



# What is developmental screening?

Doctors, nurses and childcare experts use “screening” tools to check on how children grow and develop. These experts ask questions and watch how children are doing physically and mentally. They’ll look at how children move, learn, speak, hear, play and act.

Skills such as taking a first step, smiling for the first time, and waving “bye bye” are signs that tell us if children are growing at a healthy pace.

**What is a developmental delay?** When your child does not do certain things at the same time as most other children the same age, it can mean that she is delayed in how she is developing.

**How is a developmental screening done?** Your child’s doctor, nurse or other childcare worker may ask you questions. They may also talk and play with your child during an exam to see how he or she learns, speaks, acts and moves. There is no lab or blood test to tell if your child may have a delay, but these tools help experts understand if your child needs extra help.

**Why is developmental screening important?** If your child has a delay, it is better to know as soon as possible because there are things you can do to help. With help, children with delays can develop and grow to their full potential. When a delay is not caught early, children must wait to get the help they need. This can make it harder for them to learn when they start school.

There is help for you and your child if you need it. Talk to your child’s doctor or nurse if you are worried that he or she may have a delay.

**All of these things are good for your child and will help him or her grow and develop:**

- Feed your children healthy food.
- Make sure they get exercise and rest.
- Provide a safe and loving home.
- Spend time with your child: play, sing, read, and talk to your child.

**Ask** for a screening at your next well child visit to the doctor

**Visit**  
[www.earlychildhoodnm.com](http://www.earlychildhoodnm.com)

**Call**  
infonet at 1-800-552-8195

