

# Learn the Signs. Act Early. (LTSAE)

CDC's "Learn the Signs. Act Early." program encourages parents, health care professionals, and early childhood providers to celebrate and learn about healthy child development, monitor every child's development, and act early if there is a concern. The program offers a variety of free materials to make developmental monitoring practical and easy.

For a list of all LTSAE's free materials, visit

<https://www.cdc.gov/ncbddd/actearly/index.html>

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Check out a few of the new materials to share with families, on social media sites, with partners, or for you to learn more about development!

## Update Milestones



CDC's milestones and parent tips have been updated and new checklist ages have been added (15 and 30 months). Due to COVID-19, updated photos and videos have been delayed but will be added back to this page in the future. For more information about the recent updates to CDC's developmental milestones, please view the Pediatrics journal article describing the updates.

## Useful Resources For Early Childhood Educators

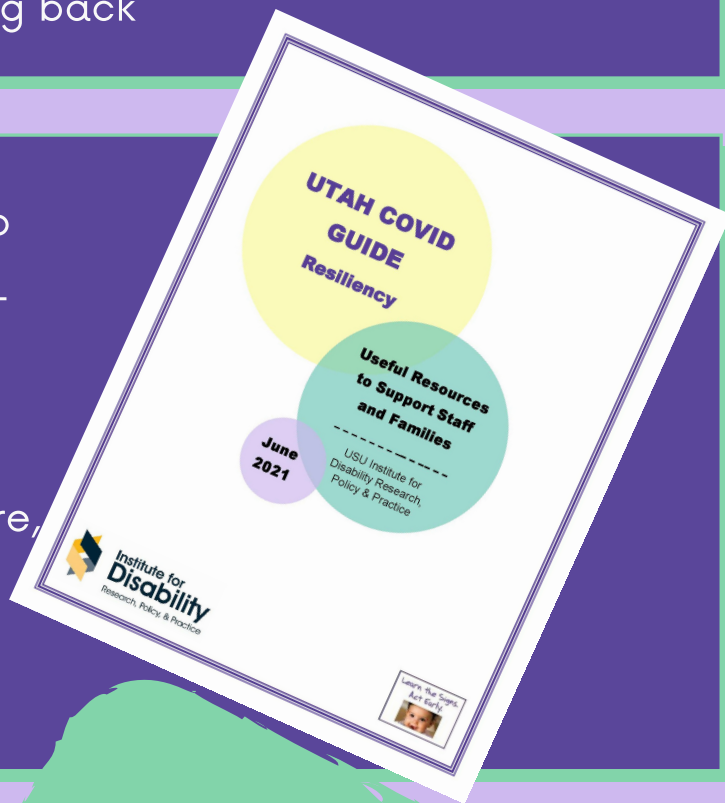
This FREE, online training course, Watch Me! Celebrating Milestones and Sharing Concerns, helps you fulfill this role by providing tools and best practices for monitoring the development of children in your care and talking about it with their parents.





These videos and virtual trainings can be used to onboard staff, get new information about how to incorporate parent engaged developmental monitoring into your everyday practice, how family can use the materials, and more to come so keep checking back

This toolkit contains resources that can help staff and families identify and improve self-care, improve early identification of developmental delays, resources for social determinants of health, affordable childcare, navigation of systems, and other resources.



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**The Learn the Signs. Act Early. team, in partnership with the Association for Public Health Nutritionists (ASPHN) has developed a training for WIC staff that focuses on the crucial role that WIC providers play in the health and wellbeing of children. The purpose of this 30-45 minute module is to help WIC staff learn what developmental milestones are, how they can empower parents to monitor their child's development, and how to support families in offering a referral for screening or other services if there is a concern. This training is available to any WIC staff on ASPHN's website: [Introduction to Child Development and Resources from CDC's "Learn the Signs. Act Early." Program - ASPHN.](#)**



Help your child grow and thrive with CDC's free Milestone Tracker app.  
cdc.gov/MilestoneTracker

