

2023 Region 8 Head Start Conference



**Using the CDC's
*Learn the Signs.
Act Early.***

**Resources to
Support Early
Childhood
Development**

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SD Parent Connection

CDC's Act Early Ambassador to South Dakota

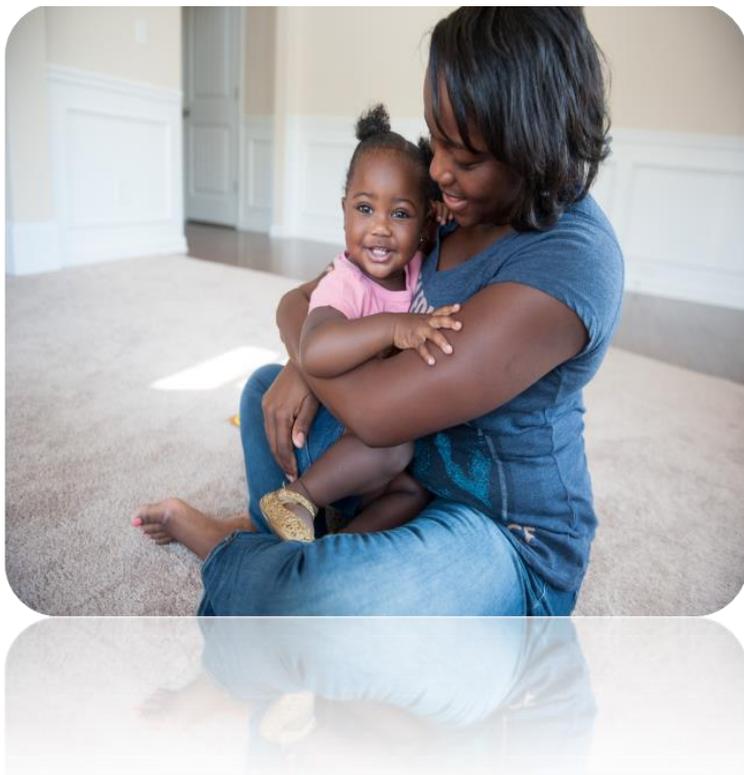


In today's session, participants will

- Learn how the CDC's LTSAE resources promote universal developmental health promotion for ALL caregivers of young children and aid in early identification of delays and disabilities.
- Learn how LTSAE resources are currently being used across systems in South Dakota to support early childhood programming and staff professional development.
- Identify strategies to utilize LTSAE resources to support and engage parents/caregivers in boosting a child's development.



"Learn the Signs. Act Early." Mission



To improve early identification of developmental delays and disabilities by promoting developmental monitoring and screening so children and their families can get the services and support they need.

www.cdc.gov/ActEarly



4 Steps of Early Identification Process

Family-Engaged Developmental Monitoring



Developmental & Autism Screening



Referral for Services



Receipt of Early Intervention Services



In use in South Dakota for several years...

Milestone Moments



Milestones Matter!

Look inside for milestones to watch for in your child and tips for how you can help your child learn and grow from birth to age 5.



Your Child at 18 Months

Talk with your child's doctor at every visit about the milestones your child has reached and what to expect next.

What children do at this age



Social/Emotional

- Likes to hand things to others as play
- May have temper tantrums
- May be afraid of strangers
- Shows affection to familiar people
- Plays simple pretend, such as feeding a doll
- May cling to caregivers in new situations
- Points to show others something interesting
- Explores alone but with parent close by

Language/Communication

- Says several single words
- Says and shakes head "no"
- Points to show someone what he wants

How you can help your child's development

- Provide a safe, loving environment. It's important to be consistent and predictable.
- Praise good behaviors more than you punish bad behaviors (use only very brief time outs).
- Describe her emotions. For example, say, "You are happy when we read this book."
- Encourage pretend play.
- Encourage empathy. For example, when he sees a child who is sad, encourage him to hug or pat the other child.
- Read books and talk about the pictures using simple words.
- Copy your child's words.
- Use words that describe feelings and emotions.
- Use simple, clear phrases.
- Ask simple questions.

Amazing Me

It's Busy Being 3!



Your child at 15 months

Milestones matter! How your child plays, learns, speaks, acts, and moves offers important clues about his or her development. Check the milestones your child has reached by 15 months. Take this with you and talk with your child's doctor at every well-child visit about the milestones your child has reached and what to expect next.

What most children do by this age:

- Social/Emotional Milestones**
 - Copies other children while playing, like taking toys out of a container when another child does
 - Shows you an object she likes
 - Claps when excited
 - Hugs stuffed doll or other toy
 - Shows you affection (hugs, cuddles, or kisses you)
- Cognitive Milestones (learning, thinking, problem-solving)**
 - Tries to use things the right way, like a phone, cup, or book
 - Stacks at least two small objects, like blocks
- Language/Communication Milestones**
 - Tries to say one or two words besides "mama" or "dada," like "ba" for ball or "da" for dog
 - Looks at a familiar object when you name it
 - Follows directions given with both a gesture and words. For example, he gives you a toy when you hold out your hand and say, "Give me the toy."
 - Points to ask for something or to get help.
- Movement/Physical Development Milestones**
 - Takes a few steps on his own
 - Uses fingers to feed herself some food

Other important things to share with the doctor...

