Supporting Families through Developmental Monitoring

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Agenda

Developmental Monitoring

Learn the Signs. Act Early and DECAL Resources

Using these resources to support families
Family Engagement is:
the shared responsibility of families, early education programs, schools and communities to actively promote, support, and sustain family wellbeing, healthy child development, strong family child relationships and lifelong learning for all children and families.

–DECAL Family Engagement Task Force, 2018
What is Developmental Monitoring?
Developmental Monitoring

1. Observing how a child plays, learns, speaks, acts, and moves every day.

2. Using a checklist of developmental milestones.

3. Ongoing, flexible process, no special training required.
Acting Early in Georgia

**Developmental Monitoring**

**WHO:** Parents, grandparents, other caregivers  
**WHAT:** Monitor developmental milestones  
**WHEN:** From birth to 5 years  
**WHY:** To help celebrate the child’s development; discuss progress with professionals; learn what to expect next; identify concerns early

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**Developmental Screening**

**WHO:** Healthcare provider, early childhood teacher, or other trained provider  
**WHAT:** Monitor developmental milestones  
**WHEN:** Developmental Screening at 9, 18, 30 months; Autism Screening at 18 and 24 months  
**WHY:** To find out if the child needs developmental evaluation

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**Developmental Evaluation**

**WHO:** Developmental pediatrician, child psychologist, or other trained provider  
**WHAT:** Identify and diagnose developmental delays and conditions  
**WHEN:** Whenever there is a concern  
**WHY:** To find out if the child needs specific supports and/or early interventions

For more information, please visit development.decal.ga.gov
Using developmental monitoring AND screening is more successful in identifying children with developmental delays and disabilities.
What are some of the resources from the *Learn the Signs. Act Early.* program?
Learn the Signs. Act Early.
cdc.gov/ActEarly
Developmental Milestones Checklists

- 2 months
- 4 months
- 6 months
- 9 months
- 1 year
- 15 months
- 18 months
- 2 years
- 30 months
- 3 years
- 4 years
- 5 years
- 5 years
- 7 years
- 8 years
- 9 years
- 10 years

Your child at 2 years:

- Child's Name
- Child's Age
- Today's Date

Milestones matter! How your child plays, learns, speaks, acts, and moves offers important clues about his or her development. Check the milestones your child has reached by age 2. Take this with you and talk with your child's doctor at every well-child visit about the milestones your child has reached and what to expect next.

What most children do by this age:

Social/Emotional Milestones
- Notifies when others are hurt or upset, like pausing or looking sad when someone is crying
- Looks at your face to see how to react in a new situation
- Eats with a spoon
- Plays with more than one toy at the same time, like putting toy food on a toy plate
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Language/Communication Milestones
- Points to things in a book when you ask, like "Where is the bear?"
- Says at least two words together, like "More milk,"
- Points to at least two body parts when you ask him to show you
- Uses more gestures than just waving and pointing, like blowing a kiss or nodding yes
- Holds something in one hand while using the other hand; for example, holding a container and taking the lid off
- Holds something in one hand while using the other hand; for example, holding a container and taking the lid off

Movement/Physical Development Milestones
- Kicks a ball
- Runs
- Walks (not climbs) up a few stairs with or without help
- Holds a remote control
- Holds a remote control
- Holds a remote control

Cognitive Milestones (learning, thinking, problem-solving)
- Holds something in one hand while using the other hand; for example, holding a container and taking the lid off
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Other important things to share with the doctor...
- What are some things you and your child do together?
- What are some things your child likes to do?
- Does your child have any special healthcare needs or was he/she born prematurely?

You know your child best. Don't wait. If your child is not meeting one or more milestones, has lost skills he or she once had, or you have other concerns, act early. Talk with your child's doctor, share your concerns, and ask about developmental screening. If you or the doctor are still concerned:
1. Ask for a referral to a specialist who can evaluate your child more and
Tips & Activities for families:

Help your child learn and grow

As your child’s first teacher, you can help his or her learning and brain development. Try these simple tips and activities in a safe way. Talk with your child’s doctor and teachers if you have questions or for more ideas on how to help your child’s development.

