Learn the Signs. Act Early.

The journey of your child's early years includes many developmental milestones for how he or she plays, learns, speaks, and acts.

Look inside to learn what to look for in your child. Talk with your child's doctor about these milestones.

Not reaching these milestones, or reaching them much later than other children, could be a sign of a developmental delay.

YOU KNOW YOUR CHILD BEST.

If you are concerned about your child's development, talk to your child's doctor.

If you or the doctor is still concerned, ask the doctor for a referral to a specialist and call **1-800-CDC-INFO** to learn how to get connected with your state's early childhood system to get the help your child might need.

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

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

Dial 2-1-1 to reach your local Children's Integrated Services (CIS) team

Vermont 2-1-1 Get Connected. Get Answers. United Ways of Vermont

http://dcf.vermont.gov/cis

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

Your child's early development is a journey. Use this map of milestones to know what to look for along the way.

For parents of children from birth to 4 years

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Centers for Disease Control and Prevention

www.cdc.gov/ActEarly

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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 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")

12 MONTHS (1 YEAR)

- ☐ Uses simple gestures such as shaking head for "no" or waving "bye bye"
- ☐ Copies gestures
- ☐ Responds to simple spoken requests
- ☐ Says "mama" and "dada"
- ☐ Pulls up to stand

18 MONTHS (1½ 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

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

4 YEARS

- ☐ Hops and stands on one foot for up to 2 seconds
- ☐ 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 **www.cdc.gov/ActEarly** or call **1-800-CDC-INFO**.