

## Helpful resources to learn more about the CDC's updated developmental milestones

- Dr. Kate Barlow, OTR/L, has recorded a short video to explain the key components of the update process. She's the CDC's Act Early Ambassador in Massachusetts. The video can be accessed at this link: [Explanation of CDC Milestone Checklists Updates](#)
- [Evidence-Informed Milestones for Developmental Surveillance Tools](#) (article in *Pediatrics*)
- [Understanding Updated Developmental Milestones | Psychology Today](#)
- [Revised Developmental Milestone Guidelines For Infants And Toddlers: Explained Here](#)
- Help Me Grow
  - [Strengthening Developmental Surveillance to Enhance Developmental Promotion and Early Detection](#)
  - [CDC's Developmental Milestones Update - Help Me Grow Resource Toolkit](#)
- Zero to Three
  - [Revised Developmental Milestones for Babies and Toddlers: Your Questions Answered](#)
  - [Leading Early Childhood Development Nonprofit Applauds New Pediatric Milestones](#)

Additional questions? Contact Deana Buck, Act Early Ambassador to Virginia, at [deanabuck@gmail.com](mailto:deanabuck@gmail.com) or by phone at (804) 405-9064.