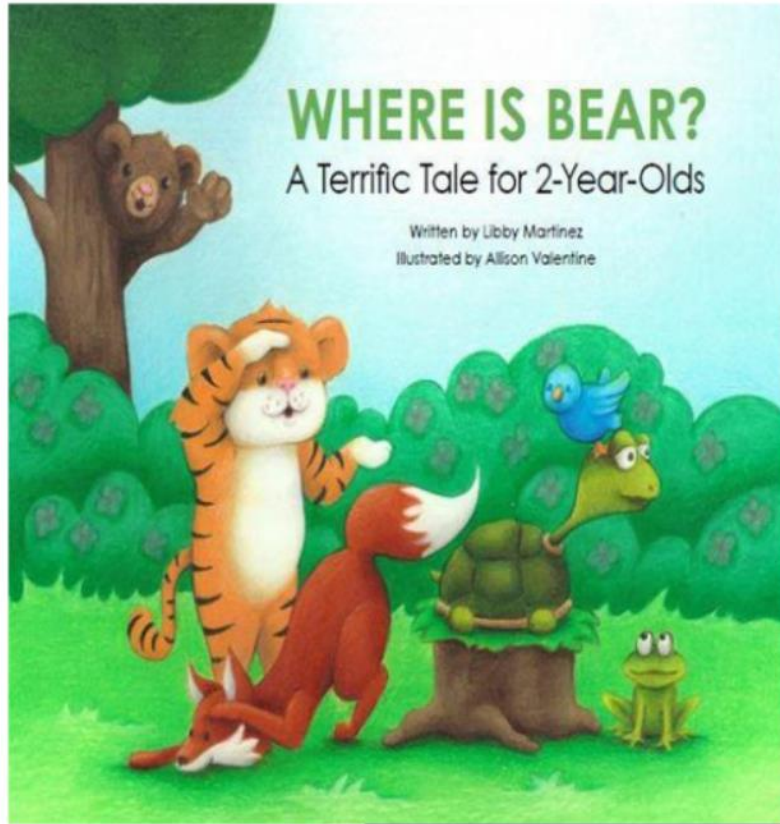
Parents
Professionals
Together



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



Where is Bear? / Donde Esta Osisto?



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

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Centers for Disease
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www.cdc.gov/actearly
1-800-CDC-INFO

Milestone Checklists

Your Baby at 9 Months

Child's Name _____ Child's Age _____ Today's Date _____

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.

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 "mamamama" and "bababababa"
- Copies sounds and gestures of others
- Uses fingers to point at things

Cognitive (learning, thinking, problem-solving)

- Watches the path of something as it falls
- Looks for things he sees you hide
- Plays peek-a-boo
- Puts things in her mouth
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- Doesn't babble ("mama", "baba", "dada")
- 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 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 or call 1-800-CDC-INFO.

The American Academy of Pediatrics recommends that children be screened for general development at the 9-month visit. Ask your child's doctor about your child's developmental screening.

Adapted from Caring for Your Baby and Young Child: Birth to Age 5, Fifth Edition, edited by Steven Shelton and Teresa Palmer (Illnesses © 1994, 1995, 1996, 2004, 2009 by the American Academy of Pediatrics and BRIGHT FUTURES: GUIDELINES FOR HEALTH SUPERVISION OF INFANTS, CHILDREN, AND ADOLESCENTS, Third Edition, edited by Joseph Pagan, Jr., Judith S. Shaw, and Paula M. Garcia, 2008, 5th Grove Village, IL: American Academy of Pediatrics. This milestone checklist is not a substitute for a standardized, validated developmental screening tool.

