



YOUR CHILD DESERVES THE BEST START. IS IT TIME FOR EARLY INTERVENTION?



Dear Parent or Guardian of <Member Name>:

A child's first milestone, like their first smile, is always special. Children typically reach social, physical and mental milestones at certain ages. Below, you will find information about developmental milestones, what to expect and what you can do if you feel your child might be falling behind.

If your child isn't reaching certain age-appropriate milestones, don't wait! **Early Intervention** can help. Regular visits with your child's doctor can identify developmental delays quickly. This will give your child access to Early Intervention services that are available for families with children up to age three. It's one of many reasons why regularly scheduled appointments with your child's doctor are important.

We want to make sure you have what you need for your child's best health. If you have any questions, please talk to your child's doctor. If your child needs a doctor, please visit HorizonNJHealth.com/findadoctor or call Member Services at **1-800-682-9090 (TTY 711)**, weekdays, 8 a.m. to 8 p.m., Eastern Time (ET).

Thank you,
Horizon NJ Health

What milestones should my child reach?

Use the chart on the back page—which shows physical, social, cognitive and communication skills—to see if your child is meeting age-appropriate milestones. Please note that this is not a complete list of developmental milestones. For more information and a complete list of developmental milestones, visit cdc.gov/ncbddd/actearly/milestones/index.html or scan the QR code with your smartphone.



What should I do if my child isn't meeting these milestones?

Although you do not need a referral from a doctor to receive Early Intervention care, we encourage you to speak with your child's doctor about your concerns.

(continued on reverse)

DEVELOPMENTAL MILESTONES

Birth to 3 Months

- Holds head up when on stomach
- Seems happy to see you when you approach them
- Looks at a toy for several seconds
- Makes sounds other than crying

4 to 7 Months

- Rolls from belly to back
- Laughs and enjoys playing with others
- Reaches to grab a toy
- Takes turns making sounds with you

8 to 12 Months

- Gets to sitting position by themselves
- Reacts when parent/guardian leaves (looks, reaches for you or cries)
- Looks for objects (like a spoon or toy) when dropped out of sight
- Lifts arms up to be picked up

1 to 3 Years

- Kicks a ball, runs, eats with a spoon
- Notices others' emotions and reactions
- Tries to use switches, knobs or buttons on a toy
- Points to at least two body parts when asked to show you



For more information about Early Intervention care, please visit nj.gov/health/fhs/eis/for-families/when. To find a doctor, visit horizonNJhealth.com/findadoctor or call Horizon NJ Health Member Services at 1-800-682-9090 (TTY 711), weekdays, 8 a.m. to 8 p.m., ET.

horizonNJhealth.com

ATTENTION: If you speak a language other than English, language assistance services, free of charge, are available to you. Call **1-800-682-9090 (TTY 711)**. This document is also available in other languages, as well as other formats, such as large print and Braille.

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Spanish (Español): Para ayuda en español, llame al **1-800-682-9090 (TTY 711)**.

Chinese (中文): 如需中文協助,請致電 **1-800-682-9090 (TTY 711)**。

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