

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/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 call:

Child Find (3+ years):
(318) 627-3274 Ext. 1125

Early Steps (birth-3 years):
(318) 308-5969

to get help finding resources in your area



Centers for Disease Control and Prevention
www.cdc.gov/ActEarly
1-800-CDC-INFO

Developmental milestones adapted from Caring for Your Baby and Young Child: Birth to Age 5 (AAP, 2009) and Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents (AAP, 2008).



220787

Track Your Child's Developmental Milestones



Milestones Matter!

How your child plays, learns, speaks, acts, and moves offers important clues about his or her development.



Download
CDC's Milestone
Tracker App



Learn the Signs. Act Early.

Your Child's Early Development is a Journey

Check off the milestones your child has reached and share your child's progress with the doctor at every well-child visit.



START HERE

6 MONTHS



- Copies sounds
- Begins to sit without support

- Likes to play with others, especially parents
- Responds to own name

- Strings vowels together when babbling ("ah," "eh," "oh")

- Uses simple gestures such as shaking head for "no" or waving "bye bye"
- Copies gestures

12 MONTHS (1 YEAR)



- Responds to simple spoken requests

18 MONTHS (1 1/2 YEARS)



- Says several single words
- Walks alone

- Knows what ordinary things are for; for example, telephone, brush, spoon

- Plays simple pretend, such as feeding a doll
- Points to show others something interesting

- Says "mama" and "dada"
- Pulls up to stand

2 YEARS

- Follows simple instructions
- Kicks a ball

- Says sentences with 2 to 4 words
- Gets excited when with other children

- Points to things or pictures when they're named

3 YEARS

- Copies adults and friends (like running when other children run)

- Carries on a conversation using 2 to 3 sentences
- Climbs well

- Plays make-believe with dolls, animals and people
- Shows affection for friends without prompting

- Hops and stands on one foot for up to 2 seconds

4 YEARS



- Would rather play with other children than alone
- Tells stories

- Draws a person with 2 to 4 body parts
- Plays cooperatively

These are just a few of many important milestones to look for. For more complete checklists by age visit cdc.gov/Milestones

For information call:
 (318) 627-3274 Ext. 1125 (+3 years)
 (318) 308-5969 (birth – 3 years)