



Learn the Signs. Act Early

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Ambassadors

Act Early Ambassadors expand the reach of the "Learn the Signs. Act Early," program and support their respective state's work toward improving early identification of developmental delays and disabilities, including autism.

Since 2011, professionals with medical, child development, developmental disability, special education, and early intervention expertise have been selected to

- Serve as a state or territorial point-of-contact for the national "Learn the Signs. Act Early." program;
- Support the work of Act Early Teams and other state/territorial or national initiatives to improve early identification of developmental delay and disability; and
- Promote the adoption and integration of "Learn the Signs. Act Early." resources into systems that serve young children and their families.

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Act Early Ambassadors
 in nearly every U.S. state and territory,
 empower parents to monitor their
 children's development with simple,
 parent-friendly tools from CDC.

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Milestones Matter!

1 in 6 children have a developmental delay or disability. You can help identify children with signs of developmental delay, strengthen family engagement in developmental monitoring and better support children by using the CDC Learn the Signs. Act Early Materials.



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"Learn the Signs. Act Early" One doctor's story



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Development Monitoring

Milestones are things most children can do by a certain age

How a child plays, learns, speaks, acts, and moves

You see these every day

Offer important clues about each child's developmental health

Parents may need guidance in recognizing

Developmental monitoring will help ease those concerns

Children grow at their own pace

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Screening vs. Monitoring

Screening: the evaluation or investigation of something as part of a methodical survey, to assess disability for a particular role or purpose

Screening is done by doctors and professionals.

Monitoring: observe and check the progress or quality of (something) over a period of time; keep under systematic review

Monitoring is done by the parents or daycare providers.

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Ages and Stages Questionnaire (ASQ-3)

- The ASQ-3 measures a child's developmental progress
- For use with children between 1 month to 5 1/2 years
- Presents in an easy-to-use questionnaire centered around the parent
- The earlier the ASQ-3 is administered, the greater chance for positive results

- For a free sample questionnaire and more information, please visit <https://agesandstages.com/products-pricing/asq3/>

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Modified Checklist for Autism in Toddlers

- The M-CHAT is a developmental screening tool for children between 16 and 30 months of age
- Designed to identify toddlers who may benefit from a more comprehensive developmental or autism evaluation
- Designed to be administered to the parents or guardians of the child, then interpreted by a qualified professional

- More information is available at <https://m-chat.org/>

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Monitoring Materials

- All of CDC's "Learn the Signs. Act Early." materials are:
 - Research-based
 - Easy to understand
 - Parent-tested
 - Reproducible (no copyright)
 - Available in English and Spanish
 - Available to download or print
 - Popular!
 - Free in LIMITED quantities
 - CUSTOMIZABLE and can be printed locally in the quantities you need

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Materials

- Various materials are available with the CDC and Learn the Signs-Act Early
- An app is available for free to track developmental milestones
- Checklists for every age are available to track milestones
- Many other materials are available for tracking children's progress at <https://www.cdc.gov/nchs/data/actearly/resources.html>




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Help your child grow and thrive

Your child's early years are so very important. Tracking how your little one plays, learns, speaks, acts, and moves helps you support their development.

Download CDC's free Milestone Tracker app to find fun and easy activities for each age.



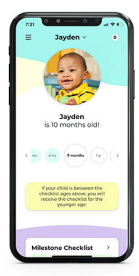
Track & Share Milestones | Get Tips & Activities | Learn When to Act Early

Learn more at [cdc.gov/MilestoneTracker](https://www.cdc.gov/MilestoneTracker)

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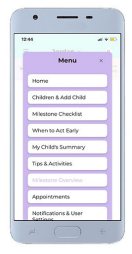
Milestone App

- CDC's **FREE** Milestone Tracker app helps parents and early care and education providers track child's milestones from age 2 months to 5 years.
 - Track the milestones of multiple children
 - View a photo or video of each milestone
 - Quickly reference milestones by age and category
 - Find out what to do if you are ever concerned about a child's development.



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- Features:
 - Personalize checklists for multiple children
 - View photo and video examples of each milestone
 - Get tips and activities to support a child's development
 - Get a notice when it's time to "act early" and talk with parents about developmental concerns
 - Generate milestone summaries to share with a parent or other important care providers



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Features:

- Add a Child** – add a photo and enter personalized information about your child or multiple children
- Milestone Tracker** – track your child's developmental progress by looking for important milestones using an interactive, illustrated checklist
- Checklists Adjust for Prematurity**—updated functionality uses **corrected age** for babies born prematurely
- Milestone Photos and Videos** – know what each milestone looks like so that you can better identify them in your own child
- Tips and Activities** – support your child's development at every age
- When to Act Early** – know when it's time to "act early" and talk with your child's doctor about developmental concerns
- Appointments** – keep track of your child's doctor's appointments and get reminders about recommended developmental screenings
- Milestone Summary** – get a summary of your child's milestones to view, and share with or email to your child's doctor and other important care providers

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What People Are Saying!

