

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, visit:



**Infant & Toddler
Connection of Virginia**
A Program of the Department of
Behavioral Health and Developmental Services

1-800-234-1448
TTY/TDD 1-804-771-5877
www.infantva.org

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).



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.



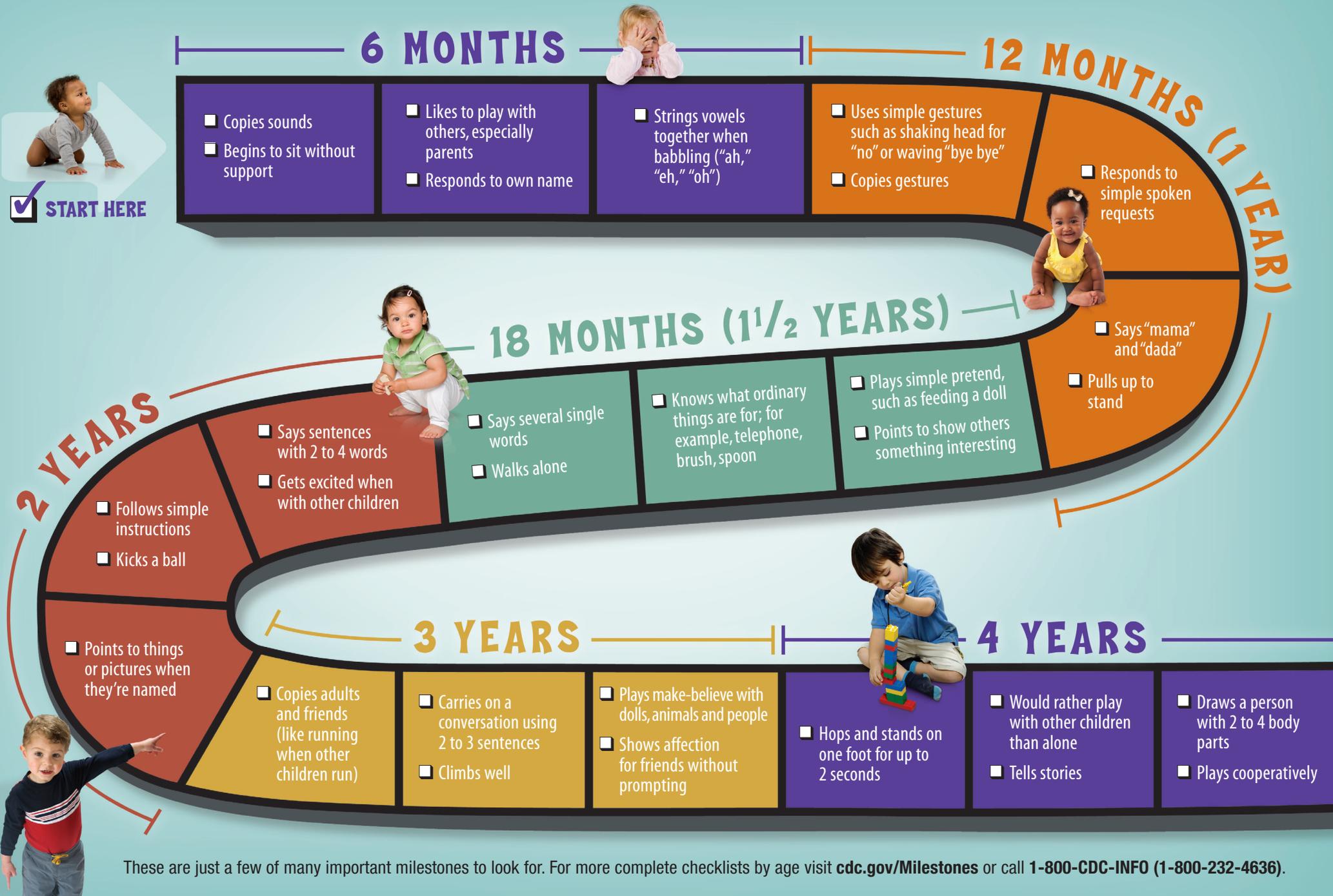
Download CDC's
Milestone Tracker App



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.



These are just a few of many important milestones to look for. For more complete checklists by age visit [cdc.gov/Milestones](https://www.cdc.gov/Milestones) or call 1-800-CDC-INFO (1-800-232-4636).