- What are some things you and your child do together?
- What are some things your child likes to do?
- Is there anything your child does or does not do that concerns you?
- Has your child lost any skills he/she once had?
- Does your child have any special healthcare needs or was he/she born prematurely?

You know your child best. Don't wait. If your child is not meeting one or more milestones, has lost skills he or she once had, or you have other concerns, act early. Talk with your child's doctor, share your concerns, and ask about developmental screening. If you or the doctor are still concerned:

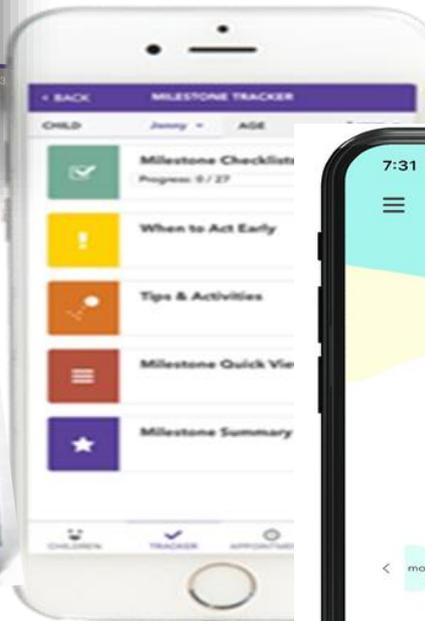
1. Ask for a referral to a specialist who can evaluate your child more; and
2. Call your state or territory's early intervention program to find out if your child can get services to help. Learn more and find the number at cdc.gov/FindEID.

For more on how to help your child, visit cdc.gov/Concerned.

Don't wait. Acting early can make a real difference!



Learn the Signs. Act Early.



If your child is between the

Touch Base

- Who is familiar with LTSAE?
- Who is using LTSAE, what resources are you using and how are they being used?
- Take a moment to look at the newest materials!

SD Act Early Team & Partners

- Birth to 3, HSCO, State Library
- Child Care Services, ECEs, CC providers
- Dept. of Health (WIC, Bright Start, Community Health Offices)
- SD Public Broadcasting, SD Extension,
- TLLSD, SFEC/BHSSC, United Way
- SDAFP, CHWSD, Monument Health
- Child Protection Services, TANF, DV Shelters
- Many more...



What Data Tells Us...

- About 1 in 6 children ages 3-17 has a developmental disability¹
- Nearly one in 10 children has a serious emotional disorder
- 12-16% of U.S. children have a developmental or behavioral disorder
- In the U.S, about **1 in 36 children** has an autism spectrum disorder²
- Median age of Autism Spectrum Disorder diagnosis is 4 years
- The connections in a baby's brain are most adaptable in the first three years of life. These neural circuits are the foundation for learning, behavior, and health. Over time, these connections become harder to change.¹
- Prompt identification can spur specific and appropriate therapeutic early interventions.

¹ Boyle CA, Boulet S, Schieve L, Cohen RA, Blumberg SJ, Yeamgin-Allsopp M, Visser S, Kogan MD. Trends in the Prevalence of Developmental Disabilities in US Children, 1997–2008. Pediatrics. 2011

² U.S. Centers for Disease Control and Prevention Morbidity and Mortality Weekly Report (MMWR) Surveillance Summaries, **March 2023**



