

*Learn the Signs. Act Early.*

# Watching Your Child Learn and Grow!

Developmental milestones are skills that most children can do by the time they reach a certain age. Children reach milestones in the ways they play, learn, speak, act, and move. It is important to keep track of developmental milestones as a child ages to know the goals they are reaching and the areas where they may need extra support.



## Important Things to Keep in Mind

**All children develop at different paces!**

- Meeting developmental milestones is not always a straightforward process.
- Your child's development may look different from month to month.
- Developmental milestones can look different across cultures.
- Children learn and grow quickly! Monitoring your child's milestones over time can help you to notice patterns in how they are learning and growing.

## Resources to Track Your Child's Development

- **CDC's *Learn the Signs. Act Early.*** - Learn more about developmental monitoring and download free tools for tracking milestones at [www.cdc.gov/ncbddd/actearly/index.html](http://www.cdc.gov/ncbddd/actearly/index.html)
- **Delaware Network for Excellence in Autism** - Delaware residents can order copies of the CDC Milestone Checklists and relevant resource guides by visiting [www.delawareautismnetwork.org](http://www.delawareautismnetwork.org)
- **Delaware Developmental Screening Resources** - Learn more about developmental screening and early identification in Delaware by visiting: [www.education.delaware.gov/families/birth-age-5/early\\_resources/developmental\\_screenings/](http://www.education.delaware.gov/families/birth-age-5/early_resources/developmental_screenings/)

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## Understanding Family-Led Developmental Monitoring, Screening, & Evaluation

Family-led developmental monitoring, screening, and evaluation are all ways of tracking a child's development across different domains. Each of these serves a different purpose. **Read the descriptions below to learn more.**

### Monitoring

**Developmental monitoring** means watching the ways a child plays, learns, speaks, acts, and moves each day to look for developmental milestones. Developmental monitoring can be done every day by parents, teachers, or trusted supporters in a child's life. The CDC has free tools like the Milestone Checklists and a Milestone Tracker app to help you record your child's milestones.

### Screening

**Developmental screening** is a way of taking a closer look at a child's developmental milestones. With developmental screening, a parent, caregiver, or other professional completes a screening tool, like the *Ages and Stages Questionnaire*.

Completed screening tools are scored by experts and the results are used to determine if a child's development is on schedule or if additional supports may be needed to help reach certain milestones.

### Evaluation

An **evaluation** is a more formal process of looking at a child's development. Evaluations help to determine if support services are needed. A child may be referred for an evaluation if the screening tool identifies an area of concern across one or more developmental areas. A parent always has the right to request an evaluation if they are concerned about their child's development.

Evaluations may be done by trained professionals who have expertise in child development. This can include, but is not limited to, child psychologists, speech-language pathologists, occupational therapists, physical therapists, or developmental pediatricians.

**Scan to download the CDC's Milestone Tracker app!**



<https://www.cdc.gov/ncbddd/actearly/milestones-app.html>