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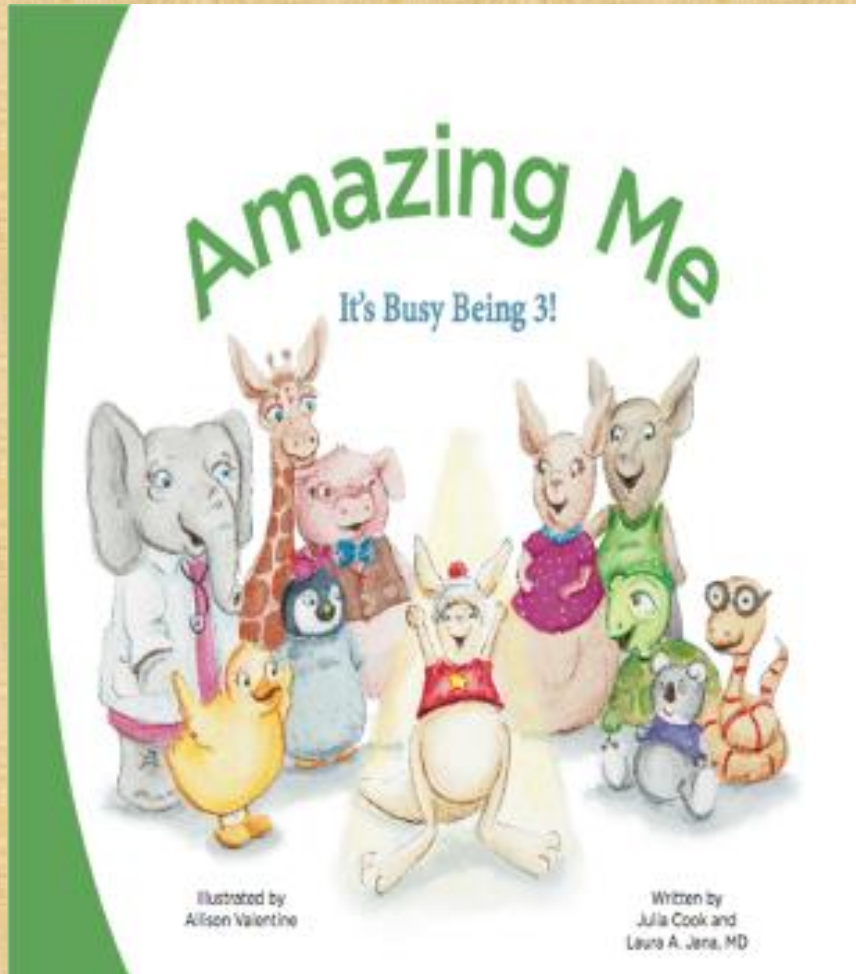
Learn the Signs. Act Early.

- 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

Learn the Signs. Act Early.



Amazing Me / Soy Maravilloso



- Celebrates typical development
- Age-appropriate activities
- Audio version available online

Learn the Signs. Act Early.

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

Learn the Signs. Act Early.



Milestone Moments Booklet

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

Your Child at 18 Months

What children do at this age



Talk with your child's doctor at every visit about the milestones your child has reached and what to expect next.

Social/Emotional

- Likes to hand things to others as play
- May have temper tantrums
- May be afraid of strangers
- Shows affection to familiar people
- Plays simple pretend, such as feeding a doll
- May cling to caregivers in new situations
- Points to show others something interesting
- Explores alone but with parent close by

Language/Communication

- Says several single words
- Says and shakes head "no"
- Points to show someone what he wants

How you can help your child's development

- Provide a safe, loving environment. It's important to be consistent and predictable.
- Praise good behaviors more than you punish bad behaviors (use only very brief time outs).
- Describe her emotions. For example, say, "You are happy when we read this book."
- Encourage pretend play.
- Encourage empathy. For example, when he sees a child who is sad, encourage him to hug or pat the other child.
- Read books and talk about the pictures using simple words.
- Copy your child's words.
- Use words that describe feelings and emotions.
- Use simple, clear phrases.
- Ask simple questions.

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Learn the Signs. Act Early.

www.cdc.gov/milestones

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Learn the Signs. Act Early.

www.cdc.gov/ActEarly



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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

Learn the Signs. Act Early.



