



The Benefits of Developmental Monitoring and Screening for Young Children

WHO: Parents, Family Members, Child Care Providers, and other Caregivers

WHAT: What is Child Development?

Child development refers to how a child grows which includes physical, social-emotional, cognitive, and language development.

What are Developmental Milestones?

Skills like taking a first step, smiling at people or things, and waving goodbye and hello are called developmental milestones. How your child learns, speaks, and plays offers important clues about your child's development. Developmental milestones are things most children can do by a certain age.

Parents and providers can track children's development using tools. Here are a few which may be helpful:

- [North Carolina Early Learning and Development Progressions: Birth to Five](#)
Under "Explore by Age" click the age of your child to find what skills are typical for children at this age. Aligned with the NC Foundations for Early Learning and Development.
- [Learn the Signs. Act Early.](#) OR [Milestone Moments - Learn the Signs. Act Early.](#)
Includes electronic or printed developmental checklists of children's milestones.
- [NC Infant-Toddler Program Chart of Developmental Milestones](#)
- [Learn More about Your Child's Development: Developmental Monitoring and Screening](#) (English and Spanish)

What is Developmental Screening?

Developmental screenings are ways that professionals can determine if a child is reaching developmental milestones or if they need additional support.

WHY: Why is Developmental Screening important?

Developmental screening is important because it can help you celebrate when your child meets his or her developmental milestones. It is also important because it can help you to determine if your child needs additional support. Earlier support can lead to better outcomes as your child grows and develops.

HOW: If you have concerns or questions about your child's development and are interested in a **developmental screening**, contact your child's pediatrician or your [local Health Department](#), [local CDSA](#) (Children's Developmental Services Agency). For children 3 and older, contact your [local school system's Exceptional Children \(EC\) Department staff](#). For additional information and resources for children of all ages, contact the [NC ECAC \(Exceptional Children's Assistance Center\)](#).

For additional Information about Developmental Screening and Testing including local contacts click on the links below:

For Parents, Family Members, Child Care Providers and other Caregivers:

- [NC Infant-Toddler Program \(ITP\) - CDSA Directory](#)
- [Local Education Agency Preschool Coordinators](#)

For Providers:

- [Contact the Centers for Disease Control \(CDC\) for FREE Resources on Developmental Milestones](#)
- [Tips for Talking with Parents about Developmental Concerns](#)