

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

FREE research-based, family-friendly resources on child development to support your professional training and help you engage families

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

- ✓ Help you track and celebrate each child's developmental milestones
- ✓ Help you communicate with families about development
- ✓ Provide guidance on discussing developmental concerns
- ✓ Help families 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

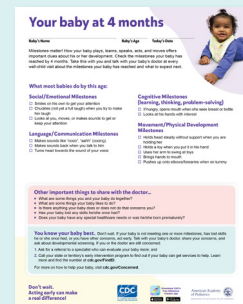
Note: In centers that conduct developmental screenings, these resources support and complement, but do not replace, developmental screening.

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 families; 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 families act on developmental concerns by encouraging them to talk with their child's healthcare provider, call their state's early intervention program, and share CDC's *How to get Help for Your Child Tip Sheet*.



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, family-friendly; includes all milestone checklists as well as tips for supporting a child's development at every age

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

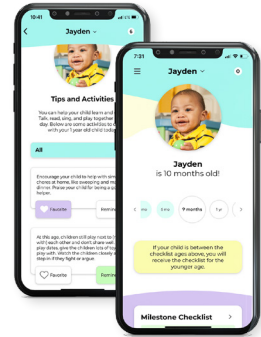
OR

Print FREE resources directly from
www.cdc.gov/ActEarly/Materials

OR

Contact your Act Early Ambassador
to ask about local supplies of resources
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.

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



Learn the Signs. Act Early.