

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, contact your doctor or visit one of these agencies:

### FAMILY TIES of Massachusetts



For parents of children under 3 years of age,  
Call 800-905-TIES (8437) or Visit [www.massfamilyties.org](http://www.massfamilyties.org)



For parents of children seeking help in child care or preschool,  
Call 617-988-6600 or Visit [www.mass.gov/edu/birth-grade-12](http://www.mass.gov/edu/birth-grade-12)



For parents of children 3 years through 21 years, regarding requirements for special education services,  
Call 781-338-3375 or Visit [www.doe.mass.edu/sped](http://www.doe.mass.edu/sped)



For more information  
Visit [www.MAActEarly.org](http://www.MAActEarly.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



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

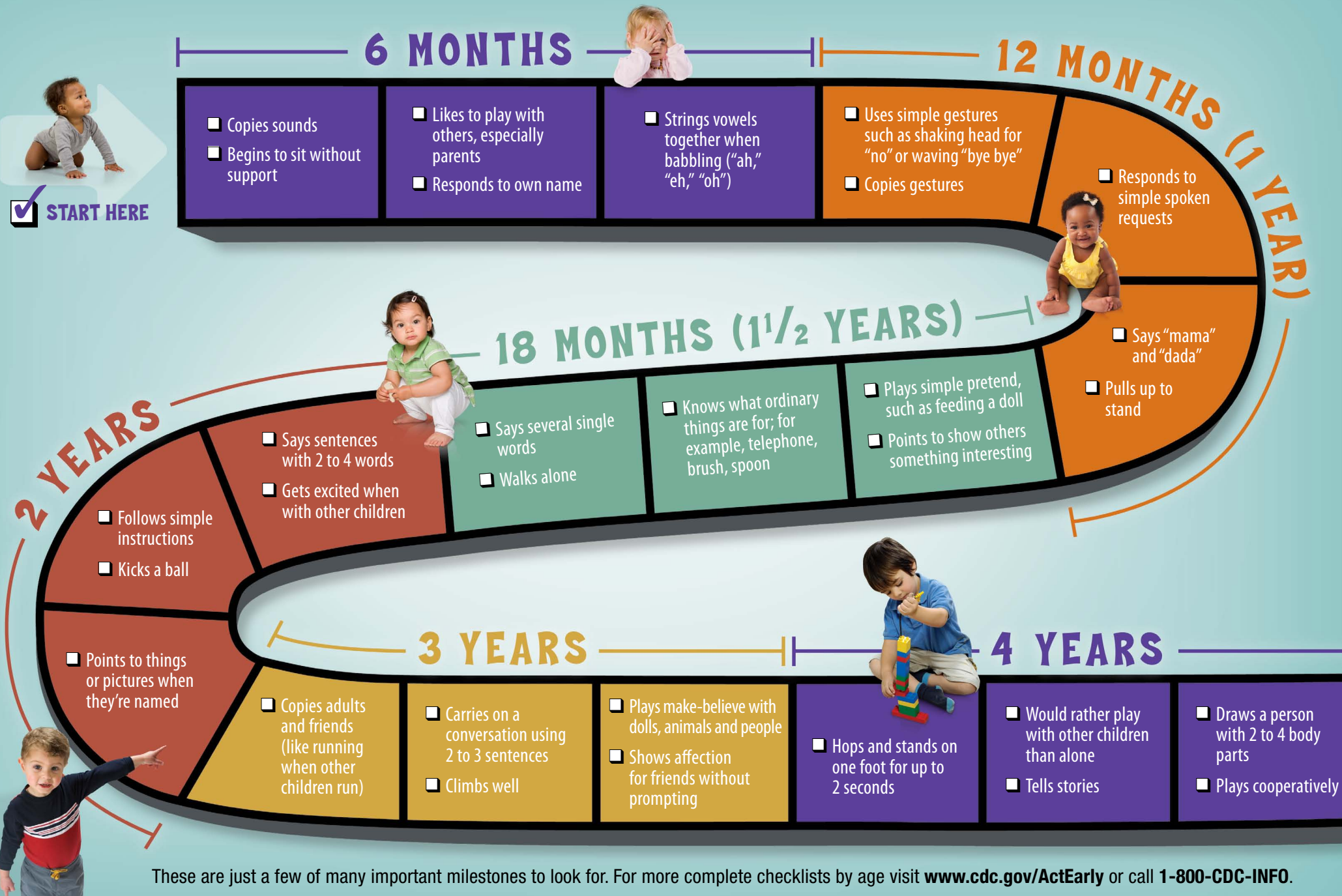


Department of Health and Human Services  
Centers for Disease Control and Prevention

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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.



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