

# Learn the Signs. Act Early.



## MATERIALS CATALOG

View or print from desktop: [www.cdc.gov/ActEarly/Materials](http://www.cdc.gov/ActEarly/Materials)

Order limited quantities: [www.cdc.gov/ActEarly/Orders](http://www.cdc.gov/ActEarly/Orders)

Ambassador bulk order (2 per year) : [ActEarly@cdc.gov](mailto:ActEarly@cdc.gov)

Access customizable files: [www.Box.com](http://www.Box.com) (email [ActEarly@cdc.gov](mailto:ActEarly@cdc.gov) for access)

### Milestones Brochure

This tri-fold brochure includes key milestones from 6 months to 4 years of age in a gameboard design. It also includes a message for parents about the importance of tracking their child's milestones and provides information about what to do and who to contact if they are concerned about their child's development.

- 8 ½" x 11" tri-fold
- Also available in Spanish
- Available online for download/print only

#### Tips for using

- Great introduction to child development for families
- Customize with local agency contact information



### Milestone Moments Booklet

This 42-page booklet is the campaign's most comprehensive material for parents. It includes complete milestone checklists and warning signs for all ages (from 2 months to 5 years of age), as well as tips and activities to help parents support their child's development.

- 5" x 7" booklet
- Available to order online in limited quantities
- Printable version available on website
- Also available in Spanish

#### Tips for using

- Helpful to include in intake packets when families enroll in a program (home visiting, child care, WIC, etc.)
- Facilitates conversations about child development with families and increases family engagement



## Milestone Growth Chart

This colorful growth chart, with space to add your own photo snapshots, can be used to record a child's height and lists a sampling of milestones from 1 to 5 years of age.

- 39" x 11" growth chart
- Available online for download/print only
- Spanish translation on reverse

### Tips for using

- Send home with families or hang in office, classroom, or child care setting
- Helps reinforce child development across all domains-not just physical growth

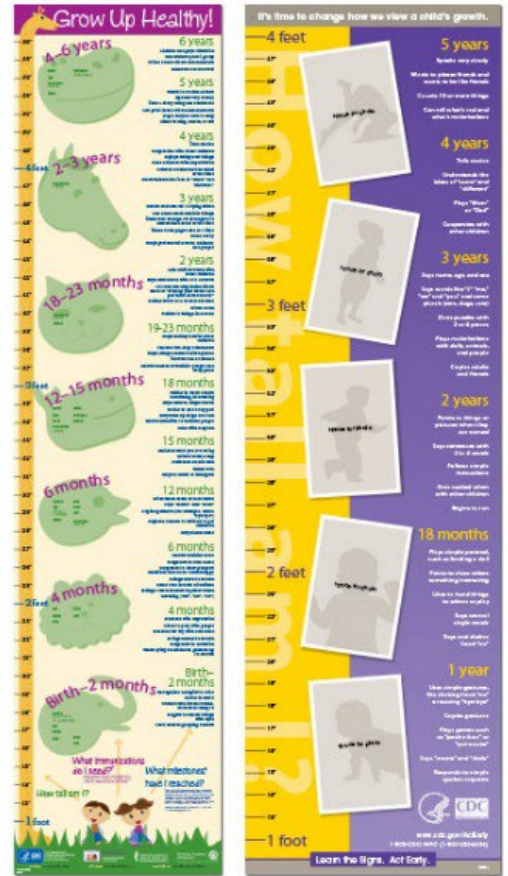
## Grow Up Healthy Growth Chart

This colorful growth chart includes recommended childhood immunizations by age, can be used to record a child's height, and lists a sampling of milestones from 1 to 5 years of age.