- Help your child learn how words sound, even if he can’t say them clearly yet. For example, if your child says, “o-nana,” say “You want more banana.”
- Match your child closely during playdates. Children this age play next to each other, but do not know how to share and solve problems. Show your child how to deal with conflicts by helping her share, take turns, and use words when possible.
- Have your child help you get ready for mealtimes, by letting him carry things to the table, such as plastic cups or spoon. Thank your child for helping.
- Give your child balls to kick, roll, and throw.
- Give toys that teach your child how to make things work and how to solve problems. For example, give her toys where she can push a button and something happens.
- Let your child play dress up with grown-up clothes, such as shoes, hats, and shirts. This helps him begin to pretend play.
- Allow your child to eat as much or as little as she wants at each meal. Toddlers don’t always eat the same amount or type of food each day. Your job is to offer her healthy foods and it’s your child’s job to decide if and how much she needs to eat.
- Have steady routines for sleeping and feeding. Create a calm, quiet bedtime for your child. Put on his pajamas, brush his teeth, and read 1 or 2 books to him. Children this age need 11 to 14 hours of sleep a day (including naps). Consistent sleep time makes it easier.
- Ask your child’s doctor and/or teachers about toilet training to know if your child is ready to start. Most children are not able to toilet train until 2 to 3 years old. Starting too early can cause stress and setbacks, which can cause training to take longer.
- Use positive words when your child is being a good helper. Let him help with simple chores, such as putting toys or laundry in a basket.
- Play with your child outside, by playing “ready, set, go.” For example, pull your child back in a swing. Say “Ready, set...” then wait and say “Go!” when you push the swing.
- Let your child create simple art projects with you. Give your child crayons or put some finger paint on paper and let her explore by spreading it around and making dots. Hang it on the wall or refrigerator so your child can see it.

To see more tips and activities download CDC’s Milestone Tracker app.

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

Learn more at cdc.gov/MilestoneTracker
Online Checklist!

2 Month Online Milestone Checklist

Español (Spanish)

How your child plays, learns, speaks, acts, and moves offers important clues about your child's development. Developmental milestones are things most children (75% or more) can do by a certain age. Check the milestones your child has reached by the end of 2 months by completing the checklist below. Share it with your child's doctor, teacher, and other providers, and be sure to talk about the milestones your child has reached and what to expect next.

If your child was born more than 3 weeks prematurely, use his/her corrected age. If your child's age falls between 2 checklist ages, use the checklist for the younger age.

Checking children's development regularly is important. CDC's free Milestone Tracker app is also available to complete the checklists, with reminders and helpful tips on the go! Available on the AppStore and GooglePlay.

Your Baby at 2 Months

Milestones matter! Check the milestones your baby has reached by 2 months by completing the following checklist.

*These fields are required.

Today's Date*
Completing the Online Checklist

*These fields are required.

Today's Date*

MM/DD/YYYY

CDC does not collect or share any personal information that can be used to identify you or your child.

What Most Babies Do by this Age:

Social/Emotional

Calms down when spoken to or picked up *

- Yes
- Not Sure
- Not Yet

Look at your face *
Receiving the Checklist

Selected "not yet" or have other concerns or questions about your child’s development? Talk with your child’s doctor, teacher and/or another trusted provider. Share the checklist and any questions or concerns you might have. Ask about developmental screening. It’s recommended for all children. If you, the doctor, teacher, or other provider is still concerned after screening, ask to be connected with (1) a specialist who can learn more about your child AND (2) with services and other supports that may help. Visit www.cdc.gov/Concerned for more information.

