

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.



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. If your child is under age 3:**
Call your local Early Start intervention program. Learn more and find the phone number at dds.ca.gov/rc/lookup-rcs-by-county.
If your child is age 3 or older:
Call any local public elementary school.

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 request a FREE *Learn the Signs. Act Early.* Parent Kit or to get help finding resources in your area.

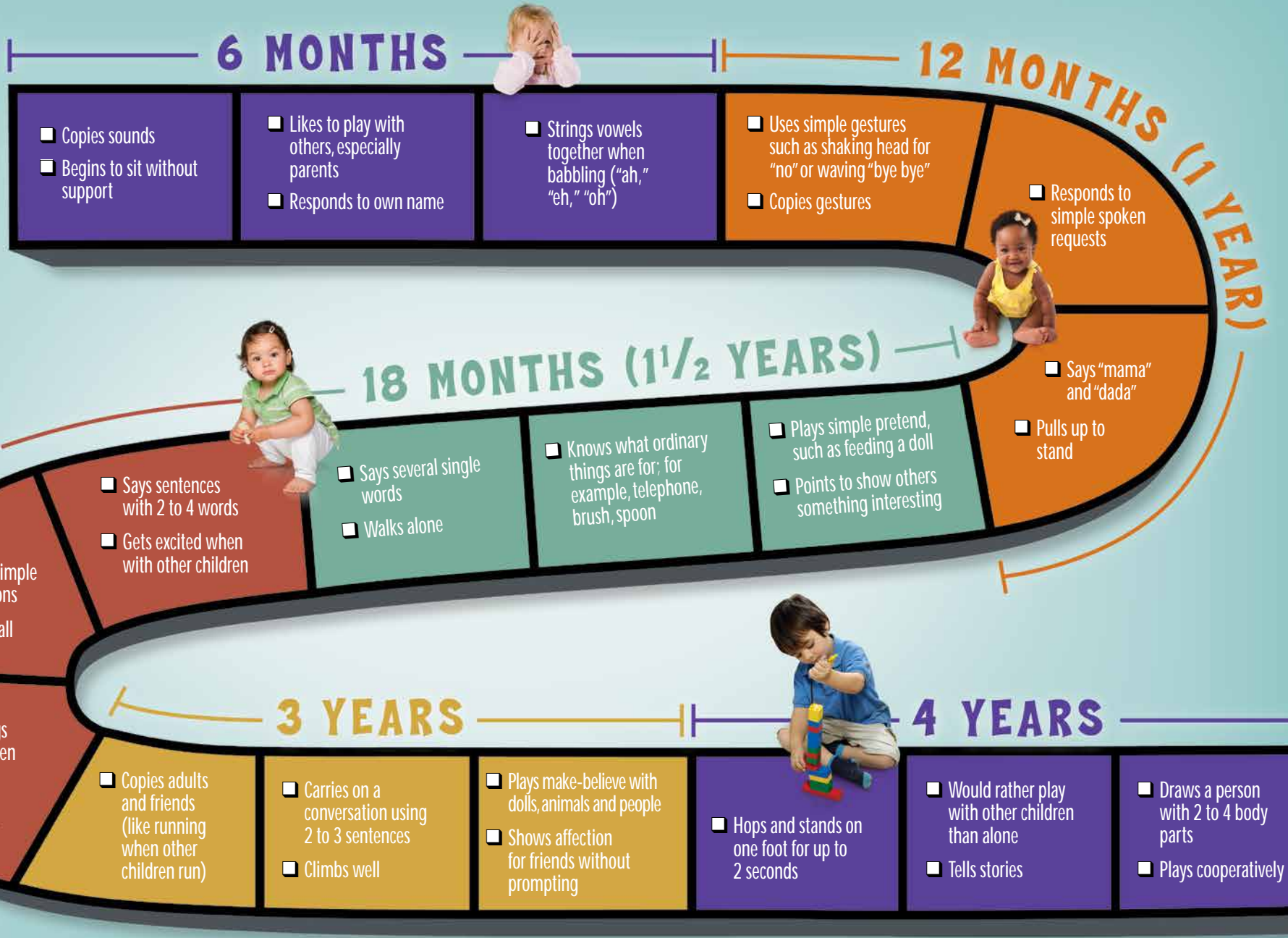
Developmental milestones adapted from *Caring for Your Baby and Young Child: Birth to Age 5* (AAP, 2009) and *Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents* (AAP, 2008).

**If you want to know more,
ask your doctor.**



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.



For more information ask your L.A. Care Provider.