- 39" x 11" growth chart
- Available online for download/print only
- Spanish translation available

### Tips for using

- Send home with families, hang in office, or use in clinical settings



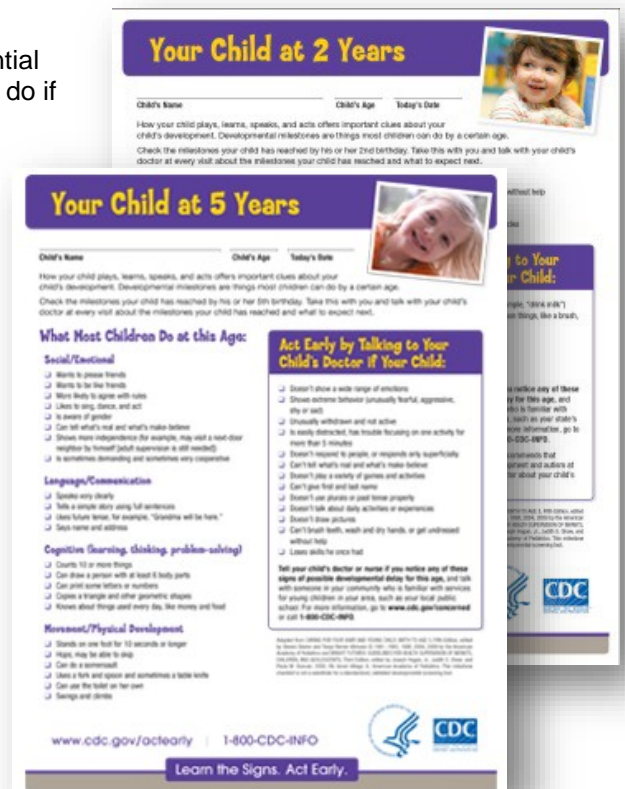
## Milestone Checklists

Each milestone checklist includes milestones, warning signs of potential problems, parenting tips, and a brief message telling parents what to do if they are concerned. The checklists can be photocopied for wider distribution.

- Ages match those of recommended well-child doctor visits  
2 months, 4 months, 6 months, 9 months, 12 months, 18 months, 2 years, 3 years, 4 years, 5 years
- Available online for download/print only
- Spanish, Vietnamese, Simplified Chinese, Brazilian Portuguese, Arabic, Somali, and Haitian Creole translations are available

### Tips for using

- Send home with families or complete during visits/meetings
- Families and providers can both complete and discuss results
- Facilitates conversations about child development with families and increases family engagement



## Fact Sheets

Fact sheets provide parent-friendly information about developmental screening (what it is and why it is important), developmental milestones and how to help a child when there is a developmental concern.

- Fact sheets
  - Developmental Monitoring and Screening
  - Concerned? *How to Get Help for Your Child*
  - Tips for Talking with Parents About Developmental Concerns
- Available online for download/print only
- Print two-sided for Spanish on reverse

### Tips for using

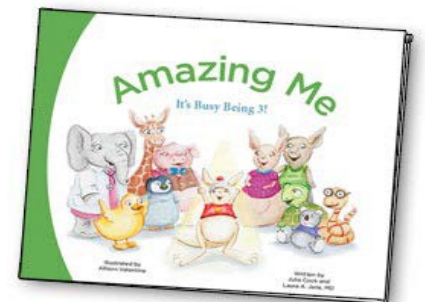
- Share with families as tools if they have concerns about development
- Use as parent education about the importance of developmental monitoring a



## Amazing Me-- It's Busy Being 3! and Soy Maravilloso

*Amazing Me* is a children's book for ages 2-3 that teaches parents developmental milestones as they read to their child. It includes milestones for three-year-olds, warning signs of delay, and tips on how parents can support their child's development. *Soy Maravilloso* is the (adapted) Spanish version.