Harvard Center for the Developing Child

90%

**of a child's brain
development
happens
before age 5**

Source: Harvard Center for the Developing Child



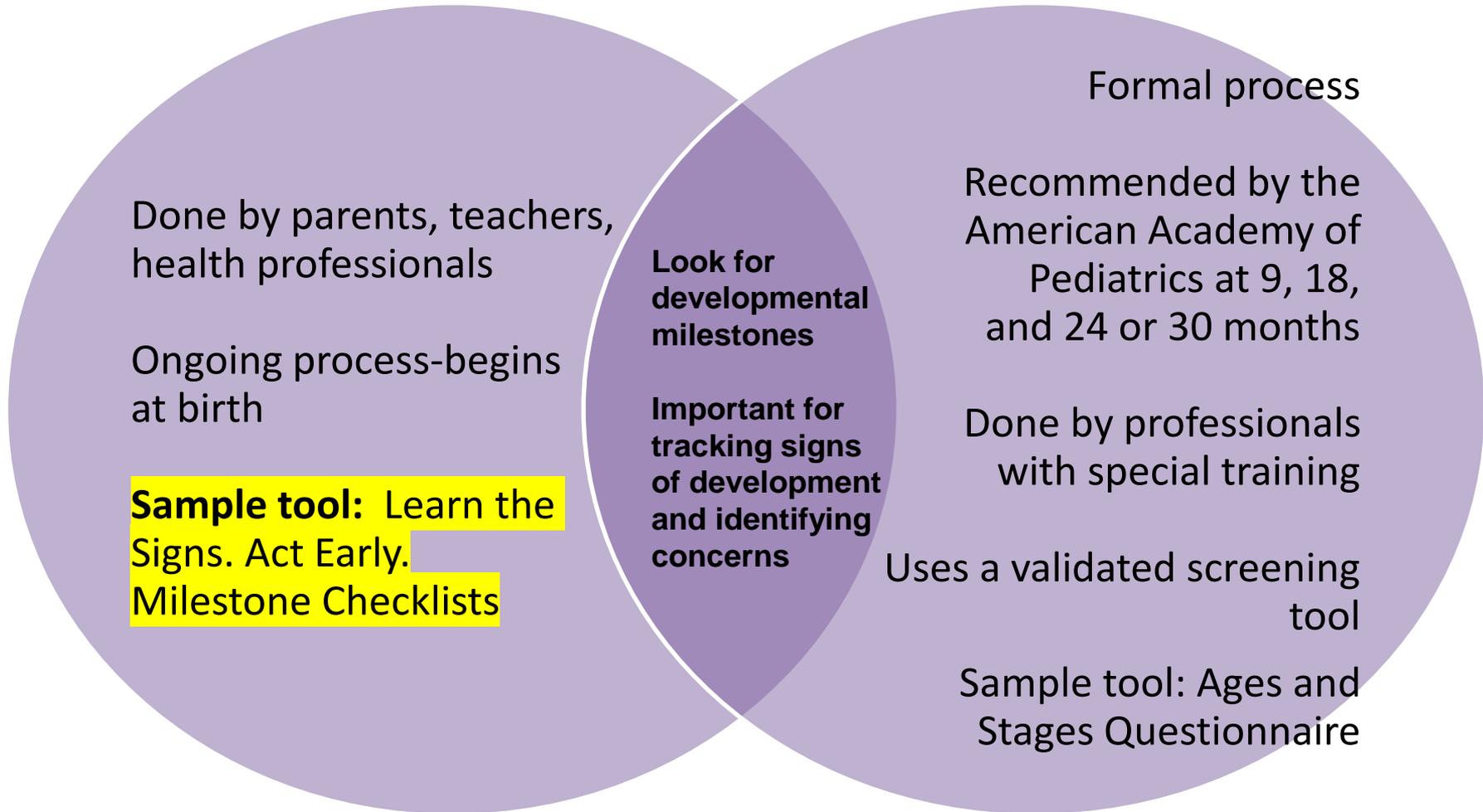
- **90% Brain development before age 5**
- **10% Brain development after age 5**

Learn the Signs.
Act Early.



Developmental Surveillance/Monitoring

Developmental Screening



Learn the Signs. Act Early.

Detection Rates



Without Tools

With Tools

**Developmental
Disabilities**

30% identified

Palfrey et al. *J Peds.*
111:651-655, 1987.

70-80% identified

Squires et al. *JDBP.*
17:420-427, 1996.

**Mental Health
Problems**

20% identified

Lavigne et al. *Pediatr.*
91:649-655, 1993.

80-90% identified

Sturner. *JDBP.* 12:51-64,
1991.

Learn the Signs.
Act Early.



Why Developmental Milestones?

- Milestones are things most children can do by a certain age
 - How a child plays, learns, speaks, acts, and moves
- You see these every day
- They offer important clues about each child's developmental health
- Parents may need guidance in recognizing them

Less than half of children with delays are identified before entering school, missing opportunities to benefit from EI.



All children develop at their own pace.
Some will reach milestones earlier and some later.



LTSAE Milestones Materials are...

- Educational, parent vetted
- Plain language, 5th grade reading level
- **Milestones adapted from AAP based on what most (75%) children can do by each age**
- Help parents understand their child and know what to expect developmentally
- Fun memento of child's developmental progress
- Give parents an active voice in tracking milestones and celebrating
- **Helps parents complete screening tools more accurately**
- Promotes parent engagement and follow through with referral
- Functions as an objective tool for presenting concerns
- Helps track and celebrate each child's developmental milestones
- Helps communicate with parents about development
- Provide guidance on discussing developmental concerns
- Complement and support developmental screening
- Used across systems
- **Aid in early identification of the 1 in 6 children with a developmental delay or disability before age 3**



Tracking Milestones Helps Parents...

- Better understand child development*
- Understand that watching their child for milestones is important
- Pinpoint any potential developmental concerns their child may have



**Protective Factors*



Protective Factors

Knowledge of Parenting and Child Development: Understanding child development and parenting strategies that support physical, cognitive, language, social and emotional development.

Concrete Support in Times of Need: Access to concrete support and services that address a family's needs and help minimize stress caused by challenges.

Social Connections: Positive relationships that provide emotional, informational, instrumental and spiritual support.

Social and Emotional Competence of Children: Family and child interactions that help children develop the ability to communicate clearly, recognize and regulate their emotions and establish and maintain relationships.

Parental Resilience: Parental Resilience: Managing stress and functioning well when faced with challenges, adversity and trauma.

At its heart, Strengthening Families is about how families are supported to build key protective factors that enable children to thrive.



Tracking Milestones Helps Providers...



- Gather neutral, objective information for conversations with parents
- Build relationships with families
- Understand each child's developmental progress
- Determine if a child needs extra support or has additional challenges in a particular area



Resources to Help

- Milestone Checklists
- Milestone Moments Booklet
- Milestone Tracker App
- Parent Tip Sheets
- Primers for Professionals
- Milestones in Action Video Library
- Milestone Books
- Videos, social media supports, web buttons
- English, Spanish print resources available



www.cdc.gov/actearly



Milestone Checklists

Your child at 15 months

Child's Name _____ Child's Age _____ Today's Date _____

Milestones matter! How your child plays, learns, speaks, acts, and moves offers important clues about his or her development. Check the milestones your child has reached by 15 months. Take this with you and talk with your child's doctor at every well-child visit about the milestones your child has reached and what to expect next.