To receive a copy of your child’s completed milestone checklist, enter your email address in the box below.*

- Share the checklist with your child’s healthcare provider, early educator, WIC Clinic, or other care providers by FORWARDING the email you receive.

- Be sure to add your child’s name and birthdate (if needed) when forwarding the checklist so your provider can identify it as your child’s.

you@email

Submit
Milestones Revisions

- Added 15- and 30-month checklists
- Milestones are now skills 75% of all children meet at that age
- If a child is missing a milestone, they should be referred for screening.
Milestones Revisions

- Removed “Watch for This” section and added guiding questions to encourage conversations with doctor
- Expanded tips in “How to Help Your Child Learn and Grow” section of each checklist
Why did CDC revise the developmental milestones used in their checklists?

There were three reasons for revising the milestones used in CDC checklists:

1. To offer families a free milestone checklist for every well-child health visit between 2 months and 5 years.

2. To assign milestones to ages when most children (75% or more) would have reached them.

3. To address parents’ and early childhood professionals’ feedback that having very similar milestones across checklist ages was confusing.
Coming Soon!

Growth Chart

- A reminder to watch and record physical AND developmental growth.
- Includes Milestones and Activities!
Amazing Me Books
Watch Me! Celebrating Milestones and Sharing Concerns
Now in GaPDS!

gapds.decal.ga.gov
More New Resources for Families
¿Le preocupa el desarrollo de su hijo?

Cómo ayudar a su hijo

Si le preocupa el desarrollo de su hijo (la forma en que juega, aprende, habla, actúa o se mueve), el primer paso para darle ayuda es hablar con el médico. No espere, ¡reacciona pronto puede marcar una gran diferencia!

1. Haga una cita con el médico de su hijo
   - Cuando haga la cita, digale al personal del médico que usted tiene preocupaciones sobre el desarrollo de su hijo y que le gustaría hablar sobre ellas con el médico.

2. Complete una lista de verificación de los indicadores del desarrollo
   - Antes de la cita, complete una lista de verificación de los indicadores del desarrollo. Puede hacerlo al descargar de las tiendas Apa Store o Google Play la aplicación gratuita Aprender el Desarrollo de los CDC o al visitar www.cdc.gov/indicadores para imprimirla en papel.
   - Anote las preguntas que tenga y llevéelas a la cita médica.

3. Durante la cita con el médico
   - Muéstrele al médico la lista de verificación de los indicadores del desarrollo completada
     - Si su hijo no ha alcanzado alguno de los indicadores del desarrollo, indíquelo al médico y mencione cualquier otra preocupación que tenga.
     - Si su hijo ha alcanzado los indicadores del desarrollo, pero usted aún tiene preocupaciones, digárselo al médico.
   - Pida al médico pruebas del desarrollo para su hijo
     - Se recomiendan pruebas del desarrollo cuando existe una preocupación. Estas le dan al médico más información para que pueda buscar la mejor manera de ayudar a su hijo.
     - Para obtener más información acerca de las pruebas del desarrollo, consulte www.cdc.gov/EvaluarDesarrollo.
   - Pregúntele al médico si su hijo necesita más evaluaciones del desarrollo
     - Si las necesitas, pídale una remisión y llévalo lo antes posible para solicitar una cita. Si tiene dificultades para conseguir la cita, avísele al médico.

4. Asegúrese de entender lo que le diga y qué hacer a continuación
   - Antes de irse de la cita médica, revise las notas que haya tomado y asegúrese de que el médico le ha contestado todas sus preguntas.
   - Si no entendió algo, pídale una explicación más detallada o de otra manera diferente.

Usted conoce a su hijo mejor que nadie

Si el médico de su hijo le dijo que "especie y vale", pero usted no lo cree, siga estos consejos:

Hable con otro médico para obtener una segunda opinión

Líme para solicitar una evaluación gratuita a fin de averiguar si su hijo puede recibir gratis o a bajo costo servicios que puedan ayudar.