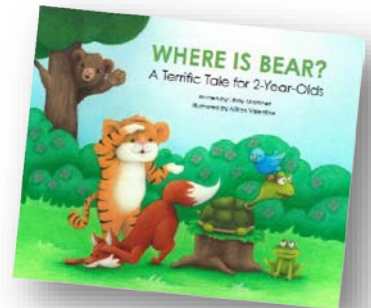
- Available to order online in limited quantities
- Interactive online version (English) available
- 8" x9½" paperback
- ***Amazing Me* is available as a free iBook at the iTunes store!**



## Where Is Bear? A Terrific Tale for 2-Year-Olds and Donde Esta Osito?

*Where Is Bear?* is a children's book that teaches parents developmental milestones as they read to their child. It includes milestones for two-year-olds, warning signs of delay, and tips on how parents can support their child's development. *Donde Esta Osito* is the (adapted) Spanish version.

- Available to order online in limited quantities
- 8"x9½" paperback



## Baby's Busy Day – Being One is So Much Fun! and Un Día Ocupado del Bebé

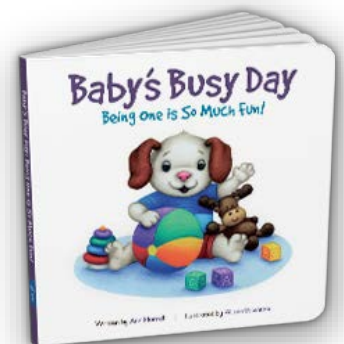
*Baby's Busy Day* is a children's book that helps parents learn what one-year-old milestones to look for in their baby and provides them with tips on how they can help. *Un día ocupado del bebé* is the (adapted) Spanish version.

- Available to order online in limited quantities
- 5.625 x 5.625" board book

Printable versions of all books available online at [cdc.gov/AmazingBooks](http://cdc.gov/AmazingBooks)!

### Tips for using

- Give as a gift to families entering or exiting a program
- Help encourage families to read to their child everyday



## Milestones in Action Photo and Video library

*Milestones in Action* is a **FREE** image library that features photos and videos of children demonstrating developmental milestones from 2 months to 5 years of age. This tool was created to help parents, early care and education providers, and healthcare providers identify developmental milestones in children and know if there is cause for concern.



- [www.cdc.gov/MilestonesInAction](http://www.cdc.gov/MilestonesInAction)
- Shows parents what each milestone looks like
- Appeals to caregivers with limited literacy skills
- Great for showing complex milestones
- No permissions needed to use the photos and images in this library for educational or awareness-building purposes
- Spanish version, **Indicadores en acción** is available at [www.cdc.gov/enaccion](http://www.cdc.gov/enaccion)

### Tips for using

- Embed and share photos and videos on your website and within presentations
- Share photos and videos to support information given during trainings
- Use *Milestones in Action* to support observations and conversations with parents on age-appropriate milestones
- Share photos and videos on social media to build community awareness of developmental milestones

## Training: Autism Case Training Classroom Based Curriculum and Video Library

The "Autism Case Training (ACT) is designed to educate future healthcare providers on fundamental components of identifying, diagnosing, and managing autism spectrum disorder through real life scenarios.

- Available as a 7 module curriculum to be used in a classroom setting
- The video library features children with autism spectrum disorder and typically developing children
- [www.cdc.gov/AutismCaseTraining](http://www.cdc.gov/AutismCaseTraining)

MODULE	CME	CNE	CEU	MOC (Part 2: 20 Points)
Identifying ASD	1.5	1.2	0.2	Required
Diagnosing ASD	1.75	1.7	0.2	Required
Managing ASD	2.25	2.2	0.2	Required

To learn more or access ACT, visit: [cdc.gov/AutismCaseTraining](http://cdc.gov/AutismCaseTraining)

## Training: Watch Me! Celebrating Milestones and Sharing Concerns

"Watch Me!" is a 1 hour online CEU course designed to help early care and education providers learn

- Why monitoring children's development is important
  - That they have a unique and important role in developmental monitoring
  - How to easily monitor children's developmental milestones
  - How to talk with parents about their child's development
- [www.cdc.gov/WatchMeTraining](http://www.cdc.gov/WatchMeTraining)

Early care and education providers play a critical role in the health and well-being of children in their care and their families.