Milestone Moments

Learn the Signs. Act Early.

Learn the Signs. Act Early.

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



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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.



Learn the Signs. Act Early.

www.cdc.gov/ActEarly

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:

| | |
|-----------------------------------|------------|
| 2 Months | page 3–6 |
| 4 Months | page 7–10 |
| 6 Months | page 11–14 |
| 9 Months | page 15–18 |
| 1 Year | page 19–22 |
| 18 Months (1½ Years) | page 23–26 |
| 2 Years | page 27–30 |
| 3 Years | page 31–34 |
| 4 Years | page 35–38 |
| 5 Years | page 39–42 |

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

Your Baby at 2 Months

Talk with your child's doctor at every visit about the milestones your child has reached and what to expect next.

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 act bored (cries, fussy) if activity doesn't change
- Begins to follow things with eyes and recognize people at a distance

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.

Learn the Signs. Act Early.

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 bring hands to mouth
- Doesn't watch things as they move
- Can't hold head up when pushing up when on tummy
- Doesn't smile at people

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.

Learn the Signs. Act Early.

Milestones Brochure

Select milestones at a glance for ages 6 months to 4 years



Learn the Signs. Act Early.

The journey of your child's early years includes many developmental milestones for how he or she plays, learns, speaks, and acts.

Look inside to learn what to look for in your child. 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.



Track Your Child's Developmental Milestones



For more information about your child's development and what to do if you have a concern, visit:

www.cdc.gov/ActEarly

OR CALL:

1-800-CDC-INFO

to request a FREE "Learn the Signs. Act Early." Parent Kit or to get help finding resources in your area.

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

Developmental milestones adapted from Caring for Your Baby and Young Child: Birth to Age 5 (AAP, 2009) and Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents (AAP, 2008).



Learn the Signs. Act Early.



DON'T WAIT.
Acting early can make a real difference!

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, to learn what to look for in your child. 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
farnorthernrc.org

Rowell Family Empowerment of Northern California

Serving Butte, Glenn, Shasta, Siskiyou, Tehama & Trinity Counties
530-226-5129
empoweryourfamily.org

Lassen Child & Family Resources

Serving Lassen, Modoc & Plumas Counties
336 ALEXANDER AVENUE, SUSANVILLE, CA 96130
530-257-9781
lassenclr.com



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



- BUTTE, GLENN, LASSEN, MODOC, PLUMAS, SHASTA, SISKIYOU, TEHAMA & TRINITY COUNTIES -

Special Education Local Plan Areas (SELPA)

Butte County Office of Education - SELPA
530-532-5621
selpa.bcoe.org

Glenn County Office of Education - SELPA
530-865-1267
www.glenncoe.org

Lassen County Office of Education - SELPA
530-257-7266
lcoe.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
530-225-0100
Shastacoe.org/programs-services/selpa

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

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

Trinity County Office of Education - SELPA
530-623-2861
www.tcoek12.org

Track Your Child's Developmental Milestones

For parents of children from birth to 4 years



Learn the Signs. Act Early.

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



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

is a Journey

Check off the milestones your child has reached and share your child's progress with the doctor at every visit.

Child's Name _____

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 _____

BIRTH-4 MOS

Coos, makes gurgling sounds
Looks at you and seems to listen
Babbles with expression
Likes to be picked up and held

6 MONTHS

- Responds to name
- Begins to say sounds such as "m" and "b"
- Smiles at you and other family members



9 MONTHS

- Understands "no"
- Shows interest in things such as people, toys and foods

9mo Screening Date
 on track
 follow up

12 MONTHS

- Uses simple gestures like waving "bye-bye"
- Pulls up to stand
- Likes to play games such as peekaboo



3 YEARS

- Follows instructions with 2 to 3 steps
- Climbs well
- Plays well with others

24/30 MONTHS

- Points to things or pictures when named
- Says sentences with 2 to 4 words
- Likes to be hugged or cuddled



24/30mo Screening Date
 on track follow up

18 MONTHS

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



18mo Screening Date
 on track
 follow up



4 YEARS

- Tells stories
- Draws a person with 2 to 4 body parts
- Shows concern for other people's feelings

5 YEARS

- Speaks clearly
- Says name and address
- Takes turns when playing



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



It's never too early to talk, read, and sing to a child!

