

Developmental Monitoring: A Family Engagement Strategy to Support Infants and Toddlers

Developmental monitoring is a way to make sure children’s development is on track – based on developmental milestones – and to identify any potential delays or disabilities. It is also a wonderful way to promote family engagement.

Engaging families in child care programs is vital to the success of their children, especially related to developmental monitoring.

We can engage families in many components of developmental monitoring by having them 1) complete questionnaires or by using the CDC’s Milestone Checklists or Milestone Tracker app, 2) sharing conversations, and 3) setting goals for children together.

The more involved parents are in their child’s care and education, the more parents will be able to support healthy growth and development.

When parents are aware of typical patterns of development, they can support their children. When parents are not aware of typical patterns of development, they may not know if their child needs extra services to support growth and development.

When families are involved in monitoring their child’s development, they are empowered to engage in developmentally appropriate learning activities with their children.



The ASQ is a developmental and assessment system early care providers and others may use with families. For more information on implementing the ASQ in your child care program, contact the Virginia Infant and Toddler Specialist Network.



The Centers for Disease Control and Prevention (CDC) has *free* developmental **Milestone Checklists** that can be downloaded from their website as well as a *free* **Milestone Tracker** app to use on your cell phone.

All these resources are available in English and Spanish.

“Learn the Signs. Act Early.” also has *free* materials and children’s books available related to early learning activities that families and caregivers can engage in to support the growth and development of infants and toddlers.

www.cdc.gov/ActEarly
www.cdc.gov/MilestoneTracker



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This project was supported by the Virginia Department of Education (VDOE) Grant # 93.575, with funds made available to Virginia from the U.S. Department of Health and Human Services. Points of view or opinions contained within this document are those of the author and do not necessarily represent the official position or policies of VDOE or the U.S. Department of Health and Human Services.