



# Curious for more information?

**simplesteps**  
TO A HEALTHY CHILD

Support your child's future health by knowing their social, emotional and developmental stepping stones.



## WHAT IS SCREENING?

Screening is a process for parents of children from birth through age five to check a child's ongoing development.

The journey of your child's early years includes many developmental milestones. **CDC Learn the Signs** ([www.cdc.gov/ActEarly](http://www.cdc.gov/ActEarly)) provides easy to follow materials that identify those developmental and social and emotional milestones. Take the first step and have your child screened to assess their developmental progress. By acting early and by knowing what to look for, you'll know when and where to get help if necessary. It's fast. It's easy. It's fun. And it's important.



## HEALTHY FUTURES

Early screenings support better futures for infants and children.

The early years of a child's life are very important for his or her health and development. Healthy development means that children of all abilities are able to grow up where their social, emotional and developmental needs are met. Research shows that early intervention treatment services, if necessary, can greatly improve a child's development.

## LEARN MORE

Learn more about important developmental milestones and how to get help if needed.

As a parent, you know your child best. If your child is not meeting the milestones for his or her age, or if you think there could be a problem with your child's development, talk with your child's doctor and share your concerns. Don't wait. Your health care and child care providers can provide you with additional information.

## CONTACT US

Content courtesy of "Learn the Signs. Act Early." Program.  
[www.cdc.gov/ActEarly](http://www.cdc.gov/ActEarly)





# Take the first step.



Have your child screened to check their social, emotional and developmental progress.

# Act Now!



## TRUSTED PROFESSIONALS

**Professional screenings are done by trusted child care and health care providers.**

Your child's growth and development are kept track of through a partnership between you and your health professional. At each well-child visit the doctor looks for developmental delays or problems and talks with you about any concerns you might have.

"Screening helps you and your doctor know that your child is growing and developing well. Screening should be part of your child's regular well child check-ups."

**Dr. Moody** People's Health Centers

"Getting your kids screened is very important because that is a way you can see how your kids are learning. It is a way to know what they need help in and what they are good in."

**Parent**



## FAST. EASY. FUN.

**It's fast. It's easy. It's fun for both parents and children.**

Through a series of short, age-specific questionnaires, age appropriate activities and a parent-provider partnership, you can share your findings and expert knowledge with your child's health care provider at your regularly-scheduled child wellness checkups. Each is a step towards a healthy future. Your child will find the process fun and engaging. You will enjoy the ease of the process and more importantly, the information that it will tell both you and your doctor.



## GAIN MORE INSIGHT

**Track your child's progress and what it tells you.**

Every child develops at their own pace, so it's difficult to tell exactly when a child will learn a given skill. However, age-specific developmental milestones give a general idea of what changes to expect as a child gets older. Early prevention/ screening helps to identify those milestones and the developmental progress that should be expected at a specific age.