

# HELP YOUR CHILD THRIVE

Celebrate Each Moment

## MILESTONE CHECKLIST

Children are born with tremendous potential, and what happens in the earliest stages of their lives is so important! During the first five years, young children begin to do so many new things, like engaging in creative, make-believe play; knowing what's real and what's imaginary; and playing with others. These are called developmental milestones, and they usually happen at specific age ranges. As your baby's first teacher, you can use milestone checklists to celebrate your child's accomplishments.

Milestone Checklists are an important part of the pediatric wellness visit and are used to mark your child's development. A developmental screening tool, which is a structured and standardized set of questions, helps providers identify delays. A formal developmental screening is recommended by the American Academy of Pediatrics at the 9, 18, and 24 or 30 month wellness visit. Don't be afraid to ask your child's health care provider for a developmental screening at these well-child visits or any time you have a concern!

Free milestone checklists and an app are available to download at [www.cdc.gov/actearly](http://www.cdc.gov/actearly) and [www.MississippiThrive.com/resources/](http://www.MississippiThrive.com/resources/).



Spend some time playing with your child; you can create art together or play outside. While you're playing, you can mark their milestones & celebrate achievements!



During your daily routine, give your child more (age-appropriate) opportunities to show you what they can do! You can even make it a game; play Follow the Leader, where first you serve your lunch, then your child copies you. First you put on your shirt, then your child copies you. Expand the game by asking your child to show you what else they can do while getting dressed, cleaning up, etc.; then copy them!



Health care providers can review the results of developmental screenings, give you tips and advice on how to support your child's development, and connect you with additional supports. If a delay is found, don't panic; you are not alone! One in six children experience developmental delays, but thankfully, by taking action early, concerns can be addressed. With appropriate supports, these concerns can improve or completely resolve. We have put together a treasure chest of information on our website—[www.MississippiThrive.com](http://www.MississippiThrive.com).

## DID YOU KNOW?

- Brain construction begins before birth and continues through the early twenties
- The foundation of the brain is built in the early years when more than one million neural connections form every second!
- The groundwork for social and emotional skills begins when children
  - learn to form relationships
  - develop independence
  - and regulate their emotions
- Supportive adults in children's lives
  - promote an overall feeling of well-being
  - wire the brain to form healthy relationships



## CELEBRATE PARENTS & FAMILIES HELPING THEIR CHILDREN THRIVE!

YOU HAVE WHAT IT TAKES TO BE A BRAIN BUILDER! Vroom® offers ideas so you can help your child thrive by incorporating learning and brain building opportunities into your family's everyday moments. Find out more at [www.vroom.org](http://www.vroom.org).

### Mini Chef (Ages 3-5)

Have your child help with safe and simple tasks while you are cooking. Mixing or adding an ingredient can be good places to start. As you work, ask them what they think will happen when they stir things together or add something new. Listen to their ideas, then talk together about what you see happening.

### Brainy Background

This is real-life science. Guessing about what might happen promotes your child's curiosity. This helps them adopt a lifelong love of learning.

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### Little Independence (Ages 2-3)

Does your child want to do everything by themselves? Whether it's eating with fingers or trying to use a fork, give them ways to be more independent. Talk to them about what they're doing. If they need, help them a little. When they're done, notice how they respond with a smile or an "I did it!" Celebrate with them!

### Brainy Background

It may take longer and be messier, but you're helping your child to feel good and develop new skills. This will give them a sense they can try something new and succeed.

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### Tiny Tent (Ages 3-5)

Grab a blanket to make a tiny tent at bedtime. Pretend to be camping outside with your child. Say: "Shhhhh...what do you hear? See? Smell? What do you think is happening outside our tent?" Afterward, snap a pic of your child at their campsite!

### Brainy Background

Pretending is very important to learning - it helps your child to imagine, be creative, and take the perspective of others. And it's fun!

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For more information on developmental milestones and brain building opportunities, visit [www.MississippiThrive.com](http://www.MississippiThrive.com).