What most children do by this age:

Social/Emotional Milestones

- Copies other children while playing, like taking toys out of a container when another child does
- Shows you an object she likes
- Claps when excited
- Hugs stuffed doll or other toy
- Shows you affection (hugs, cuddles, or kisses you)

Language/Communication Milestones

- Tries to say one or two words besides "mama" or "dada," like "ba" for ball or "da" for dog
- Looks at a familiar object when you name it
- Follows directions given with both a gesture and words. For example, he gives you a toy when you hold out your hand and say, "Give me the toy."
- Points to ask for something or to get help

Cognitive Milestones (learning, thinking, problem-solving)

- Tries to use things the right way, like a phone, cup, or book
- Stacks at least two small objects, like blocks

Movement/Physical Development Milestones

- Takes a few steps on his own
- Uses fingers to feed herself some food

Other important things to share with the doctor...

- What are some things you and your child do together?
- What are some things your child likes to do?
- Is there anything your child does or does not do that concerns you?
- Has your child lost any skills he/she once had?
- Does your child have any special healthcare needs or was he/she born prematurely?

You know your child best. Don't wait. If your child is not meeting one or more milestones, has lost skills he or she once had, or you have other concerns, act early. Talk with your child's doctor, share your concerns, and ask about developmental screening. If you or the doctor are still concerned:

1. Ask for a referral to a specialist who can evaluate your child more; and
2. Call your state or territory's early intervention program to find out if your child can get services to help. Learn more and find the number at cdc.gov/FindEI.

For more on how to help your child, visit cdc.gov/Concerned.

Don't wait.
Acting early can make
a real difference!



- Checklists address
 - Four domains of development
 - Activities to build skills
- Ideas for Use
 - Communication / Education
 - Initial / ongoing monitoring
 - Throughout the year to encourage and engage the caregiver
 - Help identify best supports for child and caregiver success

English, Spanish



Your Child at 1 Year

Boy
Child's Name

4
Child's Age

Today's Date



Milestone Checklist Example

Milestones matter! How your child plays, learns, speaks, acts, and moves offers important clues about his or her development. Check the milestones your child has reached by age 1. Take this with you and talk with your child's doctor at every well-child visit about the milestones your child has reached and what to expect next.

What Most Children Do by this Age:

Social/Emotional

- Is shy or nervous with strangers
- Cries when mom or dad leaves
- Has favorite things and people
- Shows fear in some situations
- Hands you a book when he wants to hear a story
- Repeats sounds or actions to get attention
- Puts out arm or leg to help with dressing
- Plays games such as "peek-a-boo" and "pat-a-cake"

Language/Communication

- Responds to simple spoken requests
- Uses simple gestures, like shaking head "no" or waving "bye-bye"
- Makes sounds with changes in tone (sounds more like speech)
- Says "mama" and "dada" and exclamations like "uh-oh!"
- Tries to say words you say

Responds to some gestures
Cognitive (learning, thinking, problem-solving)

- Explores things in different ways, like shaking, banging, throwing
- Finds hidden things easily
- Looks at the right picture or thing when it's named
- Copies gestures
- Starts to use things correctly; for example, drinks from a cup, brushes hair *Just starting...*
- Bangs two things together
- Puts things in a container, takes things out of a container
- Lets things go without help
- Pokes with index (pointer) finger
- Follows simple directions like "pick up the toy"

Movement/Physical Development

- Gets to a sitting position without help
- Pulls up to stand, walks holding on to furniture ("cruising")
- May take a few steps without holding on
- May stand alone

You Know Your Child Best.

Act early if you have concerns about the way your child plays, learns, speaks, acts, or moves, or if your child:

- Is missing milestones
- Doesn't crawl
- Can't stand when supported
- Doesn't search for things that she sees you hide.
- Doesn't say single words like "mama" or "dada"
- Doesn't learn gestures like waving or shaking head
- Doesn't point to things
- Loses skills he once had

Tell your child's doctor or nurse if you notice any of these signs of possible developmental delay and ask for a developmental screening.

If you or the doctor is still concerned

1. Ask for a referral to a specialist and,
2. Call your state or territory's early intervention program to find out if your child can get services to help. Learn more and find the number at cdc.gov/FindEI.

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DON'T WAIT.
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Learn the Signs.
Act Early.



Your Child at 18 Months (1½ Yrs) ★

Child's Name Boy

Child's Age 4

Today's Date _____



Milestones matter! How your child plays, learns, speaks, acts, and moves offers important clues about his or her development. Check the milestones your child has reached by 18 months. Take this with you and talk with your child's doctor at every well-child visit about the milestones your child has reached and what to expect next.

What Most Children Do by this Age:

Social/Emotional

- Likes to hand things to others as play
- May have temper tantrums
- May be afraid of strangers
- Shows affection to familiar people
- Plays simple pretend, such as feeding a doll
- May cling to caregivers in new situations
- Points to show others something interesting
- Explores alone but with parent close by

May go off on his own...

