

Parent-Engaged Developmental Monitoring Using CDC's Developmental Milestone Checklists

An Overview of Revisions and Updates

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CDC's Milestone Checklists



www.cdc.gov/ActEarly/Materials



Developmental Monitoring

Done by parents, teachers, health professionals

Ongoing process-begins at birth

Sample tool: "Learn the Signs. Act Early." Milestone Checklists Both: Look for developmental milestones

Important for tracking signs of development and identifying concerns

Developmental Screening

Formal process

Recommended by the American Academy of Pediatrics at 9, 18, and 24 or 30 months

Done by health professionals and may be done by teachers with special training

Uses a validated screening tool

Sample tool: Ages and Stages Questionnaire

Learn the Signs. Act Early. **Developmental monitoring + screening = more kids in early intervention compared with DS or DM alone!** (Barger et al., 2018)

Why revise?

- Incorporate feedback from over 15 years of use
 - Where are 15- and 30-month checklists?
 - Vague ("may", "begins")
 - "How many milestones can be missing without being concerned?"
 - Are only the "warning signs" important?
 - Are these milestones MOST children do by this age?





Why "Most" (≥ 75%)?

- Traditionally, milestone lists use 50th percentile or average age milestones
 - Half of children not expected to exhibit the milestone yet
- What if a child is missing 50th percentile milestones?
 - May cause unnecessary parental concern
 - May result in "wait and see" approach by professionals
- ≥ 75th percentile milestones may better support validated screening as next step for children missing milestones.





Pediatrics



More information about the revision process can be found in the article *"Evidence-Informed Milestones for Developmental Surveillance Tools"*

 <u>https://publications.aap.org/ped</u> <u>iatrics/article/149/3/e20210521</u> <u>38/184748/Evidence-Informed-</u> <u>Milestones-for-Developmental</u>



"Look for " Milestones

"Red Flag" Milestones

"Red Flag" Milestones Only



Baby's Name

Baby's Age Today's Date

Milestones matter! How your baby plays, learns, speaks, acts, and moves offers Important clues about his or her development. Check the milestones your baby has reached by 9 months. Take this with you and talk with your baby's doctor at every well-child visit about the milestones your baby has reached and what to expect next.

What most babies do by this age:

Social/Emotional Milestones

- Is shy, clingy, or fearful around strangers Shows several facial expressions, like happy, sad,
- angry, and surprised Looks when you call her name
- Reacts when you leave (looks, reaches for you, or cries)

Smiles or laughs when you play peek-a-boo

Language/Communication Milestones

- Makes different sounds like "mamamama" and "babababa"
- Lifts arms up to be picked up

Cognitive Milestones (learning, thinking, problem-solving)

- Looks for objects when dropped out of sight
- (like his spoon or toy)
- Bangs two things together

Movement/Physical Development Milestones

- Gets to a sitting position by herself
- Moves things from one hand to her other hand Uses fingers to "rake" food towards himself
- Sits without support
- * It's time for developmental screening! At 9 months, your baby is due for general developmental screening, as recommended for all children by the American Academy of Pediatrics. Ask the doctor about your beby's developmental screening.

Other important things to share with the doctor... . What are some things you and your baby do together?

- What are some things your baby likes to do?
- . Is there anything your baby does or does not do that concerns you?
- Has your baby lost any skills he/she once had?
- Does your baby have any special healthcare needs or was he/she born prematurely?

You know your baby best. Don't wait. If your baby is not meeting one or more milestones, has lost skills he or she once had, or you have other concerns, act early. Talk with your baby's doctor, share your concerns, and ask about developmental screening. If you or the doctor are still concerned:

1. Ask for a referral to a specialist who can evaluate your baby more; and

2. Call your state or territory's early intervention program to find out if your baby can get services to help. Learn more and find the number at cdc.gov/FindEl.

For more on how to help your baby, visit cdc.gow/Concerned.









