



## What to Do When You Notice Your Child's Milestones Aren't Being Met?

Parents know their children best. If you notice your child is falling behind on their age group's developmental milestones, don't wait to act. Early intervention can make a real difference! Take these steps if you have concerns about your child's development:

### **Review your child's milestones.**

Milestones are the behaviors and physical skills typically seen in a child by a certain age as they grow and develop. The Centers for Disease Control and Prevention (CDC) has a great milestone checklist you can use to track your child's development and share with your child's pediatrician.

### **Write down your child's biggest strengths.**

Children have many different kinds of strengths, not all of which are obvious. Identifying and celebrating these strengths can help your child thrive. Spend a few quiet moments thinking about your child. What qualities, big or small, are advantageous to them as a person? For example, are they affectionate, optimistic, or honest? Perhaps they have a great sense of humor or a strong attention to detail. Pick a handful of these strengths and write them down.

### **Write down a list of your five biggest concerns.**

Now that you've spent time reflecting on your child's strengths, make a list of your five biggest concerns. Be specific—this will help you organize your thoughts and give you a framework of what to talk about with your child's pediatrician. You can also write down any questions you have.

### **Reach out to your child's pediatrician.**

Talking to your child's pediatrician is the first step toward getting help for your child if you are concerned about their development. Be sure to reference your completed milestone checklist as well as the questions and concerns you wrote down earlier.

### **Contact Milwaukee County Birth to 3 Program.**

Children reach developmental milestones at their own pace, and some move faster than others. Falling outside the normal range isn't always cause for concern, but it's worth getting your child evaluated. A professional evaluation will help you know if your child is just taking their time or if they have a true developmental delay. If it's the latter, a diagnosis means you can start early interventions to support your child's progress and development into adulthood.

### **Take a breath, care for yourself first!**

Take time to care for yourself and process your thoughts and feelings. In order to support your child and be there for them the best you can, you need to start with yourself. Call your support network, or find a support network. You are not alone.