

# Developmental Monitoring and Screening



All young children need both developmental monitoring and developmental screening. Together, these help ensure a child’s development is on track and can help children and families get support for concerns. Both involve looking for developmental milestones, which are things that most children can do by a certain age.

	DEVELOPMENTAL MONITORING	DEVELOPMENTAL SCREENING
WHO	Everyone – families, other caregivers, and anyone working with young children	Healthcare and early childhood professionals trained in screening
WHAT	Look for developmental milestones	Look for developmental milestones
WHEN	Early childhood, especially from birth through 5 years	<p><b>Developmental screening</b> at least at 9, 18, and 30 months of age.</p> <p><b>Autism screening</b> at least at 18 and 24 months of age.</p> <p>Additional screens can be done for concerns.</p>
WHY	<p>To help:</p> <ul style="list-style-type: none"> <li>• celebrate a child’s development</li> <li>• talk about a child’s progress with doctors, child care providers, teachers, and other professionals</li> <li>• learn what to expect next</li> <li>• identify any concerns early</li> </ul>	<p>To find out:</p> <ul style="list-style-type: none"> <li>• if a child needs more support; it is not always easy to know whether a child needs help with development</li> <li>• if further evaluation is recommended</li> </ul>
HOW	With easy-to-use, free checklists – get yours at <a href="http://www.cdc.gov/Milestones">www.cdc.gov/Milestones</a>	With a formal, validated developmental screening tool

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Download CDC’s free Milestone Tracker app





**All young children need both developmental monitoring and developmental screening.**

### **Parents and families, the best person to track your child's development is you!**

Share your child's [milestone checklist](#) and any related information from your child's care provider, teacher, or other professional with the doctor at every well-child visit.

Use the checklist that works best for you:

- [CDC's Milestone Tracker app](#), free from the App Store or Google Play
- [CDC's digital online checklist](#)
- [paper checklist](#) printed from [www.cdc.gov/Milestones](http://www.cdc.gov/Milestones)

### **What if a child is not reaching their milestones as expected, or families or providers have concerns?**

**Parents and families:** Talk with your child's doctor about any concerns and ask about developmental screening.

**Caregivers, child care providers, teachers, and other professionals:** Encourage families to talk with their child's doctor about their child's development and ask about developmental screening.

For more information, go to [www.cdc.gov/Concerned](http://www.cdc.gov/Concerned). Don't wait! Acting early can make a real difference.

**Child development is a journey. Developmental monitoring and screening show you the way.**

[actearlymaine.org](http://actearlymaine.org)

207-480-1478 or 833-713-2618

*Learn the Signs. Act Early.*



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