DEVELOPMENTAL SCREENINGS GIVE YOU ANSWERS.

Developmental screenings can determine if a child's development is on track. They 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 a.m. to 5 p.m. Or text your ZIP code to 898211.

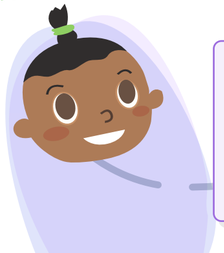
A health care provider should screen your child at 9, 18, 24 and 30 months, and every year after that. They may ask if you have any concerns about how your child is developing, such as how they:

- Talk and make speech sounds
- Understand what you say
- Use hands and fingers to do things
- Use arms and legs
- Behave
- Get along with others
- Are learning to do things on their own
- Are 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 screenings. It is important that you ask your child's pediatrician what type of tool, if any, they are using to screen your child.

Talk to your health care provider if you are concerned about your child's development. They may refer you to an early intervention program like the Birth to Three Regional Program or Child Find. Research shows the earlier the detection, the better the chances for a child with developmental delays to improve.

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 and shaking my head
- ☐ Point to things



AT 18 MONTHS (1.5 YEARS), I ...

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



AT 2 YEARS, I ...

- ☐ Use two-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 3 YEARS, I ...

- ☐ Play with 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



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 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



DEVELOPMENTAL MILESTONES

ROADMAP

Delaware Public school districts prefer the ASQ screening, while health care provider practices use either the PEDS or SWYC screening.

Copyright 2017 Worldways, Inc.

Updated: January 2024

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 health care or child care provider. Ask about getting a developmental screening for your child. Or dial 2-1-1 for Help Me Grow. The specialists can screen your child quickly and easily over the phone. You just have to answer a few questions about how your child talks, behaves, and learns.



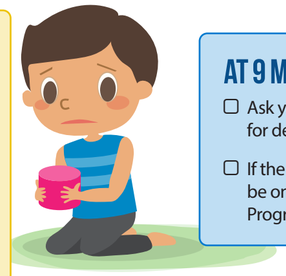
TAKE ACTION

If your health care provider or the 2-1-1 Help Me Grow specialist is concerned about your child's growth track, they can refer you to several programs or services, including the Birth to Three Regional Program and Child Find, depending on your child's age.

The Birth to Three Regional Program is a statewide early intervention program for children from birth to age 3 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, through public school districts. The districts are required to identify children with special education needs and provide services to children with special needs.

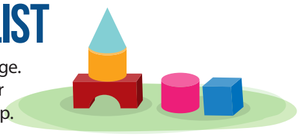
Act early. It makes a difference!



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 additional help.

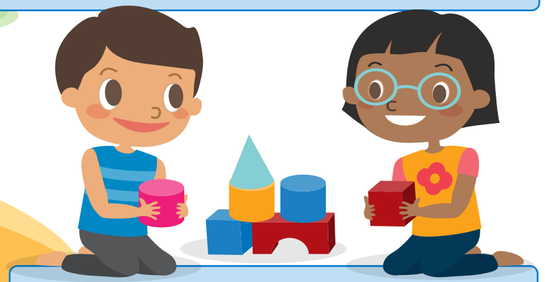


0–6 MONTHS

- ☐ Learn the developmental milestones for your child's age.
- ☐ Call your health care 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 screening shows your child's development/growth might not be on track, you will be referred to the Birth to Three Regional Program for further assessment.

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

- ☐ Ask your child's pediatrician to use the PEDS test to screen for developmental delays.
- ☐ If the screening shows your child's development/growth might not be on track, you will be referred to either the Birth to Three Regional Program 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**.

WHOM TO CALL

If you have concerns about your child's development, call your child's pediatrician 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

Help me Grow Delaware

The Birth to Three Regional Program is a statewide 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 support for children and their families through a team approach, to increase a child's to enjoy a meaningful life.

Birth to Three Regional Program
Kent & Sussex Counties

New Castle: **302-284-7140**

Kent/Sussex: **302–424–7300**

dhss.delaware.gov/dhss/dph/birthtothree/index.html

CHILD FIND

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

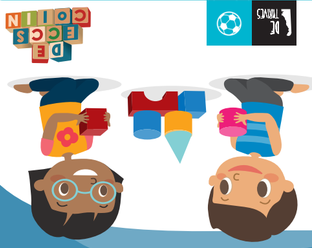
familyshade.org/agencies/child-find



OUR HEALTH CARE PROVIDER

This project is/was supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under H25MC00253 ECCS Impact for 2.1 million and financed without support from non-governmental sources. This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by, HRSA, HHS, or the U.S. government.

DELAWARE HEALTH AND SOCIAL SERVICES
Division of Public Health



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

DEVELOPMENTAL SCREENINGS ARE FREE!

- ✔ **Offered in English and Spanish**
- ✔ **All families with a newborn or children up to age 8**
- ✔ **Available in public and private preschools, in family and center-based child care centers, and in home care**
- ✔ **Free information describing age-appropriate activities and developmental milestones**

Find a ***Delaware Stars*** 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 screenings 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 reach their potential. Reach ***Help Me Grow*** by texting your ZIP code to 898211 or by dialing 2-1-1 during regular office hours. You will receive a prompt response 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.

Copyright 2017 Worldways, Inc.
Updated: January 2024