

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:

www.helpmegrowshasta.com

OR CALL:

530-605-2645

to get help finding resources in your area.

These developmental milestones show what most children (75% or more) can do by each age.



Milestone Moments



Milestones Matter!

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



Your Child's Early Development is a Journey

These are just a few of many important milestones to look for. For complete checklists for your child's age visit www.cdc.gov/Milestones or download CDC's free *Milestone Tracker* app.

