

Developmental Milestones

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As parents, it is important that we understand and know our child's developmental milestones as he/she progresses through childhood. That way, if milestones aren't being met, you can bring it up with your child's pediatrician so that the appropriate referrals and/or tests can be performed.

The Center for Disease Control (CDC) offers valuable information including fact sheets, a milestone checklist (ages 2 months to 5 years),

tips on how to talk to your child's doctor, in both English & Spanish, which includes how to ask for a developmental screening and asking for a referral to the appropriate specialists. They have materials you can print or order for free as well as multimedia and tools.

Also, you can find the link to the Ages & Stages Questionnaires, which is offered FREE through Easter Seals, with support from the CVS Caremark Charitable Trust. It is about a 10-20 minute questionnaire, recommended for babies, birth to 5 years old. Once it is completed and you have concerns, you could share the results with your child's physician. Knowing the signs and being proactive can be beneficial to you, your child, and your family!

You can check out the website here: <http://www.cdc.gov/ncbddd/actearly/concerned.html>

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