



## **Training Package for Parent Webinar “Supporting the Development of Your Child’s Brain Architecture – Part 2 of 5 – Marking Milestones and Brain Building”**

### **Outline and Objectives:**

#### **Marking Milestones and Brain Building**

We encourage you to check out our other four webinars in this series! This Part 2 webinar (comprised of 2 videos) may also be viewed or presented on its own.

In Part 1 of this Mississippi Thrive webinar series we learned about the science of early brain development and the impact of early childhood experiences on lifelong outcomes.

But how do we know how our children are growing and developing? In this Part 2 section of the webinar series we are going to learn about some of the tools we can use to better understand how our children are growing and how we can support their early development. After the presentation, talk with families about their children’s development and milestones and facilitate as they practice using milestone checklists with their own child.

At the end of the “Marking Milestones and Brain Building” module, families will be able to:

1. Recognize their role in monitoring and supporting their child’s early development.
2. Be familiar with the term “developmental milestones” and tools that mark these milestones, such as Milestone Checklists.
3. Understand what to do if they have a concern about their child’s development and how to talk with their child’s healthcare provider about their concerns.

### **Session Handouts:**

- [Milestone Moments Booklet or Milestone Checklists](#)
- [CDC Flyer – “Concerned about Development? How to Get Help for Your Child”](#)

### **Facilitator Steps for Family Activity Session:**

1. Introduce the session using language from the Outline and Objectives section above.
2. Play Webinar Video
3. Pause during the “Developmental Monitoring and Developmental Screening” slide to ask if families have been offered screenings by their child’s healthcare provider and if they have any experiences they would like to share with the group.
4. If parents have cell phones, during the video exploration of the *Learn the Signs. Act Early.* (LTSAE) website, ask everyone to visit the LTSAE site on their phone’s browser and check out resources as they are being shared on the video.
5. During the video display of the slides on what to do if you have a concern about your child’s development, please note that the two flyers “How to Help Your Child” and “How to Talk with the Doctor” have been combined into one new form: “Concerned about Development? How to Get Help for Your Child”.
6. After the video has played, take a few minutes to answer questions parents may have or discuss any reflections and comments they would like to share.
7. Pass out session handouts.
8. Practice using Milestone Moments Booklet / Milestone Checklists. Spend 15-30 minutes tracking milestones by asking each family to use the checklist that matches their child’s age. Move around the room answering any questions families may have and/or helping families as they use the checklist with their child.
9. Show families how to access and navigate the **Help Me Grow** website, either on a large screen or on their cell phones. Help Me Grow has a hotline that you can call to find out about developmental services for a child in your area. This is especially useful if you are concerned about a child’s development and interested in finding local supports. The Help Me Grow website also has links to free online developmental screening questionnaires. Show families how to click on the link on the website to demonstrate where to find the free ASQ online screening tools under “Ages & Stages Questionnaires”: <https://mffk.org/help-me-grow/>
10. Close session and inform families of the topic and date for the next Family Activity Session.

### **Facilitators / Teachers:**

- During your regular staff meetings, discuss how your childcare center team could use milestone checklists in your classrooms to monitor children’s development, for lesson planning, and to share important information during Parent-Teacher conferences. What are some other ways that marking milestones could be helpful for brain building and support of children and families in your center?

### **Training Tips and Lessons Learned:**

- Walk around the room and facilitate the Milestone Checklist Practice Session. Be sure parents know how to use the checklists. Have materials available for families to use as they mark the checklist for their child (puzzles, blocks, pencils or crayons, books, dolls or stuffed animals, rattles, a child-safe mirror, etc....)

- If you feel comfortable doing so, share personal stories about using milestone checklists with your own children or with former students (without naming or identifying the student or breaking confidentiality).