



Learn the Signs. Act Early.

Learn the Signs:

- Resources for monitoring key developmental milestones and “red flags” that can indicate concern

Act Early:

- Discuss Concerns
- Provide positive parenting tips
- Encourage Developmental Screening
- Refer for evaluation and services
- Find resources for early intervention and family support

Your Child at 2 Years

Checklist for 2-year-olds covering social, language, cognitive, and physical development milestones.

Su Hijo de 2 Años

Checklist for 2-year-olds in Spanish covering social, language, cognitive, and physical development milestones.

¿Qué Hacen los Niños a Esta Edad?

Section detailing what children typically do at this age, including social interaction, language use, and physical skills.

Revisión pronta y hábil con el doctor de su hijo es el inicio.

Section emphasizing the importance of early developmental screening.

Milestone Moments

Section featuring photos of children and text: "You can follow your child's development by watching how he or she plays, learns, speaks, and acts. Look inside for milestones to watch for in your child and how you can help your child learn and grow."

www.cdc.gov/actearly

Your Baby at 9 Months

Child's Name _____ Child's Age _____ Today's Date _____

How your child plays, learns, speaks, and acts offers important clues about your child's development. Developmental milestones are things most children can do by a certain age. Check the milestones your child has reached by the end of 9 months. Take this with you and talk with your child's doctor at every visit about the milestones your child has reached and what to expect next.

What Most Babies Do at this Age:

- Social/Emotional**
- May be afraid of strangers
 - May be clingy with favorite adults
 - Has favorite toy
- Language/Communication**
- Understands "no"
 - Makes a lot of different sounds like "mama/mama" and "babababa"
 - Copies sounds and gestures of others
 - Uses fingers to point at things
- Cognitive (Learning, thinking, problem-solving)**
- Matches the part of something as it falls
 - Looks for things he sees you look
 - Plays peek-a-boo
 - Puts things in his mouth
 - Moves things smoothly from one hand to the other
 - Picks up things like cereal or buttons from table and moves finger
- Movement/Physical Development**
- Stands holding on
 - Can get into sitting position
 - Sits without support
 - Walks to stand
 - Crawls

Act Early by Talking to Your Child's Doctor if Your Child:

- Doesn't bear weight on legs with support
- Doesn't roll with help
- Doesn't babble "mama", "dada", "baba"
- Doesn't play any games involving back-and-forth play
- Doesn't respond to own name
- Doesn't seem to recognize familiar people
- Doesn't look where you point
- Doesn't transfer back from one hand to the other

Tell your child's doctor or nurse if you notice any of these signs of possible developmental delay for the age, and talk with someone in your community who is familiar with services for young children in your area, such as your state's public early intervention program. For more information, go to www.actearly.com or call 1-800-CDC-INFO.

The American Academy of Pediatrics recommends that children be screened for general development at the 9 months visit. Ask your child's doctor about your child's developmental screening.

www.cdc.gov/actearly | 1-800-CDC-INFO

Learn the Signs. Act Early.

Track Your Child's Developmental Milestones

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.

6 MONTHS

- Turns his head when you call his name
- Smiles back at you
- Responds to sound by making sounds
- Is without support for a short time
- Uses social play games like peek-a-boo
- Shuts simple containers such as stacking hood for "fit-it-in" activity "pop" or "put" up to stand
- Looks for things you hide

12 MONTHS (1 YEAR)

- Looks for things you hide
- Reaches for things you hold
- Repeats what he has heard
- Repeats what he has heard
- Repeats what he has heard

18 MONTHS (1 1/2 YEARS)

- Looks at something when you point to it and say "look!"
- Has several single words to get what he wants
- Plays pretend (like holding a toy phone)
- Starts to understand things
- Repeats what he has heard

3 YEARS

- Plays with other children
- Shows affection to playmates
- Uses 4- to 5-word sentences
- Copies adults and characters like someone else (imitating when other children eat)
- Plays make-believe with dolls, animals, and people (like feeding a teddy bear)
- Follows 3-step commands (like "put on your shoes, wash your face")
- Runs and can stand on one foot for up to five seconds
- Draws circles and squares

4 YEARS

- Shows and takes turns with other children

These are just a few of many important milestones to look for. For more complete checklists by age visit www.ActEarly.wisec.edu or call 1-800-CDC-INFO.

It's time to change how we view a child's growth.

