



Every child learns and grows at their own pace, but there are general milestones every child should meet as they develop how they play, learn, speak, act, and move.

Here's how you can understand and support the development of your child or the child in your care:

- See your health care provider regularly for **well-child visits**.
- Bring any **questions or concerns** you have about your child's development.
- Ask about early intervention programs—acting early is always best. The **Wisconsin Birth to 3 Program** may be the right match for your family.

www.dhs.wisconsin.gov/birthto3/index

A GOOD START IN THE FIRST 1,000 DAYS



KNOW THE SIGNS



You know your child best. One of the most important things you can do to care for a child's health and growth is to track their developmental milestones.

There are a few **resources** to help you do this:

- Your health care provider may ask you fill out a screening tool: one of the Ages & Stages Questionnaires (ASQ). Learn what it is and how it could help at www.agesandstages.com/about-asq/for-parents.
- The Centers for Disease Control and Prevention has a toolkit for parents at www.cdc.gov/ncbddd/actearly.
- The Center on the Developing Child at Harvard University has videos that explain how stress and trauma can affect a child's development. View their playlist at www.youtube.com/c/HarvardCenter.

Find more: www.dhs.wisconsin.gov/birthto3/family/development.