



# Learn the early signs of autism.

- No babbling by 12 months
- No back and forth gestures such as pointing, showing, reaching or waving by 12 months
- No response to name by 12 months
- No words by 24 months
- Any loss of speech, babbling or social skills at any age
- Preoccupation with parts of objects or toys
- Repeats unusual movements or actions

- Autism Spectrum Disorder affects one in 88 individuals in the US.
- While the signs and symptoms of autism may be seen as early as 12 months, many children are not diagnosed until school age.
- You can learn more about autism, including a video glossary of examples of signs and symptoms at [www.AutismSpeaks.org/signs](http://www.AutismSpeaks.org/signs).
- Research has shown that early intervention can positively affect children's outcomes.
- The Modified Checklist for Autism in Toddlers (M-CHAT) is a validated tool endorsed by the American Academy of Pediatrics to be used at 18 and 24 months of age to screen for autism spectrum disorders. The M-CHAT is available free of charge and has been translated into a dozen languages. It is provided on the back of this flyer and at [www.mchatscreen.com](http://www.mchatscreen.com).

## What can you do?

### Screen

- Administer the M-CHAT to all children at 18 and 24 months of age. Go to [www.AutismSpeaks.org](http://www.AutismSpeaks.org) for an electronic version or examples of other developmental screeners.
- If you notice the signs of autism in a child, share your concerns with their parent or caregiver.
- Connect parents with free screening and evaluation services through their local birth to three system office or school district.

### Learn More

- Consider being trained in screening, diagnosis, and intervention of autism.
- Visit the Autism Speaks website at [www.AutismSpeaks.org](http://www.AutismSpeaks.org) to learn more about autism throughout life.

### Refer

- Reach out to Autism Speaks if you need referral resources.
- Provide families with links to resources, tool kits and new discoveries.
- Help families find out their rights to insurance coverage of services at [www.autismvotes.org](http://www.autismvotes.org).

### Distribute

- Distribute this flyer to parents and professionals in your local community.
- Include information about your services in the Autism Speaks Resource Guide at [www.AutismSpeaks.org/resource-guide](http://www.AutismSpeaks.org/resource-guide).

For more information, or to join us in this initiative, please visit [www.AutismSpeaks.org](http://www.AutismSpeaks.org) or email [eac@autismspeaks.org](mailto:eac@autismspeaks.org).

## Early intervention can make a lifetime of difference.



Partially adapted from [www.cdc.gov/actearly](http://www.cdc.gov/actearly)

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It's time to listen.

[www.AutismSpeaks.org](http://www.AutismSpeaks.org)

# Modified Checklist for Autism in Toddlers (M-CHAT)

The M-CHAT is validated for screening toddlers between 16 and 30 months of age, to assess risk for autism spectrum disorders (ASD). The AAP has endorsed its use at 18 and 24 months of age to screen for autism spectrum disorders. This completed form should be brought to your health care provider. The questions can be scored in less than 2 minutes using instructions found on [www.mchatscreen.com](http://www.mchatscreen.com). **Parents who score 2 or above on critical items and 3 or above on the total score should receive a Follow-Up Interview, also found on [www.mchatscreen.com](http://www.mchatscreen.com).**

Please fill out the following about how your child **usually** is. Please try to answer every question. If the behavior is rare (e.g., you've seen it once or twice), *please answer as if the child does not do it.*

- |   |     |    |
|---|-----|----|
| 1. Does your child enjoy being swung, bounced on your knee, etc.?   | Yes | No |
| 2. Does your child take an interest in other children?  | Yes | No |
| 3. Does your child like climbing on things, such as up stairs?  | Yes | No |
| 4. Does your child enjoy playing peek-a-boo/hide-and-seek?  | Yes | No |
| 5. Does your child ever pretend, for example, to talk on the phone or take care of a doll or pretend other things?  | Yes | No |
| 6. Does your child ever use his index finger to point, to ask for something?  | Yes | No |
| 7. Does your child ever use his/her index finger to point, to indicate interest in something?                       | Yes | No |
| 8. Can your child play properly with toys (e.g., cars or bricks) without just mouthing, fiddling, or dropping them? | Yes | No |
| 9. Does your child ever bring objects over to you (parent) to show you something?                                   | Yes | No |
| 10. Does your child look you in the eye for more than a second or two?  | Yes | No |
| 11. Does your child ever seem oversensitive to noise? (e.g., plugging ears)   | Yes | No |
| 12. Does your child smile in response to your face or your smile?   | Yes | No |
| 13. Does your child imitate you? (e.g., you make a face-will your child imitate it?)                                | Yes | No |
| 14. Does your child respond to his/her name when you call?  | Yes | No |
| 15. If you point at a toy across the room, does your child look at it?  | Yes | No |
| 16. Does your child walk?   | Yes | No |
| 17. Does your child look at things you are looking at?  | Yes | No |
| 18. Does your child make unusual finger movements near his/her face?  | Yes | No |
| 19. Does your child try to attract your attention to his/her own activity?  | Yes | No |
| 20. Have you ever wondered if your child is deaf?   | Yes | No |
| 21. Does your child understand what people say?   | Yes | No |
| 22. Does your child sometimes stare at nothing or wander with no purpose?   | Yes | No |
| 23. Does your child look at your face to check your reaction when faced with something unfamiliar?                  | Yes | No |

**How to score the M-Chat.** Please score 1 point if you answered "no" to questions 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 12, 13, 14, 15, 16, 17, 19, 21 or 23, or if you answered "yes" to 11, 18, 20 and 22. If the total score was 3 or higher, your child needs a Follow – Up Interview with your provider or a health care professional. Even if you answered "no" to just two or more of questions 2, 7, 9, 13, 14, 15, you should also ask your health care provider to administer the Follow-up Interview. These are considered critical items of the M-CHAT. Even if your scores are below 3 for the total score, and below 2 for the critical questions, and you still have concerns, bring this completed form and your questions to your provider for a more in depth evaluation or referral.