4 years

Children play games and puzzles

Children play games and puzzles

Children play games and puzzles

3 years

Children play games and puzzles

Children play games and puzzles

Children play games and puzzles

2 years

Children play games and puzzles

Children play games and puzzles

Children play games and puzzles

18 months

Children play games and puzzles

Children play games and puzzles

Children play games and puzzles

1 year

Children play games and puzzles

Children play games and puzzles

Children play games and puzzles

Learn the Signs. Act Early.

Milestone Moments

Your Child at 3 Years

Learn the Signs. Act Early.

Talk with your child's doctor at every visit about the milestones your child has reached and what to expect next.

What children do at this age – and how you can help their development.

Social/Emotional

- Copies adults and playmates
- Shows affection for playmates without prompting
- Knows names in games
- Plays well with two or three children in a group
- Cares about others' feelings
- Understands the idea of "mine" and "his" or "hers"
- Shows affection openly
- Shows a wide range of emotions
- Separates easily from mom and dad
- Eats upset with major changes in routine

How you can help your child's social and emotional development

- Go to play groups with your child or other places where there are other children, to encourage getting along with others.
- Name your child's emotions. For example, say, "I can tell you feel mad because you threw the puzzle piece." Encourage your child to identify feelings in books.
- Work with your child to solve the problem when he is upset.
- Set rules and limits for your child, and stick to them. If your child breaks a rule, give him a time out for 30 seconds in a chair or in his room. Praise your child for following the rules.
- When your child sees another child who is upset, encourage her to offer comfort by giving a hug or a toy.
- During play dates, set a timer for trading toys with the other child to encourage sharing and taking turns.

You can follow your child's development by watching how he or she plays, learns, speaks, and acts.

Look inside for milestones to watch for in your child and how you can help your child learn and grow.

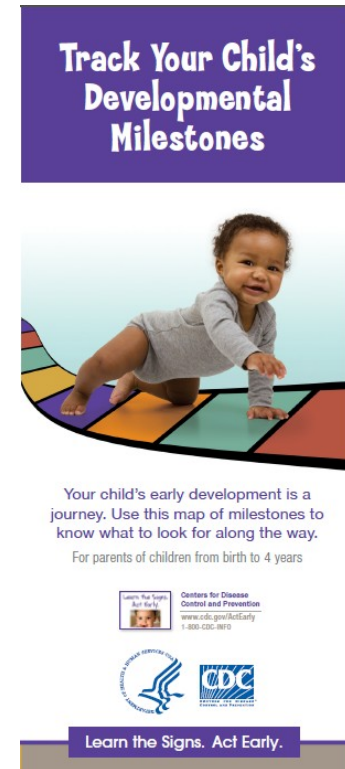
Centers for Disease Control and Prevention
www.cdc.gov/actearly

Your Child at 3 Years | www.cdc.gov/actearly



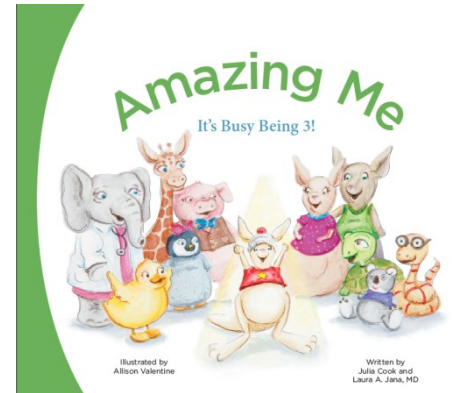
The Milestones Collection

- Milestone Checklists
- Milestone Moments Booklet
- Growth Chart
- Parent Kit
- Milestone Brochure



“Learn the Signs” Materials: Developmental Monitoring

- ❑ Developmental milestone checklists in variety of formats
- ❑ Providers and parents can use as monitoring tools
- ❑ Encourage parent-provider dialogue
- ❑ Useful for any program that serves young children and has an interest in child development



“Learn the Signs. Act Early.” Materials

Parent-tested materials focused on milestones, when to act early, what to do if concerned:

www.CDC.gov/ActEarly

- Research-based, audience-tested
- Parent-friendly
- Written in plain language
- Reproducible (no copyright)
- Easily customizable
- Available in Spanish (and a few in other languages)
- Available to print immediately (most)
- Popular!!



Website

CDC Home



Centers for Disease Control and Prevention

Your Online Source for Credible Health Information

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Learn the Signs. Act Early.

Learn the Signs Home

Milestones

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Download Materials

Video, E-Cards, PSAs

Links to Other Websites

About the Campaign

Information For...

