

GETTING STARTED WITH DEVELOPMENTAL MONITORING

Developmental milestones are specific behaviors or skills most children can do by a certain age. Learn more about the milestones and track your child's progress using the easy steps below.

- 1 [Click here to download CDC Milestone Tracker App](#)
- 2 Complete developmental checklist in less than 5 minutes
- 3 Review tips & activities to support your child's development
- 4 Continue to complete developmental checklists regularly
- 5 Share checklist results and discuss with others in your child's life [child care provider, home visitor, doctor]
- 6 Consider a developmental screening if your child does not appear to be meeting their milestones

Developmental screening is a formal process of checking a child's recommended development at varying ages. The tools used for developmental and behavioral screening are standardized questionnaires or checklists based on research that ask questions about a child's development, including language, movement, thinking, behavior, and emotions. Developmental screening can be done by a home visitor, child care professional, doctor, or nurse, among others.

Many local home visiting programs, such as Parents as Teachers, provide developmental screening. ParentLink also offers free developmental screenings for any child in Missouri. Click [here](#) or call 800-552-8522 to complete a screening.

Learn the Signs. Act Early. MILESTONES MATTER