"Watch Me! Celebrating Milestones and Sharing Concerns" is a free, 1-hour online CEU course that helps early care and education providers better identify and monitor developmental milestones, recognize signs of potential delays and share observations with parents. The training offers tools and best practices to support professionals and help children reach their full potential.

[www.cdc.gov/WatchMeTraining](http://www.cdc.gov/WatchMeTraining)

## “¡Mírame! Celebremos los indicadores del desarrollo y compartamos las inquietudes”

- *Mírame!* is a Spanish adaptation of the 1 hour online *Watch Me!* course
- Users receive a certificate of completion (not CEU)
- [www.cdc.gov/Mirame](http://www.cdc.gov/Mirame)



## Developmental Path Poster

This poster shows the journey of development and highlights a few

key developmental milestones.

- Available online for printing and customizing
- Also available in Spanish



## Milestone Tracker Poster

This 8.5 x 11 inch poster provides an overview of the *Milestone Tracker* app features and shares information on how to download and learn more about the app.

- Available online for printing and customization

## La app Sigamos el Desarrollo Poster

This 8.5 x 11 inch poster provides a Spanish language overview of the Spanish adaptation of the *Milestone Tracker* app, *Sigamos el Desarrollo*.

- Available online for printing and customization

## “Learn the Signs. Act Early.” Primers for Early Childhood Systems

These “primers” explain how to integrate “Learn the Signs. Act Early.” within a variety of different settings.

- Physician, Early Care and Education, WIC, Head
- Start, Home Visiting, Child Find, and Child Care Development Fund Grantee Primers available to be customized and printed
- Also available in Spanish
- [www.cdc.gov/ActEarly/Materials](http://www.cdc.gov/ActEarly/Materials)



## Milestones Matter Poster

This poster shows milestones for ages 4, 6 and 9 months and 1, 2 and 3 years within a 24in x 36in poster.

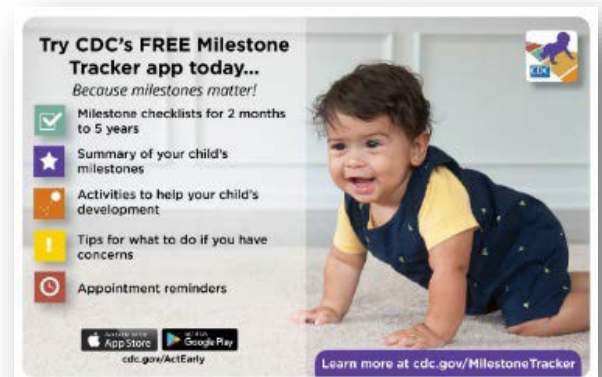
- English and Spanish
- Available online for printing and customization



## Outreach Flyer— “Milestone Tracker” and “Sigamos el Desarrollo”

This flyer is available in English and Spanish and can be distributed to parents of young children or others to provide information on *Milestone Tracker* features and how to download and learn more about the app.

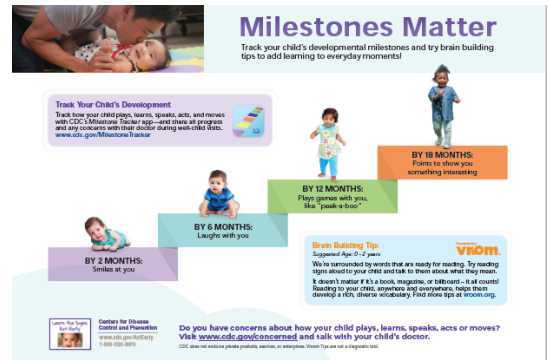
- Order online -shipped in packs of 10
- 8.5” x 5.5” (1/2 sheet)
- Print two-sided for Spanish on reverse
- [www.cdc.gov/MilestoneTracker](http://www.cdc.gov/MilestoneTracker)



## Milestones Matter with CDC and Vroom! Poster

This poster can be displayed in different settings to encourage families to track their child's development and try brain building tips to promote their child's development.

