



PESE Family Essentials

Your Child's Development

Important Information about Helping Your Child Develop

Having a safe and loving home and spending time with family; playing, singing, reading and talking—are very important.

There are some key ways that parents can support their child's healthy development:

- Responding to children in a predictable way.
- Showing warmth and sensitivity.
- Having routines and household rules.
- Sharing books and talking with children.
- Supporting health and safety.
- Using appropriate discipline with kindness.

Don't panic, Get information, Take action

If you are worried about your child's development:

- Take a look at some developmental milestone checklists.
- Remember that ages on checklists represent a range of months or years and are not exact.
- Don't deny difficulties that your child might be experiencing.
- Talk to your child's physician.
- Initiate a developmental screening for your child. Ask the professionals for guidance.

Links to reliable resources about child development:

Center for Disease Control, US Dept. of Health

<https://www.cdc.gov/act-early/milestones/index.html>

Kids Health Organization

<https://kidshealth.org/en/parents/growth/>

Early Childhood Development, Office for Children & Families

<https://www.acf.hhs.gov/eod/child-health-development/watch-me-t-hrive/families>

You are a reliable source of information about your child's development. If you are aware of the milestones listed in the links above, you will be able to inform your healthcare provider about any concerns you have. Your child's physician will be able to direct you to resources and agencies for assistance with screenings to help monitor his or her development.

Child Find is an agency that can assist you in getting screenings and information about your child's development and needs. The website for Child Find is <http://www.fdlrs.org/child-find>.

Notes about Child Development

Children develop in many areas:

- Motor and physical
- Social
- Self-care
- Cognitive and thinking
- Communication and language

Every child grows and develops differently, at his or her own pace.

Some children develop quickly in some areas and a little more slowly in others.

Children develop at their own pace, so it's impossible to tell exactly when a child will learn a given skill. However, lists of developmental milestones give a general idea of the changes to expect as a child gets older.

Avoid comparing your child to other children. Children might have "spurts" of development in different areas.

As a parent, you know your child best. If your child is not meeting the milestones for his or her age, or if you think there could be a problem with your child's development, talk with your child's doctor and share your concerns.

