

**WIC Eastmont**

WIC Family encountered during infant, toddler, and child visits from age 2 months to 5 years

**Waiting Area and Office**

***Learn the Signs* messages**: Wall blocks in waiting room, posters in bathrooms, floor blocks throughout site.

**Developmental Checklists:** Front desk hands the age-appropriate checklist to parent to complete.

**Nutrition Assistant Office**

Parent hands completed checklist to the Nutrition Assistant and Dietitian who reviews the results with the parent.

**One or more blue boxes marked:**

*Indicates possible developmental delay*

Nutrition Assistant enters info in INEP; returns handout to parent; directs parent to contact Help Me Grow or make a referral during the visit; requests that parent schedule follow-up visit with PCP as soon as possible.

**If all purple boxes are marked:**

*Indicates no concerns*

Nutrition Assistant enters info in INEP; returns checklist to parent and encourages parent to share with PCP during next routine visit and call Help Me Grow if they have any questions.

**Three or more purple boxes not marked:**

*Indicates potential concerns*

Nutrition Assistant enters info in INEP; returns checklist to parent, makes a Help Me Grow referral if given consent, or requests parent to contact Help Me Grow and their PCP at next routine visit.

Nutrition Aide follows up on each subsequent visit based on information in client file and working from a new age-appropriate checklist; repeats steps as necessary until parent takes action if screening is indicated.



*Learn the Signs. Act Early.* Talking Points

WIC STAFF’S ROLE:

* Help parent complete age-appropriate checklist for each child being certified/recertified that day; if child is between checklist ages, use the younger checklist. Discuss checklist, results, and questions with parent and either refer to Help Me Grow immediately or encourage parent to contact Help Me Grow or their doctor. Add a comment in INEP.

KEY WORDS:

Learn the Signs. Act Early.

Developmental Milestones

Call Help Me Grow

TALKING POINTS:

* “This is a new checklist we are using to help track children’s development. Thinking about how \_\_\_ plays, speaks, and acts is just as important as measuring his/her height and weight.”
* “So let’s see how \_\_\_ is doing on the checklist of Developmental Milestones and see how they are progressing for their age.”

*Review checklist. Check for any Caregiver concerns. Go through blue and purple checklist, prompting parents to have a discussion around these milestones and their child’s needs.*

**If ANY blue boxes are marked: This indicates immediate concern.**

* “The blue boxes are things we want to understand better.”
* “It would be a good idea to call Help Me Grow about this checklist. They can really help support your child’s development.
* “We can refer you to Help Me Grow today and they will contact you about this checklist.”
* “Please keep this checklist and share it with your doctor.”
* “I want to know how Help Me Grow supported you the next time you come in.”
* “Here is a brochure on developmental milestones so you know what to watch for at every age.”

*Return checklist to parent.*

*Add to INEP: “Developmental checklist completed; Developmental concerns. Referred to Help Me Grow and/or Doctor.”*

**If ALL the purple boxes are marked & NO blue boxes are marked: This indicates no concerns.**

* “It looks like \_\_\_ is on track for meeting these developmental milestones.”
* “Please keep this checklist so you can show it to \_\_\_’s doctor at his/her next regular doctor’s visit.”
* “Be sure to talk him/her about how \_\_\_\_is developing.”
* “Here is a brochure on developmental milestones so you know what to watch for at every age.”
* “If you want mor e information about ways to support your child or if you have any concerns be sure to call Help Me Grow.”

*Return checklist to parent.*

*Add to INEP: “Developmental checklist completed; no concerns.*

**If three or more purple boxes are NOT marked: This indicates a possible concern.**

* “It looks like \_\_\_ is pretty well on track for meeting these developmental milestones.”
* “If you are interested, we can refer you to Help Me Grow today and they can contact you about how to help your child reach these milestones.”
* “Please keep this checklist so you can talk to your doctor about these boxes that are not marked.”
* “Here is a brochure on developmental milestones so you know what to watch for at every age.”
* “If you want mor e information about ways to support your child or if you have any concerns be sure to call Help Me Grow.”

*Return checklist to parent.*

*Add to INEP: “Developmental checklist completed; Some developmental concerns; referred to Help Me Grow.*

**Some Additional Notes**

* For prenatal and postpartum moms, use Milestones brochure instead of checklists
* If child has already been diagnosed by a doctor with a developmental delay, indicate this in the computer under INEP and skip the checklists.
* If a child was born more than 4 weeks prematurely, use the checklist for the next younger age (for example, for a six-month old born prematurely, use the four-month checklist). You can stop adjusting for prematurity at 2 years of age.
* All parent materials are available in English and Spanish.

**Questions Parents May Have**

**On the Project**

**Why are you asking me these questions?**

Thinking about how a child is developing socially and emotionally is just as important as tracking his or her height and weight. Height and weight can be indicators of healthy growth, just like these milestones can be indicators of healthy growth.

**Who is sponsoring this project?** This is part of a pilot program that First 5 Alameda County and Help Me Grow are doing with a few WIC offices in the county. If it is successful and well liked, we hope to bring this to all WIC offices in the county.

**Do I have to do this?** No. If you prefer not to, we can just move on.

**Where can I go for more information on this project?** Contact the Help Me Grow phone line if you have any questions or concerns about the checklists or your child.

**On Developmental Milestones**

**What is a developmental milestone?** A developmental milestone is a skill that most children can do by a certain age. For example, most children can say “mama” or “dada” by their first birthday. This list of developmental milestones was created by doctors and other health professionals through the Centers for Disease Control and Prevention to help parents watch how their child is developing.

**Where can I go for more information on developmental milestones?** I can give you a milestones brochure. It has the Help Me Grow phone number and website on it-they are great resources. You can call them Monday through Friday, 9am-5pm to ask any questions.

**Questions You May Have**

**What do I do if a parent is upset by this?** Reassure the parent as you do when there is any concern—for low iron, for example. You can say: “Children develop at their own pace; each child is different. But it is important to ask for help and support from Help Me Grow and/or follow up with your doctor to make sure and to do things to help your child grow.”

**What can a parent expect if we have her call Help Me Grow?** The referral sheet and checklist will inform Help Me Grow phone line staff of the concern, and the checklist will help the parent explain why she was calling. After Help Me Grow Child Development Care Coordinator reviews the checklist and talks with the parent, they may do a developmental screening with the parent over the phone that further assesses the child’s development and the parent and HMG will decide what to do next. With the parent’s permission, HMG will also communicate with the child’s primary care provider.

**How can a parent communicate this with their doctor?**

The checklist you give the parent will help her explain why she scheduled an appointment with the doctor. After the doctor reviews the checklist, talks to the parent and observes the child, the doctor may do a routine developmental screening that further assess a child’s development. The doctor may also refer the parent to Help Me Grow for more referrals and support.