

This handout contains information and resources to address concerns about infant and toddler's development.

DEVELOPMENTAL SCREENINGS

Developmental screening is the practice of systematically looking for and monitoring signs that a young child may be delayed in one or more areas of development. Screening is not meant to establish a diagnosis for the child, but rather to help professionals and families determine whether more in-depth assessment is the next step. By using a high-quality screening tool, professionals can screen children for delays accurately and cost-effectively.

Developmental screening is a simple process that can have both informal and formal assessments. When using a tool that is more formal in nature, the short test can tell if a child is learning basic skills when he or she should, or if there are delays.

HOW TO ADDRESS CONCERNS ABOUT AN INFANT OR TODDLER'S DEVELOPMENT

It's not uncommon for families to become concerned when their little one doesn't seem to be learning new skills or abilities within the expected schedule of [developmental milestones](#). You may worry that the child hasn't rolled over yet, or that they aren't doing what the neighbor's child of the same age is doing. There may be concerns about your baby sitting up or beginning to verbalize words and sounds. A child may also be diagnosed with a medical or developmental condition that increase their chances of experiencing delays in meeting developmental milestones. When a child does not acquire skills that are expected of him or her when compared with other children of the same age, it is called a developmental delay.

Washington families concerned about a young child's development can call the Family Health Hotline at 1-800-322-2588 (TTY 1.800.833.6384) to connect with a Family Resource Coordinator (FRC).

The Centers for Disease Control and Prevention (CDC) manages a campaign to [Learn the Signs. Act Early](#). The website includes tools for tracking milestones and materials for families to learn more and plan home-based activities to promote skill development.

[HelpMeGrow](#), a program of WithinReach, provides [a free online developmental screening](#) to identify your child's current skills in the areas of communication, gross motor, fine motor, problem-solving, and personal-social development. After completing the online screening, you will be contacted with your child's results and resource recommendations to support their development from a member of HelpMeGrow's Child Development Team. Families may share the screening results with the child's pediatrician and daycare or other early learning program to help guide discussions about their concerns.

NEXT STEPS WHEN A CHILD IS NOT DEVELOPING AT THE SAME RATE AS OTHER CHILDREN THEIR AGE

Because of the rapid growth in a child's first three years of life, early support and monitoring of child development is essential for these children to reach their full academic potential as well as social and personal success. In all cases, kids will experience greater success academically, socially, and personally if delays are caught early and kids and families get the support they need.

The Department of Children, Youth and Families (DCYF) administers services for eligible children from birth to age 3 in Washington state through [Early Support for Infants and Toddlers \(ESIT\)](#). [Learn more about ESIT's guiding concepts in this short \(3:10\) video.](#)

[Learn more about Developmental Screening in this PAVE article.](#)