

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.



Help Me Grow Florida is sponsored by the Children's Forum and the State of Florida, Office of Early Learning

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)

