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/FindEI**.
- **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.

VCU
School of Education
Partnership for People with Disabilities

Download CDC's free *Milestone Tracker* app

Download on the App Store

GET IT ON Google Play

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.

Start Here

2 MONTHS

- Looks at your face
- Reacts to loud sounds
- Smiles when you talk to or smile at her
- Holds head up when on tummy

6 MONTHS

- Knows familiar people
- Takes turns making sounds with you
- Reaches to grab a toy he wants
- Rolls from tummy to back

12 MONTHS

- Plays games with you, like pat-a-cake
- Calls a parent "mama" or "dada"
- Puts something in a container, like a block in a cup
- Pulls up to stand

18 MONTHS

- 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"

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."

30 MONTHS

- Says about 50 words
- Uses things to pretend, like feeding a block to a doll as if it were food
- Shows you what she can do by saying, "Look at me!"
- 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

4 YEARS

- Answers simple questions like "What is a coat for?"
- Names a few colors of items
- Unbuttons some buttons
- Likes to be a "helper"

5 YEARS

- 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