

CDC's *Learn the Signs. Act Early.* for Home Visitors

FREE resources from the Centers for Disease Control and Prevention (CDC) to help you engage families in monitoring children's developmental milestones from 2 months to 5 years of age

CDC's *Learn the Signs. Act Early.* materials help you:

- ✓ Meet home visiting performance indicators because they
 - Complement and support developmental screening
 - Enhance individualized developmental support
 - Help with making referrals
- ✓ Help parents better understand their child's development
- ✓ Communicate with parents about their child's progress
- ✓ Guide parents when there is a concern about their child's development

1 in 6 children has a developmental delay or disability. You can help identify children with signs of developmental delay, strengthen family engagement, and better support children by...

1. Supplementing your curriculum with CDC's *Learn the Signs. Act Early.* parent education and engagement materials
 - Enhance developmental screening by using [milestone checklists](#) and the [Milestone Moments booklet](#) to track each child's development between screenings.
 - Help parents understand age-appropriate milestones by showing pictures and videos from [Milestones in Action](#).
 - Share children's books [Amazing Me](#) and [Where is Bear?](#) to help parents learn about developmental milestones while reading with their child.
 - Increase your knowledge of signs of potential delay and what to do if there is a concern.
2. Encouraging parents to use the [Milestone Tracker app](#) and review the My Child's Summary page with you to facilitate communication about developmental progress.
3. Helping parents take action on developmental concerns by sharing CDC's [How to Help Your Child](#) and [How to Talk with the Doctor](#) tip sheets.

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

It's Working in Home Visiting!

Help Me Grow South Carolina and Maternal, Infant, and Early Childhood Home Visiting (MIECHV) programs have developed a model to successfully integrate [Learn the Signs. Act Early.](#) materials.

The model includes:

1. An engaging training on developmental milestones for families.
2. Discussions with families at each visit about their child's development, using materials like CDC's [Milestone Moments booklet](#).
3. A process to refer children to appropriate providers for further evaluation if parental concerns arise during visits.



"My clients enjoy looking for their babies' milestones. They use the booklet to "glimpse into the future" of what their babies will be doing next! It allows them to prepare for what is to come even after they have graduated from our program."

- Nurse Home Visitor, South Carolina

For more about this model or to replicate or adapt it for your program, contact
ActEarly@cdc.gov.



Learn the Signs. Act Early.

Getting materials is easy with 3 simple options:

Print FREE materials directly at
www.cdc.gov/ActEarly/Materials



OR

Order FREE printed materials
(in limited quantities) in English or Spanish
from www.cdc.gov/ActEarly/Orders



OR

**Download the FREE
Milestone Tracker mobile app**
Learn more at www.cdc.gov/MilestoneTracker



Most materials are available in English and Spanish, many in simplified Chinese and Korean, and some in other languages.

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

Want to customize CDC materials with your logo and contact information?
Local contact information is helpful to families. 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 can get the services they need as early as possible.

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