Parents

Healthcare Providers

Early Childhood Educators

Partners

Media

Policy Makers

[National Center Homepage](#) > [Learn the Signs Home](#)

Free Materials



Fact Sheets, Resource Kits, Growth Chart, and more...

CDC has FREE materials for parents, healthcare providers, and childcare providers. All materials are printed with English on one side and Spanish on the other.

To view, print, or order materials click on one of the following links. [Questions? Please contact CDC Info](#)




Learn the Signs. Act Early. www.cdc.gov/ActEarly

Milestone Moments Booklet




Your Child at 3 Years

Talk with your child's doctor at every visit about the milestones your child has reached and what to expect next.

Milestone Moments



What children do at this age – and how you can help their development.



Social/Emotional



- Copies adults and playmates
- Shows affection for playmates without prompting
- Takes turns in games
- Plays well with two or three children in a group
- Cares about others' feelings
- Understands the idea of "mine" and "his" or "hers"
- Shows affection openly
- Shows a wide range of emotions
- Separates easily from mom and dad
- Gets upset with major changes in routine

How you can help your child's social and emotional development

- Go to play groups with your child or other places where there are other children, to encourage getting along with others.
- Name your child's emotions. For example, say, "I can tell you feel mad because you threw the puzzle piece." Encourage your child to identify feelings in books.
- Work with your child to solve the problem when he is upset.
- Set rules and limits for your child, and stick to them. If your child breaks a rule, give him a time out for 30 seconds in a chair or in his room. Praise your child for following the rules.
- When your child sees another child who is upset, encourage her to offer comfort by giving a hug or a toy.
- During play dates, set a timer for trading toys with the other child to encourage sharing and taking turns.


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Milestone Moments



You can follow your child's development by watching how he or she plays, learns, speaks, and acts.

Look inside for milestones to watch for in your child and how you can help your child learn and grow.



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

www.cdc.gov/actearly

Learn the Signs. Act Early.



- ✓ Printable version available on website
- ✓ Milestones up to 5 years of age
- ✓ Parenting Tips
- ✓ Developmental Health Watch information
- ✓ Use on an ongoing basis

Inside Milestone Moments

Your Baby at 6 Months

Cognitive (learning, thinking, problem-solving)

- Looks around at things nearby
- Shows curiosity about things and tries to get things that are out of reach
- Brings things to mouth
- Begins to pass things from one hand to the other

Movement/Physical Development

- Rolls over in both directions (front to back, back to front)
- When standing, supports weight on legs and might bounce
- Begins to sit without support
- Rocks back and forth, sometimes crawling backward before moving forward

How you can help your child learn and grow

- Point out new things to your baby and name them.
- Show your baby bright pictures in a magazine and name them.
- Hold your baby up while she sits or support her with pillows. Let her look around and give her toys to look at while she balances.
- Put your baby on his tummy or back and put toys just out of reach. Encourage him to roll over to reach the toys.

Parenting tips on development

Milestone checklists

Act early by talking to your child's doctor if your baby:

- Doesn't try to get things that are in reach
- Doesn't respond to sounds around him
- Has difficulty getting things to mouth
- Shows no affection for caregivers
- Seems very floppy, like a rag doll
- Doesn't roll over in either direction
- Doesn't make vowel sounds ("ah", "eh", "oh")
- Doesn't laugh or make squealing sounds
- Seems very stiff, with tight muscles

Tell your child's doctor or nurse if you notice any of these signs of possible developmental delay for this age, and talk with someone in your community who is familiar with services for young children in your area, such as your state's public early intervention program. For more information, go to www.cdc.gov/concerned or call 1-800-CDC-INFO.

Warning signs and Referral information



Milestone Moments Booklet...

□ Everyday Use:

1. Give each family a copy of the booklet. *(note: limited quantities)*
2. Review milestones and development tips with each family regularly.
3. Discuss developmental health watch section if necessary.
4. Use the booklet as a milestone awareness and tracking reference.

□ Printing options:

- Find a local printer and print yourselves (see later slide about customizing and printing this way)
- Print directly from website using a desktop printer



Milestone Moments

How you can help your child's development

Idea: include at least one tip from the Milestones Moments booklet section on helping children grow and develop weekly
In your parent report to families

- Hide your child's toys around the room and let him find them.
- Help your child do puzzles with shapes, colors, or farm animals. Name each piece when your child puts it in place.
- Encourage your child to play with blocks. Take turns building towers and knocking them down.
- Do art projects with your child using crayons, paint, and paper. Describe what your child makes and hang it on the wall or refrigerator.
- Ask your child to help you open doors and drawers and turn pages in a book or magazine.
- Once your child walks well, ask her to carry small things for you.
- Kick a ball back and forth with your child. When your child is good at that, encourage him to run and kick.
- Take your child to the park to run and climb on equipment or walk on nature trails. Watch your child closely.



