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,
- 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.







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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.



• Shows you what she can do by saying, "Look at me!"

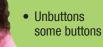
30 MONTHS

Jumps off the ground with both feet

- 3 YEARS

- Talks with you in conversation
- Draws a circle, when you show him how
- Notices other children and joins them to play
- Uses a fork
- Answers simple questions like "What is a coat for?"
- Names a few colors of items





- Likes to be a "helper"
- ne buttons games with other children
 - Uses or recognizes simple rhymes

Follows rules or takes

turns when playing

• Writes some letters in her name

5 YEARS

Hops on one foot