

CDC's *Learn the Signs. Act Early.* for Early Care and Education Providers

FREE research-based, parent-friendly resources on child development
Boost family engagement and your own professional development

CDC's *Learn the Signs. Act Early.* materials...

- ✓ Help you track and celebrate each child's developmental milestones
- ✓ Help you communicate with parents about development
- ✓ Provide guidance on discussing developmental concerns
- ✓ Help parents know what milestones to expect next
- ✓ Complement and support developmental screening
- ✓ Provide professional development with CDC's FREE CEU training, *Watch Me! Celebrating Milestones and Sharing Concerns* (www.cdc.gov/WatchMeTraining)
- ✓ Aid in early identification of the 1 in 6 children with a developmental delay or disability

Note: In centers that conduct developmental screenings, these materials support and complement, but do not replace, developmental screening.

You can ensure children with developmental delays and disabilities receive the help they need by...

1. Learning how to monitor each child's development with CDC's FREE 1-hour online training, *Watch Me! Celebrating Milestones and Sharing Concerns* (www.cdc.gov/WatchMeTraining)
2. Regularly using CDC's milestone checklists in your classroom to
 - Track each child's development progress;
 - Guide your conversation and support your observations when raising concerns with parents; and
 - Complement developmental screening by engaging families in monitoring milestones.
3. Encouraging families to use CDC's [milestone checklists](#) or *Milestone Moments* booklet at home to monitor their children's development; and
4. Helping parents to act on developmental concerns by encouraging them to talk with their child's healthcare provider and call their state's early intervention program. Support them by sharing CDC's *How to Help My Child* and *How to Talk to the Doctor* tip sheets.

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



Watch Me! Training
FREE 1-hour online CEU course for early educators



Milestone Checklists
Objective, research-based, for ages 2 months through 5 years



Milestone Moments Booklet
Comprehensive, parent-friendly; includes all milestone checklists as well as tips for supporting a child's development at every age



Learn the Signs. Act Early.

Getting materials is easy with 3 simple options:

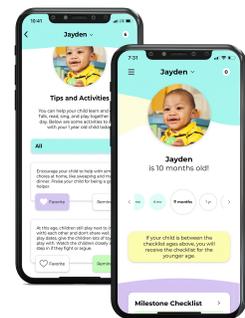
Print **FREE** materials directly at
www.cdc.gov/ActEarly/Materials

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.

Find the **FREE** resources pictured here and others at www.cdc.gov/ActEarly.

Want to customize CDC materials with your logo and contact information? Local contact information is helpful to families. Request customizable files from ActEarly@cdc.gov and have them printed locally.

The Centers for Disease Control and Prevention's (CDC's) *Learn the Signs. Act Early.* program aims to improve early identification of children with developmental disabilities so children and families can get the services they need as early as possible.

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