



## How Can I Support My Child's Development?

As a parent, you know about the importance of physical health and well-baby check-ups. You take your child to the doctor or clinic for immunizations, hearing and vision screenings. During those visits, doctors often ask questions about your child's development, but it is also important for you, as a parent, to be aware of and observe your child's developmental and behavioral growth.

### WHAT IS DEVELOPMENT?

- ❖ All children go through developmental "stages" - typical and predictable changes in the areas of speech and language development, physical development, social and emotional development and behavior
- ❖ The stages build upon one another, and children progress through them at their own pace

### WHAT IS A DEVELOPMENTAL SCREENING?

- ❖ A screening is an interactive session with a child development specialist
- ❖ Child-friendly play activities focus on all areas of development - speech and language, small and large motor skills, social and emotional abilities, and behavior
- ❖ Parents complete a checklist and talk with the screener about their child's development and behavior
- ❖ Recommendations are made as to whether or not more specific evaluations are needed; if needed, the family may be linked to other agencies for further services

### WHY DOES MY CHILD NEED A DEVELOPMENTAL SCREENING?

- ❖ Just as children need well-baby checks to determine if they are growing in healthy ways, parents and professionals need to monitor children for developmental and behavioral "wellness"
- ❖ If a child has a developmental or behavioral issue, the earlier it is detected, the better the outcome for the child

### HOW LONG WILL THE DEVELOPMENTAL SCREENING TAKE?

- ❖ Depending on the type of screening materials used, screenings usually last 45 minutes to one hour
- ❖ Part of the time is used to share results of the screening, let parents know how their child is doing, and make recommendations

### WHERE CAN MY CHILD GET A DEVELOPMENTAL SCREENING?

- ❖ Talk to your child's pediatrician or primary care provider for a screening referral

OR

- ❖ Contact Children's Care Connection (C3): 1-877-8 C3KIDS, a program which provides FREE screenings and assessments for children under 5 years of age in NORTH SAN DIEGO COUNTY: