

DEVELOPMENTAL SCREENING GIVES YOU ANSWERS.

Developmental screening is testing to see if a child's development is on track. Developmental screenings are done throughout your community. Check with your school, child care center, health professional or home visiting provider. You can also dial 2-1-1 for Help Me Grow Monday through Friday from 8:00 a.m. to 5:00 p.m. Or text a message to 302-231-1464.

A doctor should screen your child at 9, 18, 24 and 30 months, and every year after that. They may ask you if you have any concerns about how your child...

talks and makes speech sounds?

understands what you say?

uses his or her hands and fingers to do things?

uses his or her arms and legs?

behaves?

gets along with others?

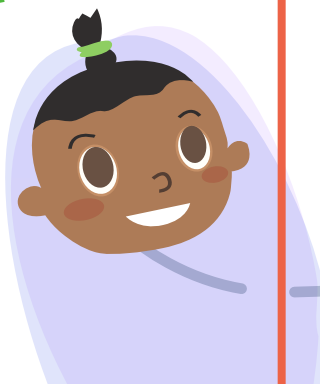
is learning to do things for himself/herself?

is learning preschool or school skills?

Your child's pediatrician or family practitioner must be signed up for PEDS in order for your child to be screened. There are validated tools for developmental screening. It is important that you ask your child's pediatrician what type, if any, tool they are using to screen your child.

Talk to your doctor if you are concerned about your child's development. Your doctor may refer you to an early intervention program like Child Development Watch or Child Find. The earlier you find out, the more you can do.

START YOUR DEVELOPMENTAL MILESTONES JOURNEY



AT 2 MONTHS I...

- Follow things with my eyes
- Smile at people
- Turn my head to sounds
- Hold my head up



AT 4 MONTHS I...

- Watch things as they move
- Hold my head steady
- Coo or make sounds
- Bring things to my mouth
- Push down with my legs when my feet are placed on a hard surface

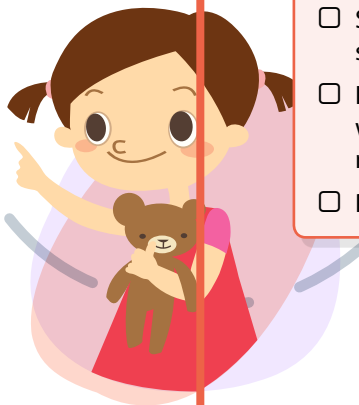
AT 6 MONTHS I...

- Try to get things that are in reach
- Show affection for caregivers
- Respond to sounds around me
- Make vowel sounds ("ah", "eh", "oh")
- Roll over in either direction



AT 9 MONTHS I...

- Bear weight on my legs with support
- Sit with help
- Babble ("mama", "baba", "dada")
- Respond to my own name
- Look where you point



AT 1 YEAR I...

- Crawl
- Stand when supported
- Search for things that I see you hide
- Learn gestures like waving or shaking my head
- Point to things



AT 3 YEARS I...

- Work simple toys (such as peg boards and simple puzzles)
- Speak in sentences
- Understand simple instructions
- Play pretend or make-believe
- Play with other children or with toys

AT 4 YEARS I...

- Jump in place
- Scribble
- Use the toilet
- Use "me" and "you" correctly
- Speak clearly

DEVELOPMENTAL MILESTONES ROADMAP



AT 5 YEARS I...

- Show a wide range of emotions
- Can tell what's real and what's make-believe
- Play a variety of games and activities
- Talk about daily activities or experiences
- Brush my teeth, wash and dry my hands, and get undressed without help

