

CDC's *Learn the Signs. Act Early.* for Early Head Start and Head Start Programs

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

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

- ✓ Provide guidance and resources to parents when discussing developmental concerns.
- ✓ Work with parents to become better observers of their child's development and encourage them to take action on a developmental concern.
- ✓ Meet Head Start Program Performance Standards.
 - Complement and support developmental screening.
- ✓ Meet Head Start training requirements.
 - Earn 0.1 CEU with the *Watch Me! Celebrating Milestones and Sharing Concerns* online training (www.cdc.gov/WatchMeTraining).

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

1. Using CDC's [milestone checklists](#) and [Milestone Moments](#) booklet to
 - a. Enhance developmental screening by routinely tracking each child's development.
 - b. Empower parents to observe and track their child's development.
 - c. Increase your knowledge of signs of potential delay and what to do when there is a concern.
2. Helping parents to act on developmental concerns.
 - a. Support them by sharing CDC's [How to Help Your Child](#) and [How to Talk with the Doctor](#) tip sheets.
3. Learning more about monitoring each child's development and sharing updates with parents with CDC's FREE 1-hour online training, *Watch Me!* (www.cdc.gov/WatchMeTraining).



Learn the Signs. Act Early.
is featured in...

- ✓ Head Start Early Childhood Learning & Knowledge Center
- ✓ Birth to Five: Watch Me Thrive! (www.HHS.gov/WatchMeThrive)

Visit www.cdc.gov/ActEarly/HeadStart to link to these and other resources.

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



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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