

Help Me Grow NJ Child Developmental Passport

(A parent tool for tracking your child's health and wellness)



Learn the Signs. Act Early.



This booklet is a supplement to the Milestone Moments booklet and includes:

- 1) **Definitions** of Developmental Monitoring and Screening
- 2) **A Well-Child Visit Tracker** to help keep track of your child's weight, height, head circumference and immunizations.
- 3) **A Developmental Tracker** to help keep track of your child's Developmental and/or Autism Screening information.
- 4) **A Notes section** to help keep track of your child's growth and development. (Developmental Monitoring)

Developmental Monitoring:

Developmental Monitoring means paying attention to how your child plays, learns, speaks, acts and moves (which is your child's physical, cognitive, communicative, social and emotional well-being). Your child's growth and development should be monitored by you and your child's doctor. At each well-child visit, you and the doctor should discuss your child's development and any concerns you might have. Any concerns noticed during developmental monitoring should be followed-up with a developmental screening.

To prepare for the well-child visit, you may use the Milestone Moments booklet to review the milestones your child has reached and make note of any concerns you may have about your child's development.

You can download the Milestone Moments booklet from the CDC at: https://www.cdc.gov/ncbddd/actearly/pdf/booklets/Milestone-Moments-Booklet-Reader_508.pdf

It is helpful to bring this Child Developmental Passport with you to every well-child visit.

Developmental Screening:

Developmental Screening can help to tell if a child is developing and learning basic skills when he or she should, or if there are delays. Developmental screening can also be done by doctors and other health care professionals at the doctors' offices, in schools or in a community setting. As part of the screen, the doctor or another professional might ask you some questions or talk and play with your child during an examination to see how he or she responds in comparison to other children the same age.

Well-child visits allow doctors and nurses to keep track of your child's health and development. Developmental Monitoring and Screening are an essential part of your child's well-child visit.

The American Academy of Pediatrics recommends that all children be screened for developmental delays and disabilities during regular well-child doctor visits at:

- 9 months
- 18 months
- 24 or 30 months



The American Academy of Pediatrics also recommends that all children be screened for autism at:

- 18 month and 24 months

Additional screening might be needed if a child's parent or doctor has concerns or if the child is at high risk for developmental problems due to preterm birth, low birth weight, or other reasons. If your child's doctor does not do the recommended screening or if you have concerns about your child's development, you should ask for a screening to be done.

Please Note:

- 1) Developmental Monitoring, Developmental and/or Autism Screening is not limited to the Bright Futures recommendations.
- 2) Developmental Screening results are not to be considered as a formal diagnosis.
- 3) Children with special health care needs should also be monitored and screened for developmental delays and depending on their condition, they may need more frequent monitoring and screening.

The schedules listed in these trackers are based on the American Academy of Pediatrics - Bright Futures recommendations.

Well-Child Visit Tracker

American Academy of Pediatrics – Bright Futures Recommendations

Recommended Age	Date of Visit	Age at Visit	Weight	Height
1 Month				
2 Months				
4 Months				
6 Months				
9 Months				
12 Months				
15 Months				
18 Months				
24 Months				
30 Months				
36 Months				
4 Years				
5 Years				

Developmental Tracker

Based on American Academy of Pediatrics - Bright Futures Recommendations

Recommended Age	Child's Age at Screening	Date of Screening	Provider who administered the tool (Doctor, Child Care, Teacher or other)	Screening Tool Used (eg. ASQ, ASQ SE, SWYC, MCHAT)
1 Month				
2 Months				
4 Months				
6 Months				
9 Months ♦				
12 Months				
15 Months				
18 Months ♦ ●				
24 Months ♦ ●				
30 Months ♦				
36 Months				
4 Years				
5 Years				

No Risk: Your child is on target with developmental milestones. Please use age appropriate activities listed in the *Milestone Moments* booklet so your child continues to stay on target.

Low Risk: Your child needs to be monitored. Please use age appropriate activities listed in the *Milestone Moments* booklet to help your child reach developmental milestones and make sure to schedule next screening within 2 months.

◆ Developmental Screening ● Autism Screening

Please Note: Developmental Monitoring is recommended at each well-child visit.

Developmental Screening and/or Autism Screening can occur at any time and are not limited to the Bright Futures recommendations.

Developmental and/or Autism Screening results are not a formal diagnosis. Please share results with your child's doctor for further follow up and/or assessments.

Results (Refer to definitions)			Rescreen, When?	Referrals? Where?	More Extensive Evaluation Completed (Yes/No)	Eligible for Early Intervention Services (Yes/No)	Other Services Receiving
No Risk	Low Risk	At Risk					

At Risk: Your child needs further assessments. Talk to your child's doctor and connect with services such as **Early Intervention** (0-3 years) or **Project Child Find** (3-21 years) and other community resources that may be helpful.

Notes about your child's growth and development

1 Month

2 Months

4 Months



6 Months

9 Months

12 Months

Notes about your child's growth and development

15 Months

18 Months

24 Months



30 Months

36 Months

4 Years

5 Years

www.cdc.gov/milestones
1-800-CDC-INFO

Learn the Signs. Act Early.

For more information about your child's development and what to do if you have a concern, call:

NJ Early Intervention
(ages 0 to 3 years)
888-653-4463

SPAN
www.SPANadvocacy.org
800-654-7726

Project Child Find
(ages 3 to 21 years)
800-322-8174

For early childhood services call:
Help Me Grow NJ
2-1-1



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