



WATCH ME **grow**

The following is a checklist to see if your child is meeting the developmental milestones up to three years of life. Successful intervention depends on identifying needs and providing services and supports EARLY.

0-4 MONTHS

- Brings hands to mouth
- Pushes up on arms when lying on tummy
- When lying on back, reaches for toys held above their chest
- Rolling back to tummy and tummy to back
- Coos and smiles
- Makes eye contact
- Able to calm with experiences such as rocking

5-8 MONTHS

- Plays with feet
- Sitting (may use hands to support self while sitting)
- Uses consonant sound in babbling
- Shows interest in food
- Enjoys interactions with others (peek-a-boo)
- Uses both hands to play with toys
- Visually follows objects

9-12 MONTHS

- Picks up small objects with thumb and fingers
- Recognizes name
- Uses simple gestures such as shaking head for "no"
- Pulling up at furniture
- Says "mama" and "dada" in a meaningful way
- Finger feeding

13-18 MONTHS

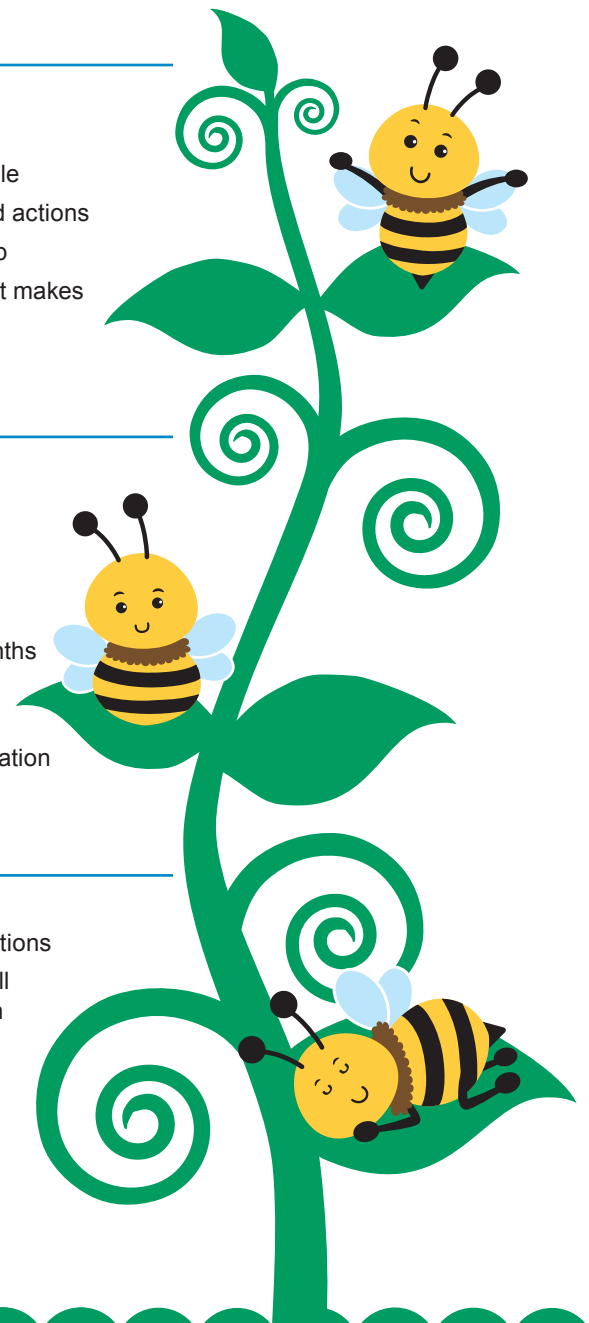
- Walking independently
- Helps with dressing
- Has regular sleep schedule
- Imitates simple words and actions
- Holds and drinks from cup
- Moves away from you, but makes sure you are close by

19-24 MONTHS

- Runs
- Climbs on furniture
- Kicks ball
- Makes marks on paper with crayon
- Uses 50 words by 24 months
- Identifies 5 body parts
- Looks at your face to see how to react in a new situation

24-36 MONTHS

- Uses 2-3 word phrases
- Understands simple directions
- Able to participate in small groups with other children
- Can throw a ball and attempts to catch ball
- Uses a fork



the **earlier** you know, the **better** they'll grow

who WE ARE

The North Carolina Infant-Toddler Program (ITP) provides services for the development of infants and toddlers with special needs, and their families. Sixteen Children's Developmental Services Agencies (CDSAs) administer these services locally to enhance your child's potential for growth and development.

A child and family may receive supports and services if the child:

- is up to 3 years old, and
- has a developmental delay or established condition.



The delay can be in one or more of the following areas:

- thinking and learning
- moving, seeing, hearing and health
- understanding and using sounds, gestures and words
- responding to and developing relationships
- taking care of oneself when doing things like feeding or dressing

A child with an established condition has a diagnosis that may lead to a developmental delay. This may include genetic disorders, vision problems, hearing loss or autism.

Children leave the ITP when they turn 3 years old or no longer need services. They move into school, special education or other community programs. The earlier you know your child's developmental needs, the better they'll grow to their full potential.

what WE DO

The ITP consists of coaching support designed to help families meet the developmental needs of their infant or toddler. ITP supports and services are provided within community settings that are used by all children and within the child and family's daily routines.

OUR VISION AND MISSION

Our vision for families and caregivers of children enrolled in the NC Infant Toddler Program is that they will be able to help their children reach their maximum potential.