Milestone Checklists

Your Child at 2 Years



Child's Name _____ Child's Age _____ Today's Date _____

How your child plays, learns, speaks, and acts offers important clues about your child's development. Developmental milestones are things most children can do by a certain age.

Check the milestones your child has reached by his or her 2nd birthday. Take this with you and talk with your child's doctor at every visit about the milestones your child has reached and what to expect next.

What Most Children Do at this Age:

Social/Emotional

- Copies others, especially adults and older children
- Gets excited when with other children
- Shows more and more independence
- Shows defiant behavior (doing what he has been told not to)
- Plays mainly beside other children, but is beginning to include other children, such as in chase games

Language/Communication

- Points to things or pictures when they are named
- Knows names of familiar people and body parts
- Says sentences with 2 to 4 words
- Follows simple instructions
- Repeats words overheard in conversation
- Points to things in a book

Cognitive (learning, thinking, problem-solving)

- Finds things even when hidden under two or three covers
- Begins to sort shapes and colors
- Completes sentences and rhymes in familiar books
- Plays simple make-believe games
- Builds towers of 4 or more blocks
- Might use one hand more than the other
- Follows two-step instructions such as "Pick up your shoes and put them in the closet."
- Names items in a picture book such as a cat, bird, or dog

Movement/Physical Development

- Stands on tiptoe
- Kicks a ball
- Begins to run

- Climbs onto and down from furniture without help
- Walks up and down stairs holding on
- Throws ball overhead
- Makes or copies straight lines and circles

Act Early by Talking to Your Child's Doctor if Your Child:

- Doesn't use 2-word phrases (for example, "drink milk")
- Doesn't know what to do with common things, like a brush, phone, fork, spoon
- Doesn't copy actions and words
- Doesn't follow simple instructions
- Doesn't walk steadily
- Loses skills she once had

Tell your child's doctor or nurse if you notice any of these signs of possible developmental delay for this age, and talk with someone in your community who is familiar with services for young children in your area, such as your state's public early intervention program. For more information, go to www.cdc.gov/coactearly or call 1-800-CDC-INFO.

The American Academy of Pediatrics recommends that children be screened for general development and autism at the 24-month visit. Ask your child's doctor about your child's developmental screening.

Adapted from CAREGIVING FOR YOUR BABY AND YOUNG CHILD: BIRTH TO AGE 5, 5TH EDITION, edited by Steven Shuster and Terrie Heiner Altmann © 1991, 1993, 1998, 2004, 2009 by the American Academy of Pediatrics and BRIGHT FUTURES: GUIDELINES FOR HEALTH SUPERVISORS OF INFANTS, CHILDREN, AND ADOLESCENTS, Third Edition, edited by Joseph Rogien, Jr., Judith S. Shaw, and Paula M. Duncan, 2004. ©4 Steve Wingo, M.D., American Academy of Pediatrics. This information checked to not a substitute for a standardized, validated developmental screening tool.



www.cdc.gov/actearly | 1-800-CDC-INFO

Learn the Signs. Act Early.



Learn the Signs. Act Early. www.cdc.gov/ActEarly

Su Hijo de 2 Años



Nombre del niño _____ Edad del niño _____ Fecha de hoy _____

La manera en que su hijo juega, aprende, habla y actúa nos ofrece pistas importantes sobre cómo se está desarrollando. Los indicadores del desarrollo son las cosas que la mayoría de los niños pueden hacer a una edad determinada.

Marque los indicadores del desarrollo que puede ver en su hijo cuando cumple 2 años de edad. En cada visita médica de su hijo, lleve esta información y hable con el pediatra sobre los indicadores que su hijo alcanzó y cuáles son los que debería alcanzar a continuación.

¿Qué Hacen los Niños a Esta Edad?