- 14" x 8" and 24" x 36"
- English and Spanish
- Available online for download/print only



## Watch Me! Training Flyer

This flyer includes information about the Watch Me! Training for Early Care and Education Providers, including website and credit available.

- 5.5" x 8.5" (1/2 sheet)
- Available online for download/print only



## Web Buttons

Buttons are an easy way to link from one site to another; they can also be placed on blogs and other social networking sites such as Facebook.

- Available in English and Spanish, and in various sizes
- Copy the code on one of these pages to post a button on your site:  
[www.cdc.gov/NCBDDD/actearly/multimedia/buttons.html](http://www.cdc.gov/NCBDDD/actearly/multimedia/buttons.html)



## E-Newsletter Images and Text

Copy and paste these images and the text paired with each one. Include in your own e-newsletter or forward to a partner. (Email [ActEarly@cdc.gov](mailto:ActEarly@cdc.gov))



## Video: “Learn the Signs. Act Early.” One Director’s Story”

This 1½ min video provides one early learning center director’s story of how her center is using “Learn the Signs. Act Early.” materials to boost providers’ professional development and to promote parent-engaged developmental monitoring.

- This video can be posted to your website, shown in waiting rooms, and included in presentations.
- Access it here  
<https://www.cdc.gov/ncbddd/actearly/multimedia/video.html>
- Available in English only



## Video: “Learn the Signs. Act Early.” One Doctor’s Story”

This 1½ min video provides a doctor’s story of how her practice uses CDC’s free parent-friendly “Learn the Signs. Act Early.” resources to assist with developmental surveillance and help families learn the signs of healthy child development.

- This video can be posted to your website, shown in waiting rooms, and included in presentations.
- Access it here  
<https://www.cdc.gov/ncbddd/actearly/multimedia/video.html>
- Available in English only



## Video: “Milestones Matter for Families!”

In this 2½ min video, parents of young children share their personal experiences of using CDC’s “Learn the Signs. Act Early.” tools and resources to learn about child development. This video can be posted to your website, shown in waiting rooms, and included in presentations.

- Access it here  
<https://www.cdc.gov/ncbddd/actearly/multimedia/video.html>
- Available in English only



## Video: “Baby Steps”

This 4½ min video about the importance of monitoring how children play, learn, speak and act can be posted to your website, shown in waiting rooms, and included in presentations.

- Access it here  
[www.cdc.gov/NCBDDD/video/LTSAE/index.html](http://www.cdc.gov/NCBDDD/video/LTSAE/index.html)
- Available in English only





## Video: “It’s Better to Know”

This Spanish-language video illustrates the importance of recognizing developmental milestones and acting early on concerns.

- Access it here  
[http://www.cdc.gov/ncbddd/video/ltsae\\_spanish/index.html](http://www.cdc.gov/ncbddd/video/ltsae_spanish/index.html)
- In Spanish only



## Exhibit Table Toppers

These table-top displays are a great add-on to a meeting exhibit or community event table.

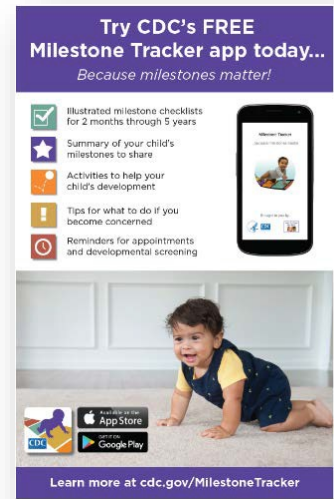
- 11”x17” stand-up foam board
- Available in English only

Request by emailing [ActEarly@cdc.gov](mailto:ActEarly@cdc.gov)

## Scripted and Narrated Power Point Presentations

These presentations introduce “Learn the Signs. Act Early.” to

- Parents (English and Spanish)
- Health Care Professionals (English only)
- <http://www.cdc.gov/ncbddd/actearly/multimedia/index.html>