Our mission is to provide support and services to families and children to help them be successful in their homes and communities, by using every-day learning opportunities. We will respect the diversity of families and use evidence-based practices to guide our work.

what WE OFFER

Here are some services available to help your child and family, if needed:

- Evaluation
- Service coordination
- Special instruction/Community-Based Rehabilitative Services (CBRS)
- Physical, occupational and speech-language therapies
- Assistive technology
- Family support
- Nursing and nutrition

ITP evaluations, assessments, and service coordination are provided at no cost to you. Costs for other ITP services are provided on a sliding fee scale. Medicaid and private insurance are billed with your permission. Your Service Coordinator will ensure you know any cost involved before services are added.



how TO GET STARTED

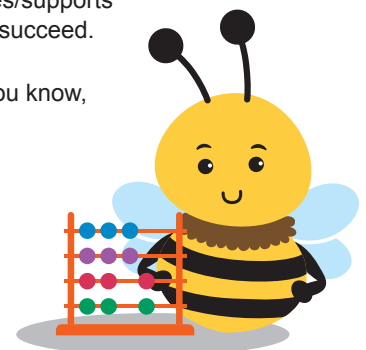
If you have a concern about your child's development, don't wait and see.

BE IN TOUCH. Call, write or visit your CDSA to refer your child to the ITP.

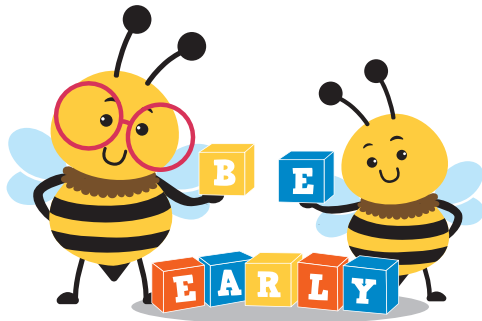
BE EVALUATED. The CDSA will conduct a developmental evaluation to see if your child qualifies for the ITP.

BE INVOLVED. Your family will be assigned a service coordinator. If your child qualifies for the ITP, you will help develop a plan of the services/supports needed to help your child to succeed.

BE EARLY! The earlier you know, the better they'll grow!



make A BEELINE TO REFER YOUR CHILD



- 1 A service coordinator guides your family through the referral process.
- 2 You tell us about your child's health, likes, dislikes, strengths and challenges.
- 3 We conduct a developmental evaluation to determine if your child qualifies for ITP services.
- 4 If eligible, the service coordinator works with you to develop an Individualized Family Service Plan (IFSP).
- 5 Services listed on your IFSP will begin within 30 days.
- 6 The IFSP changes as your child's and family's needs change. The IFSP is reviewed at least every six months.
- 7 Your service coordinator will help you plan next steps as your child leaves ITP.

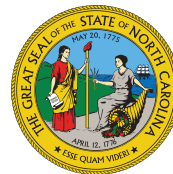
find YOUR CDSA

These sixteen CDSAs administer Infant-Toddler Program services to children and families in all 100 counties in NC.

1. **CDSA of Western NC • 828-250-3400**
Buncombe, Cherokee, Clay, Graham, Haywood, Henderson, Jackson, Macon, Madison, Swain and Transylvania
2. **CDSA of the Blue Ridge • 828-265-5391**
Alleghany, Ashe, Avery, Mitchell, Watauga, Wilkes and Yancey
3. **CDSA of the Cape Fear • Wilmington Office: 910-945-6021 • Fayetteville Office: 910-912-2200**
Bladen, Brunswick, Columbus, Cumberland, Duplin, New Hanover, Pender, Robeson and Sampson
4. **CDSA of the Sandhills • 910-621-6200**
Anson, Harnett, Hoke, Lee, Montgomery, Moore, Richmond and Scotland
5. **Concord CDSA • 704-998-5730**
Cabarrus, Iredell, Rowan, Stanly and Union
6. **Durham CDSA • 984-250-1580**
Chatham, Durham, Franklin, Granville, Orange, Person, Vance and Warren
7. **Greensboro CDSA • 743-902-5400**
Alamance, Caswell, Guilford, Randolph and Rockingham
8. **Greenville CDSA • 252-737-1177**
Beaufort, Bertie, Greene, Hyde, Martin, Pitt and Wayne
9. **Mecklenburg County CDSA • 704-336-7100**
10. **Morganton-Hickory CDSA • 828-433-5171**
Alexander, Burke, Caldwell, Catawba and McDowell
11. **New Bern CDSA • 252-514-4770**
Carteret, Craven, Jones, Lenoir, Onslow and Pamlico
12. **Elizabeth City CDSA • 252-338-4044**
Camden, Chowan, Currituck, Dare, Gates, Hertford, Pasquotank, Perquimans, Tyrrell and Washington
13. **Raleigh CDSA • 919-664-1800 • Wake**
14. **Rocky Mount CDSA • 252-316-4800**
Edgecombe, Halifax, Johnston, Nash, Northampton and Wilson
15. **Shelby CDSA • 980-552-4600**
Cleveland, Gaston, Lincoln, Polk and Rutherford
16. **Winston-Salem CDSA • 336-713-7412**
Davidson, Davie, Forsyth, Stokes, Surry and Yadkin

More Information:

ncdhhs.gov/itp-beearly



NC DEPARTMENT OF HEALTH AND HUMAN SERVICES

Division of Child and Family Well-Being
NC Infant-Toddler Program (NC ITP)

www.ncdhhs.gov/itp-beearly

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