En las áreas social y emocional

- Copia a otras personas, especialmente a adultos y niños mayores
- Se entusiasma cuando está con otros niños
- Demuestra ser cada vez más independiente
- Demuestra un comportamiento desafiante (hace lo que se le ha dicho que no haga)
- Comienza a incluir otros niños en sus juegos, como jugar a sentarse a comer con las muñecas o a correr y perseguirse

En las áreas del habla y la comunicación

- Señala a objetos o ilustraciones cuando se los nombra
- Sabe los nombres de personas conocidas y partes del cuerpo
- Dice frases de 2 a 4 palabras
- Sigue instrucciones sencillas
- Repite palabras que escuchó en alguna conversación
- Señala las cosas que aparecen en un libro

En el área cognitiva (aprendizaje, razonamiento, resolución de problemas)

- Encuentra cosas aun cuando están escondidas debajo de dos o tres sábanas
- Emplea a clasificar por formas y colores
- Completa las frases y las rimas de los cuentos que conoce
- Juega con su imaginación de manera sencilla
- Construye torres de 4 bloques o más
- Puede que use una mano más que la otra
- Sigue instrucciones para hacer dos cosas como por ejemplo, "levantar tus zapatos y ponlos en su lugar"
- Nombrar las ilustraciones de los libros como un gato, pájaro o perro

En las áreas motora y de desarrollo físico

- Se para en las puntas de los dedos
- Patea una pelota
- Emplea a correr

Reaccione pronto y hable con el doctor de su hijo se el niño:

- No usa frases de 2 palabras (por ejemplo, "toma leche")
- No sabe cómo utilizar objetos de uso común, como un cepillo, teléfono, tenedor o cuchara
- No copia acciones ni palabras
- No puede seguir instrucciones sencillas
- No camina con estabilidad
- Pierde habilidades que había logrado

Dígale al médico o a la enfermera de su hijo si nota cualquiera de estos signos de posible retraso del desarrollo para su edad, y converse con alguien de su comunidad que conozca los servicios para niños de su área, como por ejemplo el programa público de intervención temprana patrocinado por el estado. Para obtener más información, consulte www.cdc.gov/preocupado o llame 1-800-CDC-INFO.

La Academia Americana de Pediatría recomienda que, a los 24 meses de edad, se evalúe el desarrollo general de los niños y se realicen pruebas de detección del autismo. Pregúntele al médico de su hijo si el niño necesita ser evaluado.

Tomado de CAREGIVING FOR YOUR BABY AND YOUNG CHILD: BIRTH TO AGE 5, Quinta Edición, editado por Steven Shuster y Terrie Heiner Altmann © 1991, 1993, 1998, 2004, 2009 por la Academia Americana de Pediatría y BRIGHT FUTURES: GUIDELINES FOR HEALTH SUPERVISORS OF INFANTS, CHILDREN, AND ADOLESCENTS, Tercera Edición, editado por Joseph Rogien, Jr., Judith S. Shaw y Paula M. Duncan, 2004. ©4 Steve Wingo, M.D., Academia Americana de Pediatría. Esta lista de verificación de indicadores del desarrollo no es un sustituto de una herramienta de evaluación del desarrollo estandarizada y validada.



www.cdc.gov/pronto | 1-800-CDC-INFO

Aprenda los signos. Reaccione pronto.

Milestones Checklists

- ❑ Useful to raise awareness about developmental milestones for ALL children
 - ❑ **NOT** a formal, validated screening tool
- ❑ Available online for ages 2 months to 5 years (most well-child doctor visits)
- ❑ Helpful for communicating with healthcare provider about a child's development



Milestone Checklists

Idea: At the beginning of each school year, print a copy of the appropriate milestone checklist(s) for each child. As the year progresses, pay attention to whether each child is meeting his/her milestones and mark the checklist accordingly.

Social/Emotional

- Copies others, especially adults and older children
- Gets excited when with other children
- Shows more and more independence
- Shows defiant behavior
(doing what he has been told not to)
- Plays mainly beside other children, but is beginning to include other children, such as in chase games



Your Child at 2 Years

Tyler	2 years	7/16/13
Child's Name	Child's Age	Today's Date

How your child plays, learns, speaks, and acts offers important clues about your child's development. Developmental milestones are things most children can do by a certain age.


Check the milestones your child has reached by his or her 2nd birthday. Take this with you and talk with your child's doctor at every visit about the milestones your child has reached and what to expect next.

What Most Children Do at this Age:

Social/Emotional

- Copies others, especially adults and older children

- Climbs onto and down from furniture without help
- Walks up and down stairs holding on
- Throws ball overhand
- Makes or copies straight lines and circles



Milestone Checklists

□ Idea:

- Give a copy of the appropriate milestone checklist(s) to each family at the beginning of the year and again before each parent-teacher conference.
- Encourage the parents to use the checklist regularly and asks them to fill it out and bring it to the parent-teacher conference.
- At each conference review the checklists with the parents and compare the school and home checklists.
- Encourage the parents to share them with their child's health care provider, requesting a developmental screen if warranted.