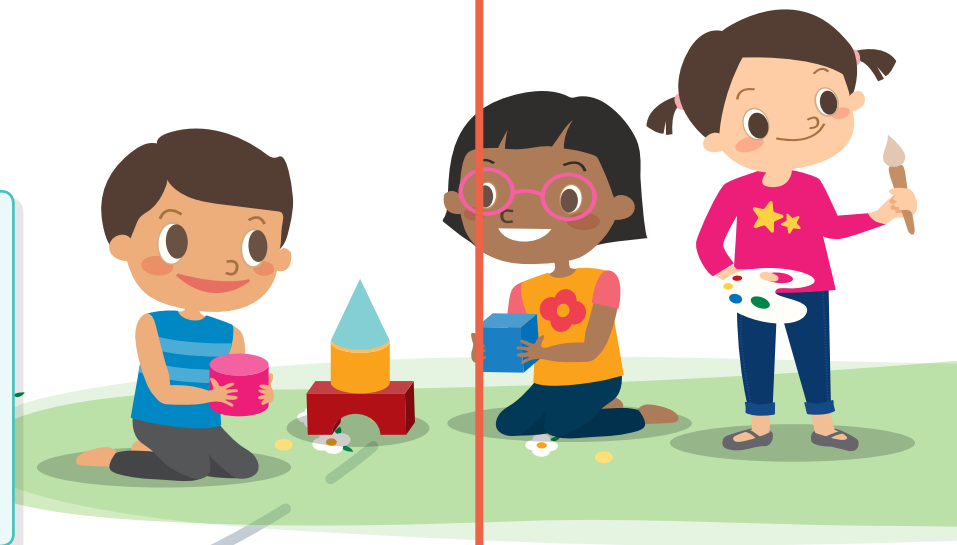


AT 2 YEARS I...

- Use 2-word phrases (for example, "drink milk")
- Know what to do with common things, like a brush, phone, fork, spoon
- Copy actions and words
- Follow simple instructions
- Walk steadily

AT 5-8 YEARS I...

- Form and maintain friendships
- Initiate my own ideas and actions
- Work to learn new skills and take pride in showing them off
- Take care of my own body
- Develop self-esteem



AT 18 MONTHS (1½ YEARS) I...

- Point to show things to others
- Walk
- Copy others
- Gain new words
- Notice when a caregiver leaves or returns



In Delaware the PEDS tool is the preferred screening tool at the physicians office. Child Care centers use the Ages and Stages Questionnaire (ASQ).

KNOW THE SIGNS

Developmental milestones are clues that your child's growth is on track. Clues like smiling, waving, listening, and talking at certain ages are what you need to look for.

To learn the milestones you should be looking for, visit developmentalscreeningde.com.



GET THE SCREENING

If you are concerned about whether your child is on track, you should have them screened. Call your doctor or speak to your child care provider. Ask about getting developmental screening for your child. Or, dial 2-1-1 for Help Me Grow. The specialists can screen your child quick and easy over the phone. You just have to answer a few questions about how your child talks, behaves, and learns.

TAKE ACTION

If your doctor or the 2-1-1 Help Me Grow Specialist are concerned about your child's growth track, they can refer you to several programs or services, including Child Development Watch and Child Find, depending on your child's age.

Child Development Watch is a state wide early intervention program for children from birth to three with developmental delays. The program helps enhance development of the child and helps families meet their child's needs.

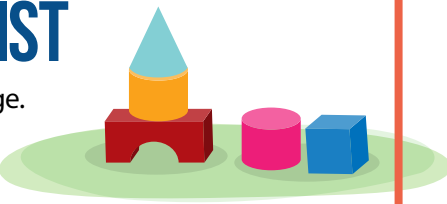
Child Find is a program for children 3 and older located in the school districts. The public school districts are required to identify children with special education needs and provide services to children with special needs.

Act early. It makes a difference!

NOTES

DEVELOPMENT CHECKLIST

Learn the developmental milestones for each age. Follow the checklist to know when to have your child screened and where to find further help.

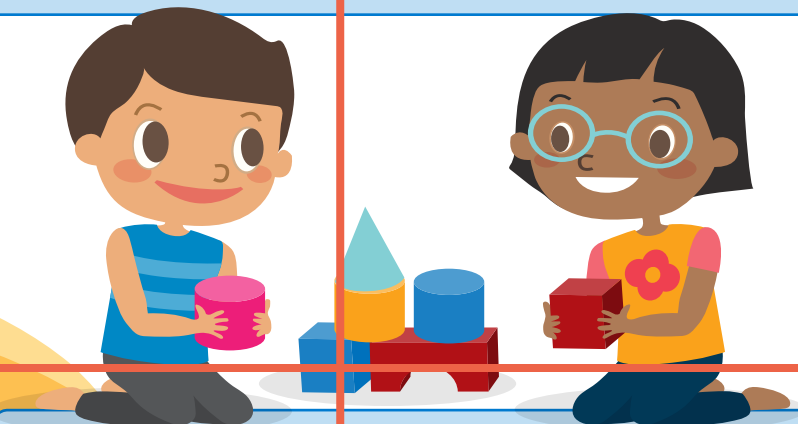
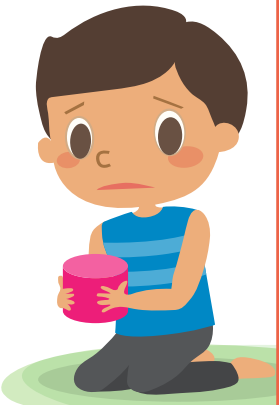