Language/Communication

- Says several single words
- Says and shakes head "no"
- Points to show someone what he wants

Cognitive (learning, thinking, problem-solving)

- Knows what ordinary things are for; for example, telephone, brush, spoon
- Points to get the attention of others
- Shows interest in a doll or stuffed animal by pretending to feed
- Points to one body part
- Scribbles on his own
- Can follow 1-step verbal commands without any gestures; for example, sits when you say "sit down"

Beginning

Movement/Physical Development

- Walks alone
- May walk up steps and run
- Pulls toys while walking
- Can help undress herself
- Drinks from a cup
- Eats with a spoon

sippy cup

You Know Your Child Best.

Act early if you have concerns about the way your child plays, learns, speaks, acts, or moves, or if your child:

- Is missing milestones
- Doesn't point to show things to others
- Can't walk
- Doesn't know what familiar things are for
- Doesn't copy others
- Doesn't gain new words
- Doesn't have at least 6 words
- Doesn't notice or mind when a caregiver leaves or returns
- Loses skills he once had

Tell your child's doctor or nurse if you notice any of these signs of possible developmental delay and ask for a developmental screening.

If you or the doctor is still concerned

1. Ask for a referral to a specialist and,
2. Call your state or territory's early intervention program to find out if your child can get services to help. Learn more and find the number at cdc.gov/FindEI.

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DON'T WAIT.
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★ It's time for developmental screening!

At 18 months, your child is due for general developmental screening and an autism screening, as recommended for all children by the American Academy of Pediatrics. Ask the doctor about your child's developmental screening.

Milestone Checklist Example

18 Months - Knows what ordinary things are for; for example, shoe, brush, spoon



Learn the Signs. Act Early. U.S. Department of Health and Human Services. Centers for Disease Control and Prevention. cdc.gov/Milestones



Learn the Signs. Act Early.



Your Child at 2 Years [★]

Child's Name Boy Child's Age 4 Today's Date _____



Milestone Checklist Example

Milestones matter! How your child plays, learns, speaks, acts, and moves offers important clues about his or her development. Check the milestones your child has reached by age 2. Take this with you and talk with your child's doctor at every well-child visit about the milestones your child has reached and what to expect next.

What Most Children Do by this Age:

Social/Emotional

- Copies others, especially adults and older children *Beginning*
- Gets excited when with other children
- Shows more and more independence
- Shows defiant behavior (doing what he has been told not to)
- Plays mainly beside other children; but is beginning to include other children, such as in chase games *Pushes instead of touches*

Language/Communication

- Points to things or pictures when they are named
- Knows names of familiar people and body parts
- Says sentences with 2 to 4 words
- Follows simple instructions
- Repeats words overheard in conversation
- Points to things in a book

Cognitive (learning, thinking, problem-solving)

- Finds things even when hidden under two or three covers
- Begins to sort shapes and colors
- Completes sentences and rhymes in familiar books
- Plays simple make-believe games
- Builds towers of 4 or more blocks
- Might use one hand more than the other *Left eating. Right-iped*
- Follows two-step instructions such as "Pick up your shoes and put them in the closet."
- Names items in a picture book such as a cat, bird, or dog

Movement/Physical Development

- Stands on tiptoe
- Kicks a ball
- Begins to run
- Climbs onto and down from furniture without help
- Walks up and down stairs holding on

- Throws ball overhand
- Makes or copies straight lines and circles

You Know Your Child Best.

Act early if you have concerns about the way your child plays, learns, speaks, acts, or moves, or if your child:

- Is missing milestones
- Doesn't use 2-word phrases (for example, "drink milk")
- Doesn't know what to do with common things, like a broom, phone, fork, spoon
- Doesn't copy actions and words
- Doesn't follow simple instructions
- Doesn't walk steadily
- Loses skills she once had

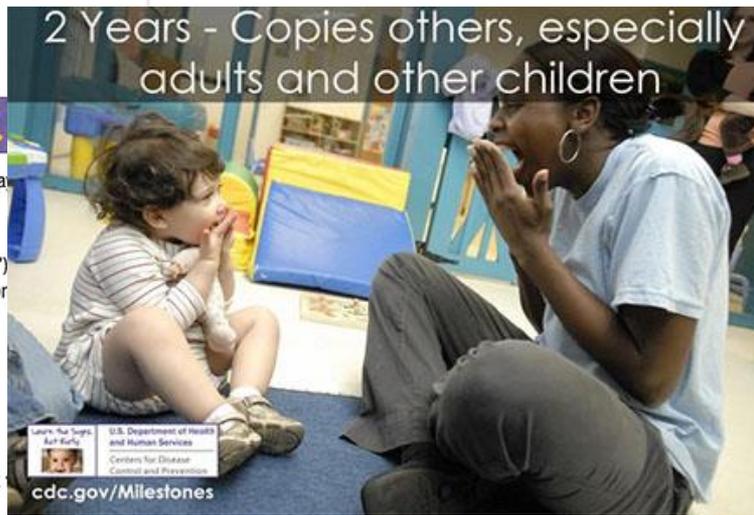
Tell your child's doctor or nurse if you notice any of these signs of possible developmental delay and ask a developmental screening.

- If you or the doctor is still concerned
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 2. Call your state or territory's early intervention program to find out if your child can get services to help. Learn more and find the number at cdc.gov/FindEI.

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★ It's time for developmental screening!
At 2 years, your child is due for general developmental screening and an autism screening, as recommended for all children by the American Academy of Pediatrics. Ask the doctor about your child's developmental screening.