FIRST 5
ASSOCIATION OF CALIFORNIA

HELP ME GROW
CALIFORNIA

FIRST 5
CALIFORNIA

Growth Chart



39"

38"

37"

3 feet

35"

34"

space for photo

cooperates with other children and negotiates to solve conflicts

3 years

uses 4 to 5-word sentences

uses pronouns (I, you, me, we, they) and some plurals (cars, dogs, cats)

completes puzzles of 3-4 pieces

Learn the Signs. Act Early.



CDC's FREE Milestone Tracker App

Because milestones matter!



Milestone checklists for 2 months to 5 years



Summary of your child's milestones



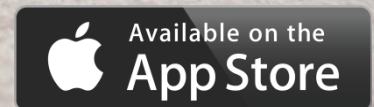
Activities to help your child's development



Tips for what to do if you have concerns



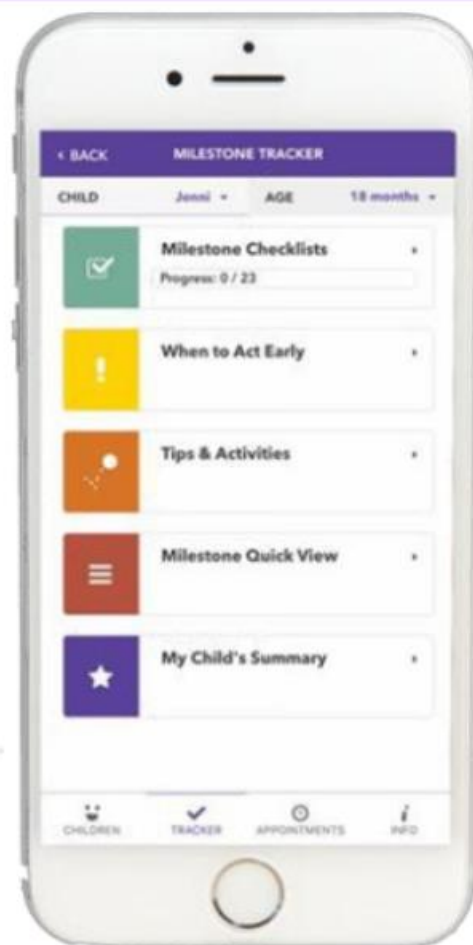
Appointment reminders



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

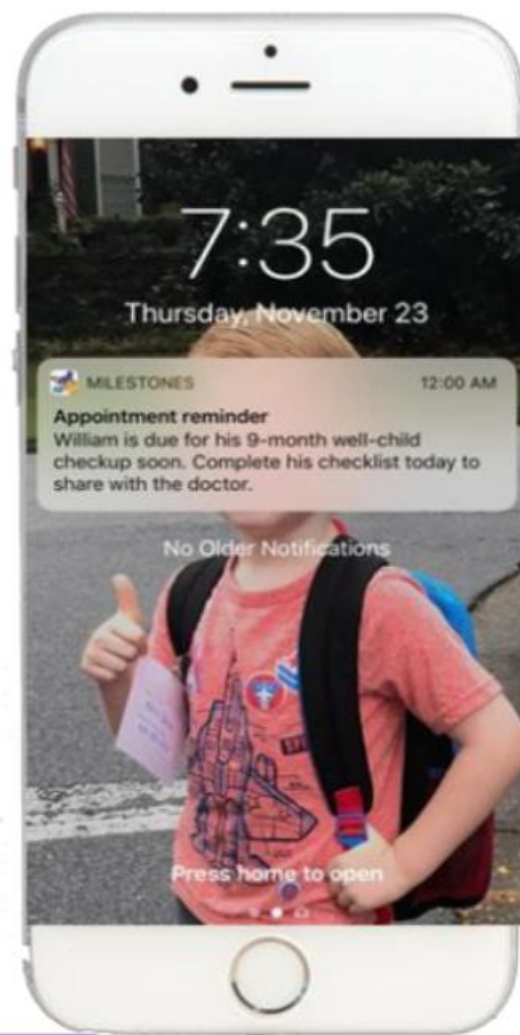


To begin tracking milestones, tap *Milestone Checklists*.

