

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
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.helpmegrowfl.org/developmental-milestones

Developmental Screening

- WHO:** Healthcare provider, early childhood teacher, or other trained provider
- WHAT:** Look for developmental milestones
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. Call 2-1-1 and ask for Help Me Grow for a free developmental screening.

-  **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 to track your child's development. To see Milestones in Action, visit www.cdc.gov/milestones.
-  **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 call 2-1-1 for more information and a free developmental screening.

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



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Developmental milestone content and artwork provided by the U.S. Centers for Disease Control and Prevention, "Learn the Signs. Act Early." program (www.cdc.gov/ActEarly)