2 Years - Copies others, especially adults and other children

Learn the Signs. Act Early.
U.S. Department of Health and Human Services
Centers for Disease Control and Prevention
cdc.gov/Milestones



Your Child at 3 Years

Child's Name

Boy

Child's Age

4

Today's Date



Milestone Checklist Example

Milestones matter! How your child plays, learns, speaks, acts, and moves offers important clues about his or her development. Check the milestones your child has reached by age 3. Take this with you and talk with your child's doctor at every well-child visit about the milestones your child has reached and what to expect next.

What Most Children Do by this Age:

Social/Emotional

- Copies adults and friends
- Shows affection for friends without prompting
- Takes turns in games
- Shows concern for a crying friend
- Understands the idea of "mine" and "his" or "hers"
- Shows a wide range of emotions *limited*
- Separates easily from mom and dad
- May get upset with major changes in routine
- Dresses and undresses self

Language/Communication

- Follows instructions with 2 or 3 steps
- Can name most familiar things
- Understands words like "in," "on," and "under"
- Says first name, age, and sex
- Names a friend
- Says words like "I," "me," "we," and "you" and some plurals (cars, dogs, cats)
- Talks well enough for strangers to understand most of the time
- Carries on a conversation using 2 to 3 sentences

Cognitive (learning, thinking, problem-solving)

- Can work toys with buttons, levers, and moving parts
- Plays make-believe with dolls, animals, and people
- Does puzzles with 3 or 4 pieces
- Understands what "two" means
- Copies a circle with pencil or crayon
- Turns book pages one at a time
- Builds towers of more than 6 blocks
- Screws and unscrews jar lids or turns door handle

Movement/Physical Development

- Climbs well
- Runs easily
- Pedals a tricycle (3-wheel bike)
- Walks up and down stairs, one foot on each step

You Know Your Child Best.

Act early if you have concerns about the way your child plays, learns, speaks, acts, or moves, or if your child:

- Is missing milestones
- Falls down a lot or has trouble with stairs
- Drools or has very unclear speech
- Can't work simple toys (such as peg boards, simple puzzle, turning handle)
- Doesn't speak in sentences
- Doesn't understand simple instructions
- Doesn't play pretend or make-believe
- Doesn't want to play with other children or with toys
- Doesn't make eye contact
- Loses skills he once had

Tell your child's doctor or nurse if you notice any of these signs of possible developmental delay and ask for a developmental screening.

If you or the doctor is still concerned

1. Ask for a referral to a specialist and,
2. Call any local public elementary school for a free evaluation to find out if your child can get services to help.

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3 Years - Plays make-believe with dolls, animals, and people



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U.S. Department of Health and Human Services
Centers for Disease Control and Prevention
cdc.gov/Milestones



Learn the Signs.
Act Early.



Your Child at 4 Years

Child's Name Boy
 Child's Age 4
 Today's Date _____



Milestone Checklist Example

Milestones matter! How your child plays, learns, speaks, acts, and moves offers important clues about his or her development. Check the milestones your child has reached by age 4. Take this with you and talk with your child's doctor at every well-child visit about the milestones your child has reached and what to expect next.

What Most Children Do by this Age:

Social/Emotional

- Enjoys doing new things
- Plays "Mom" and "Dad"
- Is more and more creative with make-believe play
- Would rather play with other children than by himself
- Cooperates with other children
- Often can't tell what's real and what's make-believe
- Talks about what she likes and what she is interested in

Language/Communication

- Knows some basic rules of grammar, such as correctly using "he" and "she"
- Sings a song or says a poem from memory such as the "Itsy Bitsy Spider" or the "Wheels on the Bus"
- Tells stories
- Can say first and last name

Cognitive (learning, thinking, problem-solving)

- Names some colors and some numbers
- Understands the idea of counting
- Starts to understand time
- Remembers parts of a story
- Understands the idea of "same" and "different"
- Draws a person with 2 to 4 body parts
- Uses scissors
- Starts to copy some capital letters
- Plays board or card games
- Tells you what he thinks is going to happen next in a book

Movement/Physical Development

- Hops and stands on one foot up to 2 seconds

- Catches a bounced ball most of the time
- Pours, cuts with supervision, and mashes or

You Know Your Child

Act early if you have concerns about the way you learns, speaks, acts, or moves, or if your child:

- Is missing milestones
- Can't jump in place
- Has trouble scribbling
- Shows no interest in interactive games or m
- Ignores other children or doesn't respond to the family
- Resists dressing, sleeping, and using the toilet
- Can't retell a favorite story
- Doesn't follow 3-part commands
- Doesn't understand "same" and "different"
- Doesn't use "me" and "you" correctly
- Speaks unclearly
- Loses skills he once had

Tell your child's doctor or nurse if you notice any of these signs of possible developmental delay and ask for a developmental screening.

If you or the doctor is still concerned

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2. Call any local public elementary school for a free evaluation to find out if your child can get services to help.

