

# First Steps Coordinating Council Meeting Milestones Matter Update

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November 8, 2019

# Milestones Matter Background

- ▶ The Centers for Disease Control and Prevention's (CDC) "Learn the Signs. Act Early." Program encourages parents and providers to learn the signs of healthy development, monitor every child's early development, and take action when there is a concern.
- ▶ The program offers free checklists and other tools to make developmental monitoring practical and easy.
- ▶ The Missouri WIC Developmental Milestones Program is a partnership between the University of Missouri and the Missouri Supplemental Nutrition Program for Women, Infants and Children (WIC) based on the CDC's "Learn the Signs. Act Early." public health campaign.

# Milestones Matter in Child Care

- ▶ A partnership between the Department of Health and Senior Services, the Maternal Child Health Workforce Development Center, the University of Missouri, the Department of Elementary and Secondary Education, the Department of Social Services and many others.
- ▶ To embed developmental monitoring of young children into child care using the “Learn the Signs. Act Early.” materials.
- ▶ Age appropriate checklists completed by child care providers/teachers in partnership with parents.

# Milestones Matter Timeline

- ▶ Testing was completed in four sites in June 2019.
- ▶ In the summer of 2019 adjustments were made to the back of the checklists after analysis of test site data.
- ▶ In-person training for 19 pilot sites was conducted in September 2019. Pilot will be conducted between October 2019 and May 2020.
- ▶ Information was provided to the Department of Elementary and Secondary Education in October 2019 to be included in the Preschool Development Grant: Birth to Five renewal application.
- ▶ Virtual learning collaborative for pilot sites began in November 2019.
- ▶ Data analysis of pilot will begin in June 2020. This will also include planning for statewide rollout.

# Sample Checklist

## Your Baby at 9 Months



Child's Name \_\_\_\_\_ Child's Age \_\_\_\_\_ Today's Date \_\_\_\_\_

How your child plays, learns, speaks, and acts offers important clues about your child's development. Developmental milestones are things most children can do by a certain age.

Check the milestones your child has reached by the end of 9 months. Take this with you and talk with your child's doctor at every visit about the milestones your child has reached and what to expect next.

### What Most Babies Do at this Age:

#### Social/Emotional

- May be afraid of strangers
- May be clingy with familiar adults
- Has favorite toys

#### Language/Communication

- Understands "no"
- Makes a lot of different sounds like "mama" and "baba"
- Copies sounds and gestures of others
- Uses fingers to point at things

#### Cognitive (learning, thinking, problem-solving)

- Watches the path of something as it falls
- Looks for things he sees you hide
- Plays peek-a-boo
- Puts things in her mouth
- Moves things smoothly from one hand to the other
- Picks up things like cereal o's between thumb and index finger

#### Movement/Physical Development

- Stands, holding on
- Can get into sitting position
- Sits without support
- Pulls to stand
- Crawls

### Act Early by Talking to Your Child's Doctor if Your Child:

- Doesn't bear weight on legs with support
- Doesn't sit with help
- Doesn't babble ("mama", "baba", "dada")
- Doesn't play any games involving back-and-forth play
- Doesn't respond to own name
- Doesn't seem to recognize familiar people
- Doesn't look where you point
- Doesn't transfer toys from one hand to the other

Tell your child's doctor or nurse if you notice any of these signs of possible developmental delay for this age, and talk with someone in your community who is familiar with services for young children in your area, such as your state's public early intervention program.

To contact Missouri's Early Intervention Program call: 1-888-688-2392.

The American Academy of Pediatrics recommends that children be screened for general development at the 9-month visit. Ask your child's doctor about your child's developmental screening.

Adapted from Caring for Your Baby and Young Child: Birth to Age 5, Fifth Edition, edited by Steven Shelton and Tanya Berne Altman © 1991, 1993, 1996, 2004, 2009 by the American Academy of Pediatrics and Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents, Third Edition, edited by Joseph Higgins, Jr., Judith S. Shinn, and Paula M. Duncan, 2005, The Green Village, IL, American Academy of Pediatrics. This milestone checklist is not a substitute for a standardized, validated developmental screening tool.



