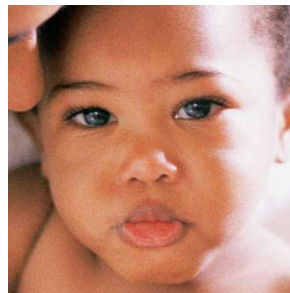


Welcome to:

Developmental Milestones



What is child development?

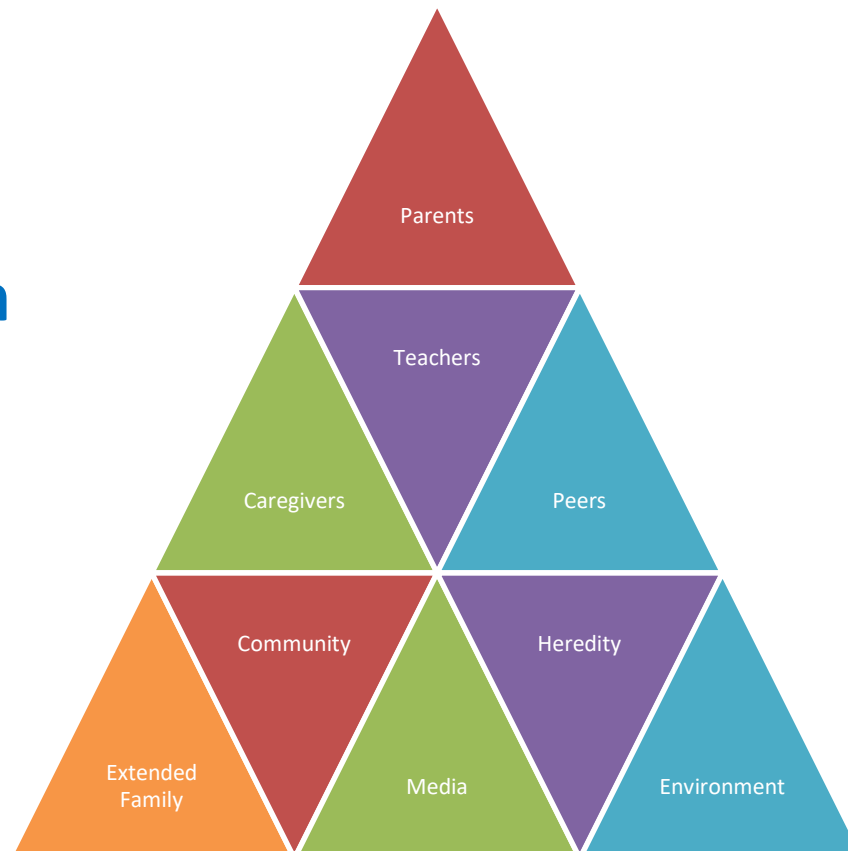
- **Child Development** is the process of a child becoming able to do more things as they get older.
- **Development** means they are developing skills.
- Development is different than growth.
- **Growth** means the child's body is getting bigger in size.

Basics of Development

- **Development is orderly, not random.**
- **Development is a continuous and gradual process.**
- **Not all children develop at the same pace.**

Who and/or what influences a child's growth and development?

What happens during those years stays with a child for a lifetime.



Visions, Hopes, and Dreams

- **Interactive activity to build and discuss**

The 5 areas of development are:

- **Motor Development - Large and small muscle**
- **Communication**
- **Cognition**
- **Social Emotional**
- **Adaptive**

Lets look at each of these in more depth...

Motor Development

- **Large Muscle:** Using large groups of muscles to sit, stand, walk, run, etc., balancing, and changing positions.
- **Small muscle:** Using hands to be able to eat, draw, dress, play, write, and do many other things.

Language and Communication

- **Speaking, using body language and gestures, communicating, and understanding what others say.**

Cognitive

- **Thinking skills including learning, understanding, problem-solving, reasoning, and remembering.**

Social Emotional

- Interacting with others, having relationships with family, friends, and teachers.
- Cooperating and responding to the feelings of others.

Adaptive

Self Help Skills:

- Age appropriate living skills, such as feeding oneself, dressing, and toileting.

What are Developmental Milestones?

- **Developmental milestones are points in time when a child might be expected to be able to do certain things.**
- **The actual age when a child reaches a milestone can vary quite a bit.**
- **Every child is unique!**

Learn the Signs Act Early



<https://www.cdc.gov/ncbddd/actearly/index.html>



Download CDC's FREE Milestone Tracker App

Download on the App Store
GET IT ON Google Play

-  Track Milestones
-  Share a Summary
-  Get Tips & Activities

Learn more at cdc.gov/MilestoneTracker

The background of the slide is a close-up photograph of various colorful plastic alphabet blocks (A, B, C, etc.) scattered on a wooden surface. The blocks are in shades of red, yellow, green, and blue.

The first three years of a child's life are an amazing time of development

What happens during those years stays with a child for a lifetime.

It's important to watch for signs of delays in development.

Get help if you suspect problems.

The sooner a child gets early intervention the better their progress will be.

Trust your gut.

Developmental Red Flags

- Behavior or delay in reaching milestones may be a sign of a possible problem with development
- Screening or Evaluation can help to decide if a child has developmental delays.

What To Do If You Recognize Delays

Reach out:

- Doctor
- Regional Center
- EPU Children's Center
- Early Start Family Resource Center in your area

What is Early Intervention?



- **Services and supports for babies and young children with developmental delays or disabilities, and their families.**
- **Can help a child's ability to learn new skills and overcome challenges and can increase success in school and life.**

Who Is Eligible for Early Intervention?

Infants and toddlers from birth to age 36 months may be eligible if:

- **Developmental delay of at least 33% in one or more area: cognitive, communication, social emotional, adaptive, or motor development**
- **Have a condition known to cause a delay in development**
- **At high risk of having a developmental disability**

If a child qualifies, they may receive some of these services based on need

Services that are available:

- **Determining eligibility- Referral, Screening, Evaluation, Assessment**
- **Specialized instruction**
- **Parent training**
- **Related Services**
- **Service Coordination**

The background of the slide is a collage of colorful alphabet blocks in various shapes and sizes, including letters like 'A', 'B', 'C', 'D', 'E', 'F', 'G', 'H', 'I', 'J', 'K', 'L', 'M', 'N', 'O', 'P', 'Q', 'R', 'S', 'T', 'U', 'V', 'W', 'X', 'Y', 'Z'. The blocks are in primary colors: red, yellow, green, and blue. They are scattered across the entire slide, with some appearing in the foreground and others in the background, creating a playful and educational atmosphere.

Your role is very important! Parents know their children best

- **Help your child develop skills in all areas.**
- **Note what your child can do well.**
- **Note anything that seems hard for your child.**
- **Discuss any concerns with your child's doctor or care provider.**

Take a Minute

- **When your child feels safe, secure, nurtured and loved, they grow and learn!**
- Take a minute to play, read, sing, and laugh with your child.

<https://vimeo.com/172965709>

Healthy Development Tips: Your role is very important!

"One hundred years from now, it will not matter what my bank account was, how big my house was, or what kind of car I drove.

But the world may be a little better, because I was important in the life of a child."

-Forest Witcraft



Office of Special Education Programs
U.S. Department of Education

The contents of this resource were developed under a grant from the U.S. Department of Education #H328M200055. However, those contents do not necessarily represent the policy of the U.S. Department of Education, and you should not assume endorsement by the Federal Government.