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4 Years - Cooperates with other children



cdc.gov/Milestones



Milestone Moments Booklet

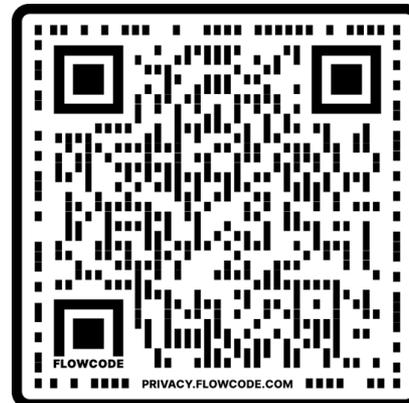
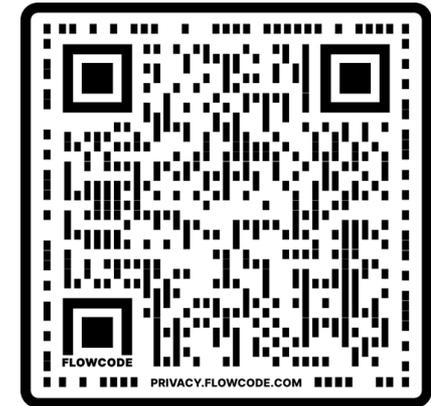
- Parent/caregiver use throughout a child's early years. Orients to milestones, provides developmental activities.
- Provide to families as a parent friendly resource.
- Helps parents prepare for well-child visits and/or developmental screenings.
- Staff training and reference.
- Use activities in your work with children families
- Include information and activities in your outreach.
- English, Spanish



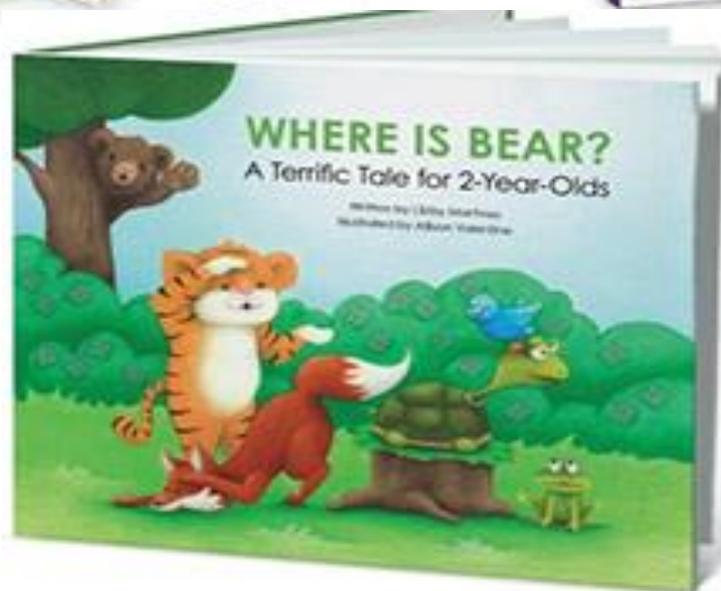
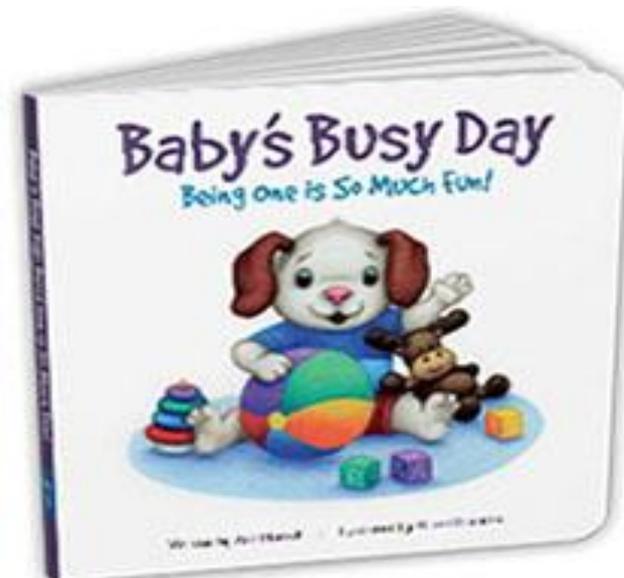
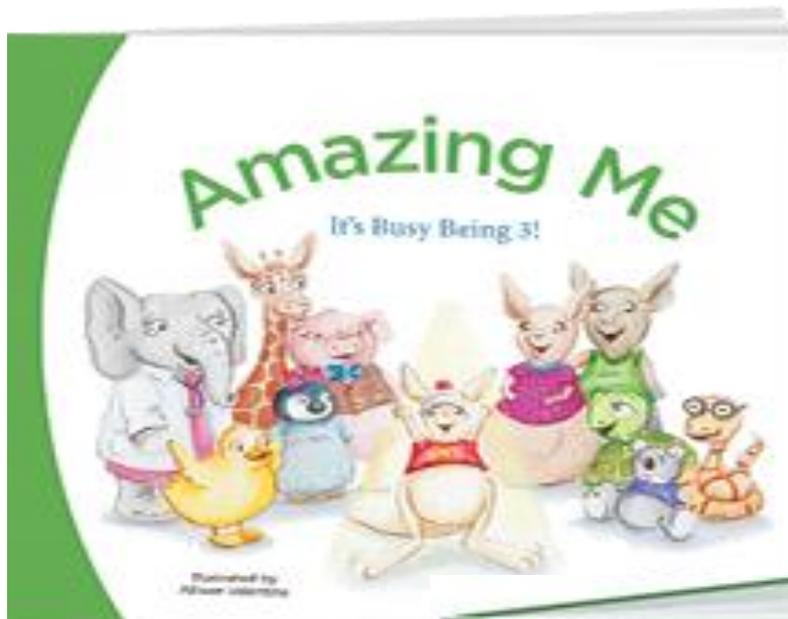
CDC Milestone Tracker App



- FREE app includes the following features:
 - Add a child, no limit, anyone can use
 - *Illustrated Milestone Tracker*
 - Tips and Activities
 - Alerts when you need to “Act Early”
 - Appointment reminders
 - Milestone results that can be emailed to providers (or parents)
 - English, Spanish



Milestone Books



Amazing Me

It's Busy Being 3!