U.S. Department of Health and Human Services  
Centers for Disease Control and Prevention

Learn the Signs. Act Early.

## Your Next Steps



- Share this checklist.** Take this checklist to your child's next check-up and be sure to share it with the doctor, as well as others who care for your child.
- Keep tracking milestones!** Download CDC's Milestone Tracker app free from the App Store or Google Play or visit [cdc.gov/Milestones](http://cdc.gov/Milestones) for more checklists.
- Ask your physician to conduct a formal developmental screening.** The American Academy of Pediatrics recommends conducting a general developmental screening using evidence-based tools at 9, 18 and 30 months of age and an autism-specific screening is recommended at 18 and 24 months.

### If your child is missing milestones or you have other concerns:

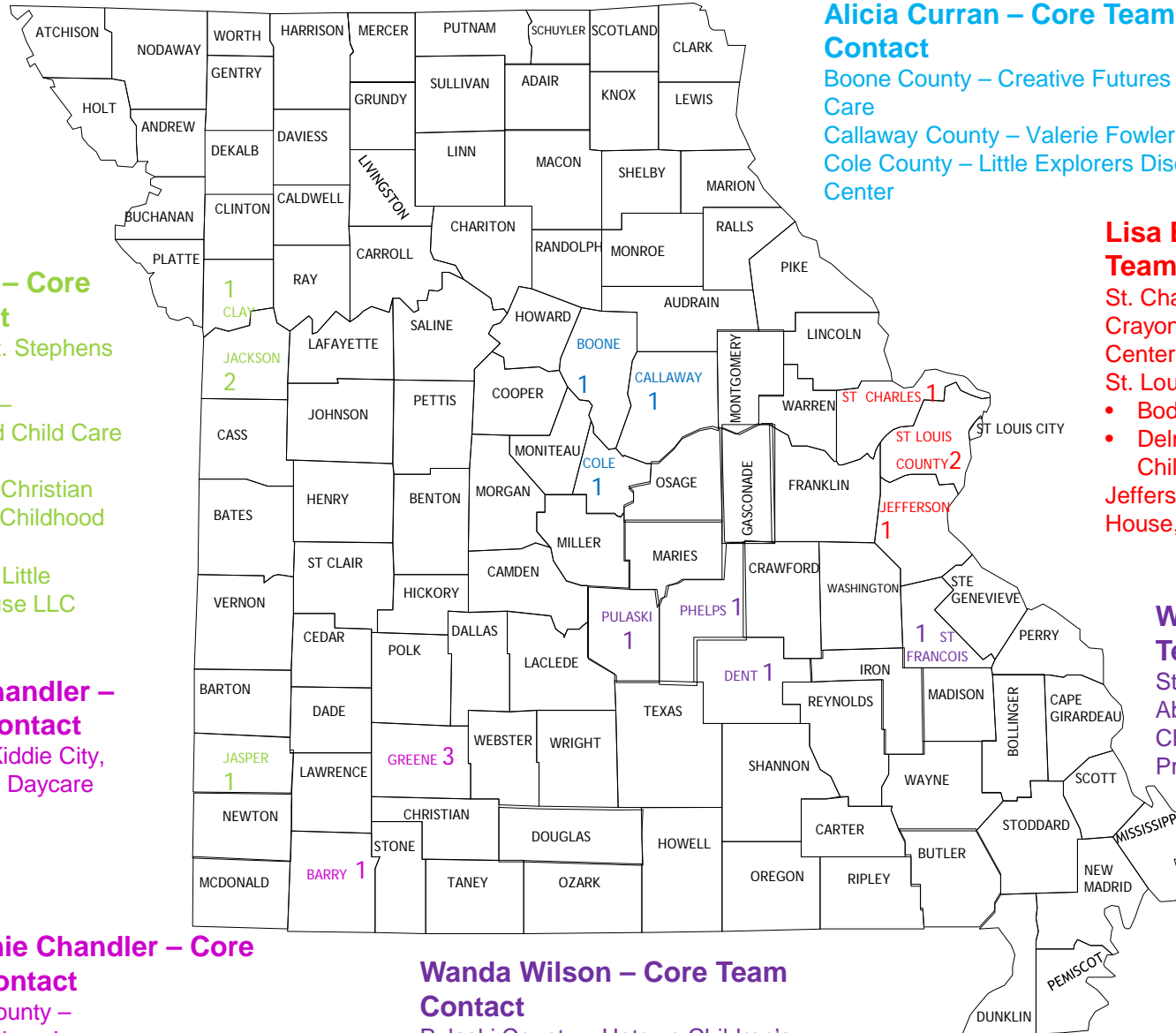
- Contact ParentLink at 1-800-552-8522** to request a formal developmental screening. Tell them you have concerns about your child's development.
- Contact a Home Visiting Program** in your area, such as Parents as Teachers, and tell them you have concerns about your child's development and ask if they are able to complete a formal developmental screening.
- Call your child's doctor** to schedule a follow-up visit as soon as possible. Tell the doctor you want to talk about your child's development. Take this checklist with you and ask for a formal developmental screening.
- For St. Louis programs only:** Access Vision for Children at Risk screening by going to the following website: <https://visionforchildren.org/leapst/complete-the-screening-today/>