New Checklist- 13 total milestones

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What Most Babies Do at this Age:

Social/Emotional

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

Language/Communication

- Understands "no"
- Makes a lot of different sounds like "mamamama" and "bababababa"
- 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



Old Checklist- 26 total milestones



Adapted from CARING FOR YOUR BABY AND YOUNG CHILD: BIRTH TO AGE 5, Fifth Edition, edited by Steven Shelov and Tanya Remer Altmann @ 1991, 1993, 1998, 2004, 2009 by the American 9 addemy of Pediatrics and BRIGHT HUTURES: GUIDELINES FOR HEALTH SUPERVISION OF INFANTS, CHILDREN, AND ADOLSSCENTS, Third Edition, edited by Joseph Hagan, Jr., Judith S. Shaw, and Paular M. Duncan, 2006, Elk Grove Village. La American Academy of Pediatrics. This millestone millestone.

tain age.

Act Early by Talking to Your

Child's Doctor if Your Child:

Doesn't play any games involving back-and-forth play

Tell your child's doctor or nurse if you notice any of these

services for young children in your area, such as your state's public early intervention program. For more information, go to

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.

signs of possible developmental delay for this age, and

talk with someone in your community who is familiar with

www.cdc.gov/concerned or call 1-800-CDC-INFO.

Doesn't bear weight on legs with support

Doesn't babble ("mama", "baba", "dada")

Doesn't seem to recognize familiar people

Doesn't transfer toys from one hand to the other

Doesn't sit with belo

Doesn't respond to own name

Doesn't look where you point

talk with your child's

www.cdc.gov/actearly

"Milestones were transferred to an older age"

Skill	OLD Checklist	NEW Checklist
Transfers Object	6 month @50% 9 month FLAG	9 month FLAG
Pulls to Stand	9 month @50% (No Flag)	12 month FLAG
Object Permanence	9 month @50% 12 month FLAG	12 month FLAG
Pincer Grasp	9 months @50% (No Flag)	12 month FLAG



65 New Milestones

Examples of New Milestones	Checklist
Jumps off ground with 2 feet	30 month
Strings items together, like large beads or macaroni	3 years
Holds a crayon or pencil between thumb and fingers (not a fist)	4 years
Does simple chores at home, like matching socks or clearing the table after eating	5 years
Writes some letters in her name	5 years

Additional Checklist Features

- Open-ended questions (new)
- Act early messaging
- Early intervention information
- Tips and activities for developmental promotion and early relational health (revised/expanded)





Biggest Challenges

- Normative data difficult to find
 - Typical developmental milestone tables
 - Resources used for such tables are not usually cited
 - Cite each other
- Screeners/psychometric tests based on unpublished normative data
- Even when normative data exists milestones don't "fit" nicely into health supervision visit ages





Biggest Challenges



- Concerns have been raised about the lack of inclusion of some large motor skills (including crawling) and language milestones
- The CDC has encouraged submission of normative data for review



Important Reminders

- The purpose of the LTSAE materials:
 - for family-engaged developmental monitoring
 - they include key milestones (not a comprehensive list)
- They are **not** developmental screening tools or diagnostic tools
- Encourage primary referral sources and partners to share LTSAE resources with families. Let them know about the updated materials and the goal of early identification of developmental concerns



Other Considerations

- This update will **not** impact existing developmental screening and evaluation tools
- It will **not** impact policy or programmatic decisions in service delivery systems, including having an impact on Virginia's definition of eligibility for Part C Early Intervention



Strengths

- Improve clarity
- Improve sharing concerns
- Improve sharing concerns when there is no corresponding milestone
- Decrease "Wait and See"
- <u>Support screening</u> as a next step
- Add tips/activities for developmental promotion





How can I learn more ?



Great Video!



"Learn the Signs. Act Early."

Explanation of Updates

By Kate Barlow, OTD, OTR/L Massachusetts Act Early Ambassador

www.cdc.gov/ActEarly

https://www.youtube.com/watch?v=elQ0Lwf L8TI



Check Out Links and Resources

• Review the Q&A Document

Read the Pediatrics article

Review the "Resources" Document

 Visit the CDC's "Learn the Signs. Act Early" website at <u>cdc.gov/ActEarly</u>



Additional Resources

Help Me Grow

- <u>Strengthening Developmental Surveillance</u> <u>to Enhance Developmental Promotion and</u> <u>Early Detection</u>
- <u>CDC's Developmental Milestones Update -</u> <u>Help Me Grow Resource Toolkit</u>

Zero to Three

<u>Revised Developmental Milestones for Babies</u> and Toddlers: Your Questions Answered



Next Steps

Contact me if you have questions - I can help!

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