I can be a doctor.

Some days, I get to play games with my friends at preschool.

We like to play superheroes...

and hide-n-seek...



I can even be the KING!



When I am the King, my friend Bernice can be the Queen!

Milestone Moment: Joey plays make-believe.



Milestone Moment: Joey plays well with two or three children in a group.



If you have concerns about your child's development, don't wait.
Acting Early can make a real difference.

Parents have many options to seek a developmental screening for their child:

- Talk with your family or child's doctor.
- Call your local community health staff. 1-800-305-3064.
- Call Birth to Three at 1-800-305-3064 if your child is under age 3.
- Call your local elementary school if your child is age 3 or older.
- Call SD Parent Connection at 1-800-640-4553 for free information, guidance and support.



Printing support generously provided by SD Council on Developmental Disabilities; SD Early Childhood Comprehensive System Collaborative; SD Parent Connection; SD Statewide Family Engagement Center; SD Academy of Family Physicians; SD Early Childhood Enrichment System; SD Public Broadcasting; USD Center for Disabilities; Helpline Center; supported in part by a subaward from the Association of University Centers on Disabilities/Centers for Disease Control and Prevention cooperative agreement (6NU38OT000280-02-02); supported in part by the Health Resources and Services Administration (HRSA) of the US Department of Health and Human Services (HHS) under Grant Number B0440162 for Maternal and Child Health Services. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Maternal and Child Health Bureau Health Resources and Services Administration or HRSA.

Order more copies of this book at www.surveymonkey.com/r/ActEarlySD



Resources for Parents



Receive free text messages with easy, practical tips and activities that are targeted to your child's age (prenatal through age 8) and include information on development, language and early literacy, health and safety, parenting, local resources, and more. Text BRIGHT to 274448.

You are not alone. Every day people call 211 for information and support - whether financial, family, health, childcare, parenting classes, or disaster-related. Or text your zip code to 898211. The call or text is free and confidential with service 24/7.



SD Early Childhood Enrichment System provides parent training, car seats at no cost to income eligible families, and additional resources and support. Contact 1-800-235-5923 or visit www.sdece.org for more information.

When South Dakotans call, chat, or text 988, they can expect to be connected to a crisis specialist who is trained and prepared to deliver support to anyone experiencing a crisis. The service is free, confidential and offered all day, every day.



South Dakota WIC is a free health and nutrition program that offers food, education, and support for qualifying South Dakota families who are expecting or have a child under age 5. Mothers, fathers, and legal guardians can all sign their child up for WIC. 1-800-738-2301

SD Head Start helps children in income eligible families (from birth to age 5) with language, reading, and social-emotional growth so they're ready to succeed in school. 1-866-763-6481



Community Health Offices, SD Dept of Health, Office of Child and Family Services, support income eligible South Dakota families. Services include immunizations, prenatal education, WIC, Bright Start home visiting, safe sleep education, fluoride varnish, developmental screening, vision and hearing screening, linking families to community resources, and health education. Find your local office by calling 1-800-738-2301.

Department of Social Services (DSS) programs assist income eligible individuals, children, and families. These programs include help with **food**, **home heating costs**, **Medicaid/CHIP**, and **basic needs**. Access DSS programs online at dss.sd.gov, by email or mail, or call 877-999-5612. **Child Safety Seat Distribution Program** provides car seats at no cost. Call 211 for local distributors. **Child Care Assistance** helps families pay for child care costs while they work, go to school, or both. 1-800-227-3020.

Public libraries have many resources available at no cost for your family including children's books, learning materials, story time, parenting supports, and more. Contact the SD State Library at library.sd.gov or 1-800-423-6665 for assistance in locating a library near you.

Ways to Use Resources...

- Professional Development / Resource
- Use content to meet program needs
- Welcome / waiting packets for families
- Parent engagement /education / resource support for families and caregivers
- Birthday book for child
- Free takeaways
- Your great ideas!

**SD Act Early Ambassador Lisa Sanderson
here to support you! 800-640-4553**



How to Get SD Act Early Materials...

- Order virtually... scan the code now!
www.surveymonkey.com/r/ActEarlySD
QR code in books
- Email/call Ambassador
Isanderson@sdparent.org
800-640-4533 / 605-361-3171

Yes, they are free to order and have shipped directly to you thanks to funding from our many partners!



Connect with *Your* State Ambassador...

CO: Eileen Auer Bennett, Assuring Better Child Health

Email: Eileen@coloradoabcd.org

ND: Hilory Liccini, UCEDD/Minot State University

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UT: Janel Preston, Utah State University

Email: Janel.preston@usu.edu

WY: Peg Monteith, University of Wyoming

Email: Psherar2@uwyo.edu





Next Steps

How will YOU use the LTSAE resources?

Contact Lisa Sanderson, South Dakota Parent Connection
at 800-640-4553 or lsanderson@sdparent.org for assistance.