## What You Can Do for Your 9-month-old!

- Pay attention to the way he reacts to new situations and people; try to continue to do things that make your baby happy and comfortable.
- As she moves around more, stay close so she knows that you are near.
- Continue with routines; they are especially important now.
- Play games with "my turn, your turn."
- Say what you think your baby is feeling. For example, say, "You are so sad, let's see if we can make you feel better."
- Describe what your baby is looking at; for example, "red, round ball."
- Talk about what your baby wants when he points at something.
- Copy your baby's sounds and words.
- Ask for behaviors that you want. For example, instead of saying "don't stand," say "time to sit."
- Teach cause-and-effect by rolling balls back and forth, pushing toy cars and trucks, and putting blocks in and out of a container.
- Play peek-a-boo and hide-and-peek.
- Read and talk to your baby.
- Provide lots of room for your baby to move and explore in a safe area.
- Put your baby close to things that she can pull up on safely.

Learn the Signs. Act Early.

# Pilot Sites



## Alicia Curran – Core Team Contact

- Boone County – Creative Futures Child Care
- Callaway County – Valerie Fowler
- Cole County – Little Explorers Discovery Center

## Lisa Eberle-Mayse – Core Team Contact

- St. Charles County – Cribs 2 Crayons Child Development Center
- St. Louis County –
  - Bodhi Tree Montessori
  - Delmar Gardens North Early Childhood Center
- Jefferson County – My Friend's House, LLC

## Wanda Wilson – Core Team Contact

- St. Francois County – Abundant Blessings Christian Daycare and Preschool

## Cindy Reese – Core Team Contact

- Clay County – St. Stephens LCMS
- Jackson County –
  - Blue Diamond Child Care LLC
  - Country Club Christian Church Early Childhood Programs
- Jasper County – Little Rascals Clubhouse LLC

## Stephanie Chandler – Core Team Contact

- Barry County – Kiddie City, LLC Preschool & Daycare

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- Greene County –
  - New Prime, Inc.
  - OTC Early Childhood Education Center
  - The Nurturing Place

## Wanda Wilson – Core Team Contact

- Pulaski County – Uptown Children's Academy
- Phelps County – Greentree Learning Center
- Dent County – I Can Too Learning Center

# Resources and Questions?

- ▶ <https://www.cdc.gov/ncbddd/actearly/index.html>
- ▶ <https://health.mo.gov/living/families/wic/localagency/relatedlinks/wicdevelopmentalmilestonesprogram/>

# Questions?

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