Learn the Signs. Act Early.

Other App Features

- **Appointments**
 - Enter upcoming appointments and receive reminders as the dates approach
- **Reminders**
 - Checklist incomplete
 - Developmental concern
- **Notifications**
 - Ready for next age checklist!
 - Due for well-child checkup
 - Due for developmental screening



Learn the Signs. Act Early.

3 simple ways to get materials

All materials are available in English and Spanish, many in simplified Chinese and Korean, some in other languages.

Print FREE materials directly at
www.cdc.gov/ActEarly
(click on "Free Materials")

OR

Print materials from a FREE disk.
Order disk from
www.cdc.gov/ActEarly/Orders

OR

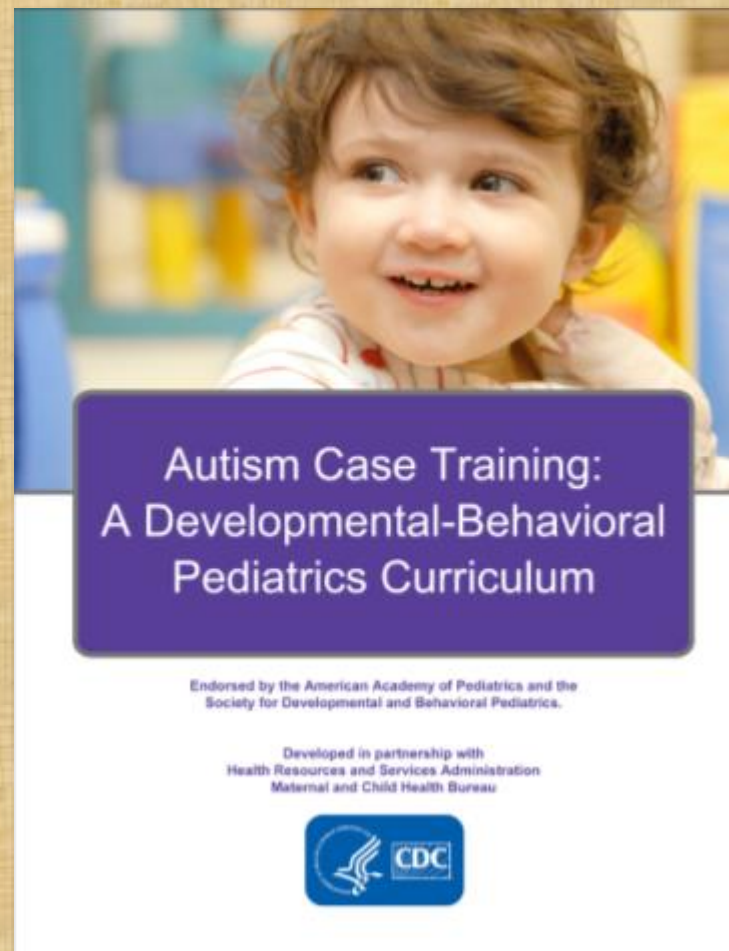
Order FREE printed materials
(in limited quantities) in English or Spanish
from www.cdc.gov/ActEarly/Orders



Learn the Signs. Act Early.

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!

Learn the Signs. Act Early.



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!



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

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



Make-believe play

Learn the Signs. Act Early.





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](https://www.cdc.gov/ActEarly) or call 1-800-CDC-INFO today.



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