

CDC's *Learn the Signs. Act Early.* for Child Welfare

Free resources to engage families and support professional development

Learn the Signs. Act Early. helps families, foster parents, kinship caregivers, and child welfare staff understand the developmental milestones most children (75% or more) reach by ages 2 months through 5 years. It is important that families with young children know what to expect at each stage of development and how to “act early” when there are developmental or behavioral concerns.

Professional Development

FREE resources help support professionals across multiple disciplines working in child welfare:

- ✓ Increase knowledge about early childhood development and have practical tips to engage families
- ✓ Help identify possible developmental delays and help families and caregivers know what to do when there is a concern
- ✓ Support professional development with FREE CEU training: *Watch Me! Celebrating Milestones and Sharing Concerns*
- ✓ Aid in early identification of the 1 in 6 children with a developmental delay or disability
- ✓ Support referrals to early intervention programs

Family Engagement

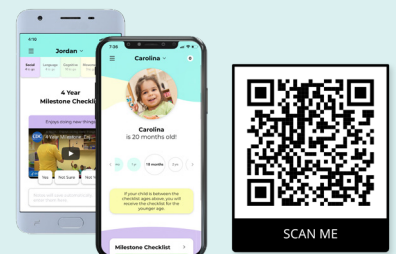
FREE resources help increase family and caregiver understanding of early childhood development and what to expect at each age:

- ✓ Engage and support families in monitoring developmental milestones and acting early on concerns
- ✓ Help professionals, caregivers, and families communicate about child development
- ✓ Offer guidance to help professionals and caregivers discuss developmental concerns with families

Encourage families and caregivers to celebrate each child's development.



Watch Me! Training
FREE 1-hour online CEU course



Download CDC's *Milestone Tracker* app in English and Spanish in the App Store or Google Play.

Child welfare agencies and staff can help ensure that young children at risk of developmental delays and disabilities receive the help they need.

1. Take CDC's FREE 1-hour online continuing education course, *Watch Me! Celebrating Milestones and Sharing Concerns* (www.cdc.gov/WatchMeTraining).
2. Encourage the use of milestone checklists available in print, online, or in CDC's *Milestone Tracker* app.
3. Share CDC's [How to Get Help for Your Child](#) tip sheet for families.

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



Learn the Signs. Act Early.

Getting resources is easy with 3 simple options:

Download CDC's FREE *Milestone Tracker* app.

Learn more at

www.cdc.gov/MilestoneTracker

OR

Print FREE resources directly from

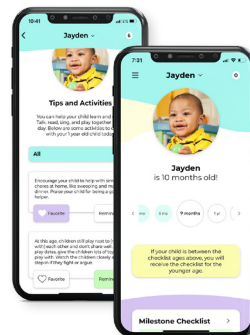
www.cdc.gov/ActEarly/Materials

OR

Contact your Act Early Ambassador
to ask about local supplies of materials
in English or Spanish at

www.cdc.gov/ActEarly/Ambassadors

*Most resources are available in English and Spanish.
CDC's milestone checklists are available in additional languages.*



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

Local contact information is helpful to families. Want to customize CDC resources with your logo and contact information? 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 receive needed services and support as early as possible.

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