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Autism, Learn the Signs; Act Early

Did you know autism affects approximately 1 in 59 children and adults? Autism Spectrum Disorder (ASD) is a developmental disability that can cause significant social, communication, and behavioral challenges. Timing and severity of autism's early signs vary greatly. Some infants may exhibit signs in their first months, while others will not exhibit behaviors until closer to age 2 or 3. While children can be reliably diagnosed with autism as early as age 2, most children are not diagnosed until after age 4-despite parents noticing developmental problems before their child's first birthday and concerns being noted in health records prior to age 3.

As a parent or caregiver, it is critical that you know the signs associated with developmental delays and monitor your child's progress. The CDC has developed a free [Milestone Tracker App](#) for parents that help parents monitor their child's developments and allow the parents to act early if they have a concern. The app allows parents to document their child's development as they hit those major milestones-and allows parents to document any concerns they may see. The app can be used during medical appointments to help parents effectively communicate achievements and any concerns with their healthcare provider.

If you think your child may have ASD or a developmental delay, contact your doctor and share your concerns-even specifically requesting your child be screened for ASD. Because there is no medical test, like a blood test, to diagnose ASD, a professional evaluation is crucial. Don't wait; speak to your doctor as soon as you have concerns.

For more information visit [Autism Speaks Learn the Signs](#) or [CDC's Learn the Signs. Act Early](#) websites.