Si su hijo tiene menos de 3 años:
- Si su hijo tiene 3 años o más:
  - Líme a la escuela primaria pública local.

No necesita la remisión de un médico para que evalúe si su hijo necesita servicios.

Obtenga más información, incluso sobre qué decir cuando haga estas importantes llamadas, al visitar www.cdc.gov/Preocupado.

Concerned about Development?

How to Get Help for Your Child

Talking to the doctor is the first step toward getting help for your child if you are concerned about his or her development (how your child plays, learns, speaks, acts, or moves). Don't wait. Acting early can make a real difference!

1. Make an appointment with your child's doctor
   - When you schedule the appointment, tell the doctor's staff you have concerns about your child's development that you would like to discuss with the doctor.

2. Complete a milestone checklist
   - Before the appointment, complete a milestone checklist by downloading CDC's free Milestone Tracker mobile app from the App Store or Google Play or printing a paper checklist from www.cdc.gov/Milestones.
   - Write down your questions and concerns, take these with you to the doctor's appointment.

3. During the doctor's appointment
   - Show the completed milestone checklist to the doctor
     - If your child has missed milestones, point them out, and share any other concerns that you have.
     - If your child has missed milestones but you still have concerns, tell the doctor about them.
   - Ask the doctor for developmental screening for your child
     - Developmental screening is recommended whenever there is a concern. It gives the doctor more information to figure out how best to help your child.
     - For more information about developmental screening, go to www.cdc.gov/DVS
   - Ask the doctor if your child needs further developmental evaluation
     - If your child does, ask for a referral and call right away. If you have difficulty getting an appointment, the doctor know.

4. Make sure you understand what the doctor tells you, and what to do next
   - Before you leave the appointment, check the notes you have written and make sure you have a clear action plan before leaving the office.

You Know Your Child Best

If your child's doctor has told you to "wait and see," but you feel uneasy about that advice:

Talk with another doctor to get a second opinion

AND

Call for a free evaluation to find out if your child can get free or low-cost services that can help.

If your child is under age 3:
- Call your state's early intervention program. Find the phone number at www.cdc.gov/FindEI.

If your child is age 3 or older:
- Call the local public elementary school.

You do not need a doctor's referral to have your child evaluated for services.

Find more information, including what to say when you make these important calls, visit www.cdc.gov/Concerned.
Positive Parenting Tips

As a parent, you give your children a good start in life—you nurture, protect, and guide them. Parenting is a process that prepares your child for independence. As your child grows and develops, there are many things you can do to help your child. These tips will help you learn more about your child’s development, positive parenting, safety, and health at each stage of your child’s life.
The early years of a child's life are very important for his or her health and development. Parents, health professionals, educators, and others can work together as partners to help children grow up to reach their full potential.
How to get free materials...
Families: During COVID-19 you can still schedule appointments for well-child visits, developmental screening, and immunizations. Continue to monitor your child’s development between visits.

From birth to 5 years, your child should reach milestones in how he plays, learns, speaks, acts and moves. Track your child’s development and act early if you have a concern.

- **Milestones**: Milestones for children 2 months – 5 years of age
- **Free Materials**: Print or order free materials

Milestones Matter with CDC and Vroom!
Get Free “Learn the Signs. Act Early.” Materials
DECAL has a developmental monitoring website!

Development.decal.ga.gov
Developmental Milestones are skills such as taking a first step, smiling for the first time, and waving “bye-bye.” Tracking these important milestones can help you see if your child’s development is on track, or if they need extra support and intervention. Choose your child’s age below to view expected developmental milestones for children of that age. You can also compare expected milestones between age groups by choosing up to three ages. Each age group lists milestones to look for in four different developmental domains. If your child’s age is between checklists, use the younger checklist.
Supportive Resources:

- Developmental Checklists
- Act Early in GA
- Supportive Resources
- DECAL
- GELDS

Developmental Milestones

The skills such as taking a first step, smiling for the first time, and waving “bye-bye” are important milestones that can help you see if your child’s development is on track, or if they need extra support and intervention. Choose your child’s age below to view expected developmental milestones for children of that age. You can also compare expected milestones between age groups by choosing up to three ages. Each age group lists milestones to look for in four different developmental domains. If your child’s age is between checklists, use the younger checklist.
“You need friends just as much as your kids do.”

