

# Developmental Concern? Next Steps for Families and Caregivers



Your child has many strengths and a supportive family. Together, we want your child to have what they need to learn and grow.

Today our office is referring your child to see if extra services might help their learning and development and to see if they have any developmental delays. Here are the next steps:



If your **child is under 3 years of age**, one of the places our office recommends is

\_\_\_\_\_ your state's early intervention program. They will evaluate your child and let you know if they qualify for services, which would be at little to no cost.



If your **child is over 3 years of age**, call your local public elementary school

\_\_\_\_\_ When you call the school you can say, "I have concerns about my child's development and I would like to have them evaluated for preschool special education services." If the person who answers does not have information about preschool special education, ask to speak with the school or district's special education director.



Our office may also refer your child to see other childhood professionals, or programs, including:

- Physical Therapist** (who can address any physical delays with head control, sitting, walking, running, jumping, kicking or climbing).
- Occupational Therapist** (who can address delays in reaching, using hands together, self-feeding and dressing).
- Speech and Language Pathologist** (who can help with any delays in understanding words, talking, feeding and stuttering).
- Behavioral Therapist or Social worker** (who can help with engaging socially, paying attention to others or behavioral challenges).
- Early Childhood Care and Education** (such as Head Start, which provides early childhood education, health services, nutrition and family services).
- Other:** \_\_\_\_\_



## Final Steps:

1. Keep your follow-up appointments at our office.
2. Call us if you are having trouble making the referral appointments.
3. Let our office know what the specialist said and any next steps they recommend. You can do this by:
  - Making an appointment at our office to discuss.
  - Contacting \_\_\_\_\_
  - Other \_\_\_\_\_
4. Start any early intervention services your child qualifies for, even if you are waiting for other appointments.



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If you are not sure how to make these appointments, or have more questions, please let our office know. It is important to find out if your child needs help. Do not “wait and see.” Starting services early makes it easier for a child to learn new skills.



### Tips and Additional Resources

- Stay in touch with early education professionals (like your childcare providers, teachers or home visitors) for feedback on your child’s development.
- Keep your pediatrician updated on how your child is doing or any problems you are facing.
- Visit your local library for a reading hour or to choose books to read with your child.
- Use the *Learn the Signs. Act Early. (LTSAE)* milestone tracker app for tips and activities along with milestone checklists: <https://www.cdc.gov/MilestoneTracker>.
- Visit HealthyChildren.org for information on how to support your child’s development: <https://healthychildren.org/english/ages-stages/pages/default.aspx>.
- If your child has special health care needs or disabilities, your local Family-to-Family Information Center can help: <https://familyvoices.org/findhelp>.
- Use Vroom brain building tips: <https://www.vroom.org>.
- Use tip sheets from Talk, Read, and Sing Together Every Day!: <https://www.acf.hhs.gov/ecd/talk-read-and-sing-together-every-day>.
- Find your local Parent Center for help on how to be an effective advocate for your child with disabilities: <https://www.parentcenterhub.org/the-parent-center-network>.
- Learn about Head Start and school readiness: <https://www.acf.hhs.gov/ohs/about/head-start>.
- Find information on how to choose quality child care or preschool programs: <https://www.childcare.gov/consumer-education/child-care-quality-ratings>.
- Additional: \_\_\_\_\_.

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