



# Baby NAVIGATOR™

What every parent needs to know

What you do and say now . . .  
can make all the difference.

Learn how you can encourage the magic.

**Join Baby Navigator**  
from pregnancy until your baby  
is 18 months old.



## What does it take to learn to talk?

It takes gestures, sounds, play...  
and much more.

One of the most exciting things about being a parent is  
watching your child grow and reach new milestones.

*How can a parent know what to expect?*

**Join Baby Navigator to find everything  
you need to know to track your baby's progress.**



### 16 x 16 Lookbook Series

Did you know that ...  
all children should have  
16 gestures by 16 months?

- **Learn** the critical social communication skills to launch language learning, literacy, and much more by 24 months using our 16x16 series
- **Catch** small delays early to prevent bigger delays later



### Social Communication Growth Charts

A new tool for you to support your baby's  
development from birth to 24 months.

- **Learn** about the early social communication milestones from video tutorials – select by age or by question
- **Explore** video clips that show the milestones and how to support your child's learning in everyday activities
- **Chart** your child's development to monitor which milestones they've reached and which ones to look for next



### Resources

Download, print, and share documents and  
browse web resources.

- **Download** our print documents to help you learn our milestones and strategies to encourage the magic
- **Link** to other websites with information for parents of infants and toddlers



Early communication sets the stage for talking, learning, and later success in life. What you do and say now can make all the difference. Especially because your baby's brain is developing at an amazing rate.

When you join Baby Navigator, you'll have access to resources and tools that are customized for your baby's age and grow as your baby grows to help monitor and support your child's development.

We will invite you to research opportunities, if your child is eligible. You may get support from a family navigator or mobile coach. You can decide later if you want to participate.

Good communication skills are the best tool to get ahead of the terrible twos and make it easier to handle moments of frustration that all infants and toddlers face.

## Why is it important to have a Social Communication CheckUp?

Your baby's first smiles, sounds, movements, gestures, and words are especially important social communication milestones because they help your baby connect with you and the world around them. These milestones also predict the development of language, play, and success in school.

For many children, delays in social communication are the first signs of a language delay. Some children with social communication delays are also at risk for other developmental delays, including autism.

It's important to catch these delays early when your baby's brain is developing most rapidly and is shaped by the experiences you provide. Social communication delays can be detected early – even before your baby is talking. Research shows that catching delays early can make a big difference in your child's future.

## How can you screen for a communication delay in a child who can't talk yet?

Infants and toddlers can be screened for skills that develop before children learn to talk, such as gestures, sounds, and actions with objects used in play. These early skills provide clues about which children will need extra help or support to do their best. We screen your baby by asking you questions about these early skills.



## Has your baby had a Social Communication CheckUp?

In *My Baby Navigator*, you'll be invited to fill out our Social Communication CheckUp, or SoCo CheckUp for short – every 3 months, starting at 9 months until 24 months.

- The SoCo CheckUp asks parents questions about gestures and sounds your child uses and how your child plays to screen for language delay, social communication delay, and autism.
- The SoCo CheckUp takes only 10 to 15 minutes to complete, and results are automatically scored online – so you have access from anywhere anytime. And it won't cost you anything.

## What if something doesn't seem quite right?

In *My Baby Navigator*, you will have resources customized to your baby's results on the SoCo CheckUp. These are to help you learn how early signs of language delay and autism can impact your child's development, what you can do about it, and how you can build your care team. We have other research opportunities that we may invite you to join. You can decide later whether or not you want to learn more about or participate in any research opportunity.

## How will this help families?

By participating in our research study, you are joining a network of families dedicated to improving outcomes for all children worldwide. The information we gather on children who are developing typically and children who are delayed is used to improve our screening tools and online resources. Through our research findings and resources, we aim to improve early detection of social communication delays by helping families learn how to support their child's development in everyday activities and access intervention services sooner.

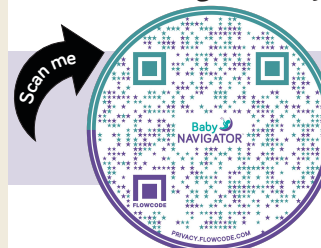


**When you join Baby Navigator**, you create your very own account – *My Baby Navigator* – that will be customized for your baby's age, with links to resources that grow as your baby grows. The earlier you join, the more resources you can be using as your baby is growing.

**The mission of Baby Navigator** is to provide resources and tools for families to celebrate and support their baby's early learning and nurture the development of language and success in school... and in life.

*Baby Navigator is developed by the FIRST WORDS Project with funding from the National Institute of Mental Health.*

The Baby Navigator Team  
invites you to join *Baby Navigator*.



Text baby1 to  
**855-692-2291**