Parent Cafés offer a place for caregivers to find support and connect with each other. If you’re in a parent group, or would like to meet other parents in your area, then a Parent Café is for you.

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1-800-CHILDREN is GA’s statewide helpline for parents and caregivers to find concrete support in their area.

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The ability to recover from difficult times, and often to be strengthened or even transformed by them.

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“I know my child is developing to their potential.”

Understanding developmental milestones and providing experiences to promote growth are essential for every child and parent.

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“Not just how you communicate with your child, but how you communicate around your child.”

Understanding what is age appropriate is key for parents engaging with their children and setting realistic expectations.

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Understanding what is age appropriate is key for parents engaging with their children and setting realistic expectations.
Concrete Support in Times of Need:

Help for Families

Here are some resources that can help Georgia families find and pay for quality child care, housing, utilities, food, and education.

Help Finding Local Resources

Find Help Georgia: Find Help Georgia is an easy way to get connected to
Child Development and Parenting Resources

Here are some resources that can help Georgia families learn more about the activities and practices that promote healthy child development.
Child Behavior and Emotional Supports

Here are some resources that can help Georgia families promote their children’s healthy social and emotional development and address challenging behaviors.
Caring for Your Family and You

Here are some resources that can help Georgia parents practice self-care in challenging times. These services are intended for anyone who is feeling anxious.
Social Connections:

Connecting With Others

Here are some organizations that provide additional support to Georgia families by connecting them with other parents who have similar experiences and community.
Using these resources to engage with families
Family Strengthening
Embed developmental talk into conversations from the beginning!
Celebrating accomplishments is important.
The Sandwich Strategy

Feedback Sandwich

- positive feedback
- negative feedback
- more positive feedback
Focus on specific developmental milestones in your conversation without including any diagnostic labels.
Encourage families to share their concerns with their child’s doctor.
Acting Early in Georgia

Learn the Signs. Act Early.

If you have concerns about a child’s development, or they are missing milestones on the Learn the Signs. Act Early. checklists, these are the steps you can take to Act Early in Georgia.

For more information, visit: development.decal.ga.gov

Help Me Grow

-is a free and confidential service that connects families to programs and services across the state.

(888)-HLP-GROW
(888)-457-4769

text: Georgia Dept of Early Care and Learning

Children 1st

-is the entry point for all Public Child Health programs and services and provides free developmental screenings to children birth through five years old.

dph.georgia.gov/children1st

text: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention

Babies Can’t Wait

-provides services to families with children birth to three years old that have developmental disabilities or delays.

dph.georgia.gov/bcw

If your child is under 3

If your child is 3 or up

Preschool Special Education

-Contact your local public school district and request an evaluation to determine eligibility for preschool special education services.
To make a referral to Children 1st, Families may call toll-free at:
855-707-8277
Call today for more info!

1.833.354.HELP
GEORGIA SEEDS for SUCCESS

A listening ear from birth to thrive

Or you can e-mail: Inclusion@decal.ga.gov
Offer information on resources:

- Food banks/Nutrition programs
- Clothing
- Housing
- Help with bills
- Resources for a developmental concern
- Employment Resources
- Transportation-carpooling list
Find Help in Your Community

Whether it’s financial assistance, food pantries, medical care, child care, job training, and other free or reduced-cost services specific to your area, essential resources can be found here.

Find community resources near you!

Keyword or program name  Enter your ZIP code  SEARCH
• What resource do you think that you can use to engage with families that you work with?

• How would you use that resource?
Contact Information

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