0-6 MONTHS

- Learn the developmental milestones for your child's age.
- Call your doctor or child care provider or dial 2-1-1 for Help Me Grow if you are concerned your child might not be on track. They will invite you to take a test to screen for concerns.
- If the screen shows your child's development/growth might not be on track, you will be referred to Child Development Watch for further assessment.

AT 9 MONTHS, 1 YEAR, 2 YEARS, 2.5 YEARS, 3 YEARS

- Ask your child's doctor to use the PEDS test to screen for developmental delays.
- If the screen shows your child's development/growth might not be on track, you will be referred to either Child Development Watch or Child Find for further assessment.



AT 4 YEARS, 5 YEARS, 6 YEARS, 7 YEARS, 8 YEARS

- Ask your child's doctor or school district to screen for developmental delays.
- If your child shows signs that their development might not be on track, you will be encouraged to contact Child Find.

Know what milestones to look for. There is a fact sheet for every age. Visit developmentalscreeningde.com/for-parents.

WHO TO CALL

If you have concerns about your child's development call your child's doctor, child care provider or one of these agencies.



Specially trained Help Me Grow specialists at Delaware 2-1-1 can help you connect with programs, services, and helpful information about your child's development.



Dial 2-1-1 and follow the prompts for Help Me Grow dethrives.com/help-me-grow

Child Development Watch is a state wide early intervention program for children birth to age 3 who have developmental delays or are at risk for delays due to certain health conditions. The program provides strength-based supports for children and their families through a team approach to increase his or her capacities to enjoy a meaningful life.



New Castle **302-283-7240** OR **1-800-671-0050**
 Kent / Sussex **302-424-7300** OR **1-800-752-9393**
dhss.delaware.gov/dph/chs/chscdw.html

CHILD FIND

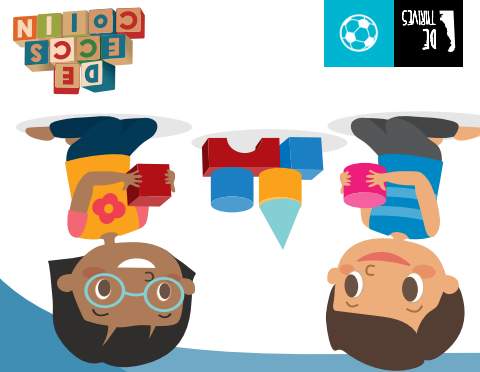
At 3 and older, the public school districts are required to identify children that might be in need of special education services. To ask questions or have your child assessed, call your child's school district.

familyshade.org/agencies/child-find



OUR HEALTHCARE PROVIDER

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The Pocket Guide to
DEVELOPMENTAL MILESTONES
 Know the signs. Get the screening. Take Action.

DEVELOPMENTAL SCREENING IS FREE!

- ✓ Offered in English and Spanish
- ✓ All families with children birth - 8 years
- ✓ Available in public and private preschools, family and center-based childcare centers and in home care
- ✓ Free information describing age-appropriate activities and developmental milestones

Find a *Delaware Stars* enrolled program by visiting the *Search for Providers* site at www.kids.delaware.gov. Early childhood programs awarded a quality rating of Level 4 and above through *Delaware Stars* provide developmental screening for enrolled infants, toddlers and preschoolers.

Help Me Grow works with parents to identify possible needs of children and families by connecting them with appropriate resources to help children live up to their greatest potential. Reach *Help Me Grow* via text 302-231-1464 or by dialing 2-1-1 during regular office hours. You will receive prompt responses from a child development specialist.

Home Visiting programs provide information, support and encouragement through home visits. Expecting parents or those with young children get valuable information to help their children develop optimally during the crucial early years of life. The first 1,000 days of life are the most important for a child's future development. To link with a Home Visiting program, call 2-1-1/Help Me Grow.