

Wondering About ...

Developmental Milestones

If you have questions about the physical, cognitive, language or social/emotional development of your child, there are tools to help you. You can use these milestone charts to help you decide if your child is within normal ranges or if you have reason for concern.

Heartland Equity and Inclusion Project (HEIP)

www.heartland.edu/heip

The Heartland Equity and Inclusion Project is designed to ensure early childhood professionals have the knowledge and skills required to support the diverse development and learning needs of young children and their families in high-quality, inclusive classroom communities. These resource pages provide a tool for teachers to use to support families faced with questions about early childhood.

Developmental Milestones. Centers for Disease Control and Prevention. (2012).

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

As part of their "Learn the Signs - Act Early" campaign, the Center for Disease control published this convenient set of milestone charts and checklists intended for parents and Early Childhood and Health practitioners.

Zero to Three Age-based Handouts. Zero to Three. (2012).

<http://www.zerotothree.org/about-us/areas-of-expertise/free-parent-brochures-and-guides/age-based-handouts.html>

This site provides a set of 9 handouts in English and Spanish with charts of expected developmental milestones for various age ranges of children from birth to age 3. Each handout also discusses typical issues for that particular age of child and a summary of pertinent research.

Baby Steps: Learn the Signs - Act Early. [video] Centers for Disease Control and Prevention. (2012).

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

The Center for Disease control created this 4:32 minute video to help parents recognize the signs of delay and encourage them to act early and seek help.

Child Development: It's Better to Know. [video] Centers for Disease Control and Prevention. (2012).

http://www.cdc.gov/ncbddd/video/itsae_spanish/index.html

The Center for Disease control created this 5:15 minute video in Spanish to help parents recognize the signs of delay and encourage them to act early and seek help.

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