Growth Charts



Growth Charts include height and milestones with a spot for a photo in the middle. Pairing height and milestones reminds parents there is more than one type of growth.




Milestones Brochure

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

www.cdc.gov/actearly
 1-800-CDC-INFO




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 visit.



6 MONTHS

- Turns his head when you call his name
- Smiles back at you
- Responds to sound by making sounds
- Sits without support for a short time
- Likes social play (games like peek-a-boo)
- Uses simple gestures such as shaking head for "no" or waving "bye-bye"
- Pulls up to stand

12 MONTHS (1 YEAR)

- Copies you during play (like clapping when you clap)
- Responds when told "no"
- Says "mama" and "dada"

18 MONTHS (1 1/2 YEARS)

- Looks at something when you point to it and say "look!"
- Uses several single words to get what she wants
- Walks without help
- Plays pretend (like talking on a toy phone)
- Points to interesting things

2 YEARS

- Follows simple instructions
- Kicks a ball
- Points to something (like a toy or picture) when you name it
- Shows affection for playmates
- Uses 4- to 5- word sentences

3 YEARS

- Copies adults and playmates (like running when other children run)
- Climbs well
- Plays make-believe with dolls, animals, and people (like feeding a teddy bear)
- Follows 3-step commands (like "get dressed, comb your hair, and wash your face")

4 YEARS

- Hops and can stand on one foot for up to five seconds
- Uses 5- to 6- word sentences
- Shares and takes turns with other children
- Draws circles and squares

These are just a few of many important milestones to look for. For more complete checklists by age visit www.ActEarly.wiso.edu or call 1-800-CDC-INFO.

Milestones Brochure

- ❑ Lists a few milestones for ages 6 months to 4 years
- ❑ English and Spanish
- ❑ Downloadable, customizable
- ❑ Can hand them out or put them in waiting rooms



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.

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



Learn the Signs. Act Early.

Parent Resource Kit



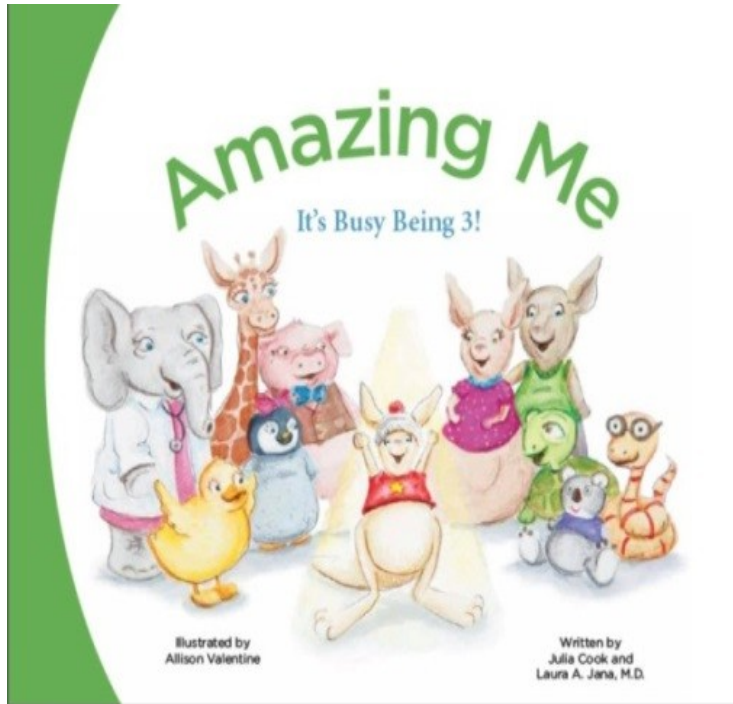
Milestones Moments Booklet

Materials specially packaged for parents - includes one growth chart and one Milestone Moments booklet.



Growth Chart

Amazing Me Children's Book



Every day when I wake up, the first thing I do is get dressed. I can put on my clothes all by myself, and I do an **AMAZING** job.

"It's too cold to wear shorts when it's snowing outside, and you shouldn't wear your cowboy boots without socks," says my mom.

4



Amazing Me is a children's book that teaches parents 3-year-old milestones as they read a story about Joey, a 3-year-old kangaroo. English only. Spanish coming soon