Learn the Signs. Act Early.

Learn the signs of your child's development and act early if you ever have a concern.

To complete a milestone checklist, download CDC's FREE Milestone Tracker app or visit cdc.gov/Milestones, and talk to your child's doctor at every well-child visit about the milestones your child has reached and what to expect next.

You know your child best

If your child is not meeting milestones or you are concerned about the way your child plays, learns, speaks, acts, or moves, talk with your child's doctor, share your concerns, and ask about developmental screening. Don't wait.

If you or the doctor is still concerned

- 1. Ask for a referral to a specialist and,
- 2. Call for a free evaluation to find out if your child can get services to help:
 - If your child is under age 3: Call your state or territory's early intervention program. Learn more and find the phone number at cdc.gov/FindEl.
 - If your child is age 3 or older: Call any local public elementary school.

For more on how to help your child. visit cdc.gov/Concerned.

Don't Wait. Acting early can make a real difference!

For more information about your child's development and what to do if you have a concern, visit:

www.cdc.gov/ActEarly

OR CALL:

1-800-CDC-INFO (1-800-232-4636)

to get help finding resources in your area.

These developmental milestones show what most children (75% or more) can do by each age.



Milestone **Moments**



Milestones Matter!

Look inside for milestones to watch for in your child and tips for how you can help your child learn and grow.











Your Child's Early Development is a Journey

These are just a few of many important milestones to look for. For complete checklists for your child's age visit www.cdc.gov/Milestones or download CDC's free *Milestone Tracker* app.

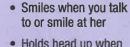
2 MONTHS

6 MONTHS

18 MONTHS

Start Here

- · Looks at your face
- · Reacts to loud sounds



- · Holds head up when on tummy
- Knows familiar people
- Takes turns making sounds with you
- Reaches to grab a toy he wants
- Rolls from tummy to back



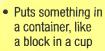
· Calls a parent "mama" or "dada"



2 YEARS

- Tries to use switches. knobs, or buttons on a toy
- · Kicks a ball

- · Looks at your face to see how to react in a new situation
- Says at least two words together, like "More milk."
- Copies you doing chores, like sweeping with a broom
- Tries to use a spoon
- · Points to show you something interesting
- · Tries to say three or more words besides "mama" or "dada"



 Pulls up to stand

5 YEARS



· Shows you what

Savs about

50 words

she can do by saying, "Look at me!"

 Uses things to pretend, like feeding a block to a doll as if it were food

 Jumps off the ground with both feet

3 VEARS

- Talks with you in conversation
- Draws a circle. when you show him how
- · Notices other children and joins them to play
- Uses a fork

4YEARS

- Answers simple questions like "What is a coat for?"
- Names a few colors of items



- Unbuttons some buttons
- Likes to be a "helper"
- Follows rules or takes turns when playing games with other children
- Uses or recognizes simple rhymes
- Writes some letters in her name
- Hops on one foot