"I have downloaded the app for my family and recommend it to my patients. It is easy to use, has great videos, and appeals to all audiences which I appreciate."

Elise Gentile, MS, APRN, CPNP, Advocate Children's Hospital, Oak Lawn, IL

"I love the photos and videos on Milestone Tracker, it helps me to know exactly what milestones my son should be reaching."

Jasmine B, mother of 1-year-old, Atlanta, GA

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Checklists

- Lists for 2 months -5 years
- Different developmental domains
- Highlights when to "Act Early"



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Materials

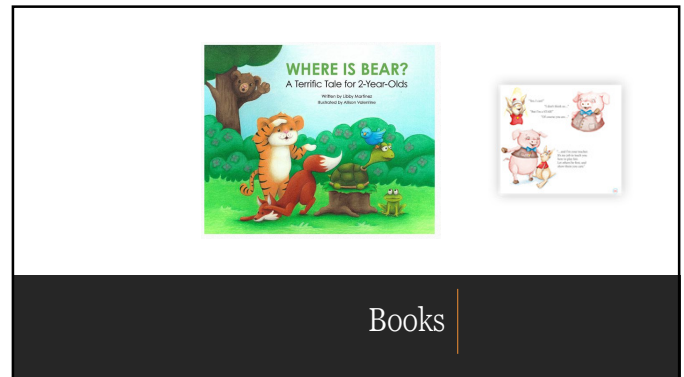


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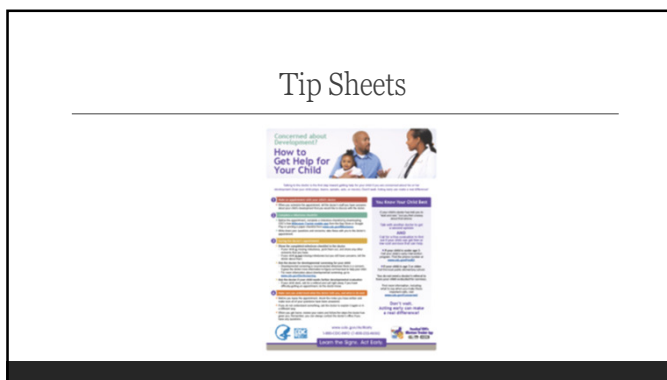
Growth Charts

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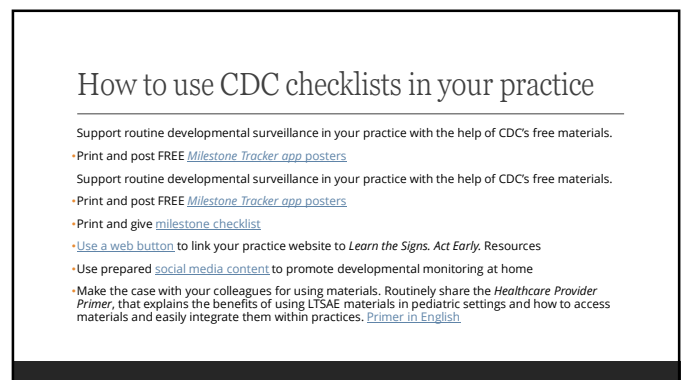
Books

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Tip Sheets

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How to use CDC checklists in your practice

- Support routine developmental surveillance in your practice with the help of CDC's free materials.
- Print and post FREE [Milestone Tracker app posters](#)
- Support routine developmental surveillance in your practice with the help of CDC's free materials.
- Print and post FREE [Milestone Tracker app posters](#)
- Print and give [milestone checklist](#)
- Use a [web button](#) to link your practice website to *Learn the Signs. Act Early.* Resources
- Use prepared [social media content](#) to promote developmental monitoring at home
- Make the case with your colleagues for using materials. Routinely share the *Healthcare Provider Primer*, that explains the benefits of using LTSAE materials in pediatric settings and how to access materials and easily integrate them within practices. [Primer in English](#)

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Questions?

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<https://www.cdc.gov/ncbddd/actearly/index.html>

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