

# Are you concerned about your child's Development?



## What Is Developmental Screening?

Developmental Screening is an easy way to pinpoint delays early and celebrate milestones. This is done by using a series of questions that a parent/caregiver can complete on their own or with the doctor. The American Academy of Pediatrics recommends that all children are developmentally screened during the well child visit at 9, 18, and 30 months of age and whenever a concern arises. Early childhood professionals, who have been trained, are able to provide these screenings.

A screening does **not** provide a diagnosis, rather, it tells you if your child is on track and helps you learn how to support your child's development. He/she might need some additional support, such as a referral to Early Supports and Services, Special Education or a specialist. Connecting with specialists and services early is an important next step to help you to support and meet your child's needs.

## Why Does Developmental Screening Matter?

- ◆ It's an important way to celebrate your child's development.
- ◆ Screenings help provide information when shared with your primary care doctor, childcare providers and others who might interact with your child.
- ◆ The sooner a developmental concern is identified the sooner families can get the supports they need to maximize their children's potential.
- ◆ To identify and address risk factors (e.g. medical, environmental, Adverse Childhood Experiences) that can change the brain's structure and impact health and normal growth patterns.

## Intervening early can :

- ◆ Strengthen children and their families to allow them to be successful and independent.
- ◆ Help you learn what milestones to expect for your child.
- ◆ Decrease the number of Adverse Childhood Experiences (ACEs).
- ◆ Decrease the need for long-term social service system supports.
- ◆ Prevent or minimize costly special education services



Learn the Signs.  
Act Early.



State of New Hampshire  
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# Developmental Screening Fact Sheet

## What you can do as a parent:

- If you have any concerns about your child's development make sure you discuss it with your child's doctor immediately. They can provide a developmental screen.
- If your child is under the age of 6, you can complete a developmental screen in person at any of the Family Resource Centers across the state. You can log onto [www.watchmegrownh.org](http://www.watchmegrownh.org) for more information on developmental screening and find a location near you.
- You can call NH Family Voices at 1-800-852-3345 x 4525, 603-271-4525 or visit [www.nhfv.org](http://www.nhfv.org) and request a developmental screening for your child.
- The Centers for Disease Control and Prevention has a **free** app available called the **Milestone Tracker** that has checklists, a location for questions to ask doctor, and appointments that you have for your child. Visit your app store and type in **CDC's Milestone Tracker** .
- To find out if you need to be concerned about your child's development log onto <https://www.cdc.gov/ncbddd/actearly/index.html> for checklists, and download the free app to track milestones as well as to order free materials from the Center for Disease Control Learn the Signs. Act Early. Campaign.
- [Vroom.org](http://Vroom.org) is a website and **free** mobile app that has activities, which are age appropriate that you can utilize with your child. These activities do not require any special tools or toys.

## What do we hope to accomplish in New Hampshire?

- **Reach More Children.** Increase the number of children provided with a developmental screening.
- **Connect Children With Supports and Services.** Improve the referral and follow-up process to make sure families needs are being met.
- **Increase Awareness.** Increase community awareness of the importance of early developmental screening and the fact that healthy social and emotional development is important for all children.
- Provide families with **education and resources** from the Learn The Signs. Act Early. Materials from the CDC. <https://www.cdc.gov/ncbddd/actearly/index.html>
- **Educate and train** child care providers, preschool teachers and others on how to provide developmental screening and Positive Behavior intervention Supports to increase social emotional development in children
- **Increase coordination and centralized data collection.** Coordinate regional screening efforts with the statewide Watch Me Grow Initiative
- **Fund a robust developmental screening** that meets the needs of children and families in New Hampshire to provide the best start possible.



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