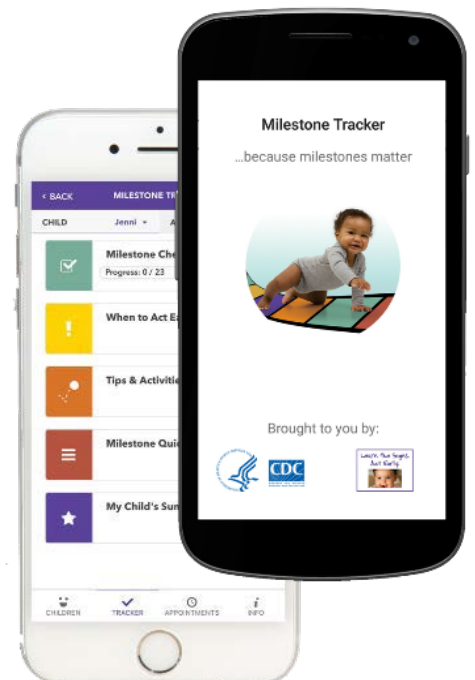
## Milestone Tracker and la app Sigamos el Desarrollo (iOS and Android)

This free app provides interactive milestone checklists, red flags, and tips for supporting early child development and information on what to do when concerned in a convenient app for iPhone or Android. The app can be downloaded in English or Spanish and users can switch back and forth between languages within the app.

- Free and available in the App Store or Google Play

### Tips for Using

- Families can complete a checklist and email results to their child’s doctor or other providers in English or Spanish
- Healthcare providers can recommend the app to families as a way to conduct developmental surveillance
- Parents can use results to facilitate conversations about child development with providers



## Developmental Milestone Checklist Program - Online Implementation Guide for WIC Staff

- The Developmental Milestone Checklist program, developed in collaboration with Missouri WIC staff and tested in Missouri WIC clinics, helps to engage parents in monitoring their children's development and support them with timely referrals when needed.
- Access at [www.cdc.gov/WICGuide](http://www.cdc.gov/WICGuide)
- Includes easy-to-use tools for implementation, like downloadable files for Environmental Graphics, WIC-specific milestone checklists, training and recruitment videos, and more.
- A printable PDF of the guide is also available



## Variety of Languages Available for LTSAE Materials

From CDC

- Simplified Chinese: Milestone Checklists, Milestone Moments Booklet
- Korean: Brochure, Milestone Moments Booklet, Fact Sheets, How to Talk to the Doctor and How to Help Your Child
- Vietnamese: Milestone Checklists with Tips, How to Talk with the Doctor, How to Help Your Child



From New York Health Dept

- <http://www1.nyc.gov/site/doh/health/health-topics/child-development.page>
- Milestone Checklists In:
  - Haitian Creole
  - Russian
  - Arabic
  - Urdu
  - Bengali
  - French
  - When you click on the pdf on their site, there are 2 letters immediately before the letters pdf. (2 months-fr.pdf, etc.) that indicate the language.



From Minnesota Project

- Hmong: Milestone Moments Booklet and Brochure
- Somali: Milestone Moments Booklet and Brochure

From a Partner in Turkey

- Milestone Checklists
- Amazing Me
- Where is Bear?

From Vermont Project

<http://www.vermontfamilynetwork.org/services/early-childhood/developmental-milestones/>



## Customization

Nearly all campaign materials can be customized with local contact information and your organization's logo. You will need access to Adobe InDesign for most materials.

1. Contact us and we will provide access to our Act Early Materials Box site ([www.Box.com](http://www.Box.com))
2. You add your contact information and/or logo.
3. You take the files to a local printer.

Note: The HHS and CDC logos will be converted to words on this new material, in accordance with logo licensing regulations.

To request customization, email [ActEarly@cdc.gov](mailto:ActEarly@cdc.gov)