



NEWS RELEASE

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PARENTS, PROFESSIONALS USE NEW, ONLINE APP TO TRACK DEVELOPMENT OF INFANTS, TODDLERS

A new, online App allows parents and grandparents to track the development of children to determine if they are meeting the milestones for infants or toddlers.

The App called *Staying on Track* is available for downloading at <http://edn.ne.gov/stayontrackapp.html>.

While infants and toddlers develop at their own pace, *Staying on Track* provides guidelines to help compare a child to others the same age. Families and care-providers are encouraged to always keep in mind that not all children develop at the same rate.

The App allows parents and physicians to track a child's progress and provides helpful information about early childhood development.

"*Staying on Track* is easy for parents, grandparents as well as physicians and social workers to use to determine whether a child is meeting developmental milestones," said Joan Luebbers of the Nebraska Department of Education.

The App provides guidelines for intellectual development, language, motor skills, social/emotional development and self-help skills that are age appropriate for infants and toddlers.

For example,

- Infants at five to six months will likely hold up their head and look around, teeth are appearing, they recognize familiar faces, search for sounds, make most vowel sounds and half of the consonant sounds, can use fingers to feed themselves crackers and try to talk to their image in a mirror.
- At 13 to 18 months, a child will likely stand alone and sit down, walks without help, turns pages in a book, enjoys flushing toilets and closing doors, becomes upset when separated from a parent, recognizes himself/herself in a mirror or pictures, likes to take things apart, says eight to 20 words you can understand, looks at a person talking to him/her, holds a cup with both hands and begins to need set limits.
- By age 25 to 30 months, a child will likely jump in place and walk on tiptoes, walks up and down steps putting both feet on each step, toilet training is in progress, likes to have routines, may have a hard time sharing, watches other children at play and will join in, uses three to four word

sentences, uses a spoon correctly but with some spilling and often calls himself/herself by his or her own name.

The Nebraska Departments of Education and Health and Human Services developed the user-friendly tool because data showed that parents were texting or tweeting to find resources to answer their questions.

Parents and professionals may now access the *Staying on Track* App from their smart phones, laptops or computers to determine if children are not meeting development milestones and to find free resources and assistance.

“Early intervention is critical to address the needs of children who are experiencing developmental delays or disabilities,” Luebbers said. “We know there are more infants and toddlers who could benefit from [Early Development Network](#) services.”

Nebraska now provides services to about 1,600 infants and toddlers as well as services and support for family members. Physicians have already begun to use the App *Staying on Track* to determine if a child is meeting developmental milestones.

If you have concerns about how a child sees, talks, hears, moves, eats or plays, please talk to someone by calling toll-free 888.806.6287 or email www.childfind.ne.gov .