

**Talk to your child's doctor if you have concerns.**

Ask for a referral to a specialist or contact  
First Steps, Kentucky Early Intervention System  
(877) 417-8377  
for an evaluation to find out about possible services.

**Download CDC's  
Milestone Tracker App**



Place agency contact label here

For additional information on  
developmental milestones go to  
[www.cdc.gov/ActEarly](http://www.cdc.gov/ActEarly)  
1-800-CDC-INFO (1-800-232-4636)



Learn the Signs. Act Early.



# Milestones Matter:


How your baby plays, learns, speaks, acts, and moves offers important clues about their development. Check the milestones your baby has reached by age 1.


## What most 1 year olds do:

 **Plays games** like pat-a-cake or peek-a-boo

 **Calls caregiver by special name** like “mama” or “dada”

 **Picks up small items** with thumb and pointer finger


 **Looks for things** that your child sees you hide, like a toy under a blanket.


 **Walks** holding onto furniture





**Remember to schedule your baby’s 1 year well-child visit!**


## Help Your Baby Learn & Grow

 Talk, read, sing, and play together every day.


 Teach your baby wanted behaviors. Show them what you do and use positive words to encourage them when they do it.

 Encourage baby to make noise with pots, pans, or instruments.

 Respond with words when your baby points.

 Provide lots of safe places for your baby to explore.

## You Know Your Baby Best

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# Peek-a-boo! Look who's turning **TWO!**



# Milestones Matter:

How your child plays, learns, speaks, acts, and moves offers important clues about their development. Check the milestones your child has reached by age 2.

## What most 2 year olds do:



**Notices** when others are hurt or upset



**Says at least 2 words** together like “More milk”



**Points to things** in a book when asked, like “Where is the bear?”



**Tries to use** switches, knobs, or buttons



**Runs, kicks a ball, and eats with a spoon**

**Remember to schedule your 2 year old well-child visit!**



## Help Your Child Learn & Grow



Give your child balls to kick, roll, and throw.



Play outside in your yard, the park, the playground, or on nature trails.



Let child play dress up for pretend play.



Do simple art projects with your child with crayons, paint, and paper. Hang on the wall or refrigerator so they can see it.



Offer healthy foods and allow your child to eat the amount they want.



Have your child help you get ready for mealtime by letting them carry things to the table, such as plastic cups or napkins.

## You Know Your Child Best



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Learn the Signs. Act Early.

Twinkle Twinkle little star,  
A **THREE** year old  
is what you  
are!



# Milestones Matter:


How your child plays, learns, speaks, acts, and moves offers important clues about their development. Check the milestones your child has reached by age 3.


## What most 3 year olds do:

 **Notices other children** and joins them to play

 **Asks** who, what, where, or why questions

 **Says first name** when asked

 **Avoids touching dangerous objects**, like a hot stove, when warned

 **Able to put on some clothes** by themselves, like loose pants or a jacket

 **Uses a fork**



**Remember to schedule your 3 year well-child visit!**

## Help Your Child Learn & Grow



Talk, read, sing, and play together every day.



Teach your child simple songs and rhymes like “Twinkle, Twinkle Little Star” & “Itsy Bitsy Spider”.



Work with your child to solve the problem when they are upset.



Talk about your child’s emotions and give them the words to help them explain how they are feeling.



Give your child 2-step instructions like “Go to your room and get your shoes”.



Make an “activity box” with paper, crayons, and coloring books and help your child work on drawing lines and shapes.



Encourage your child to play with other children.



Play counting games.



Limit screen time (TV, tablets, phones) to no more than 1 hour a day.



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# Milestones Matter:

How your child plays, learns, speaks, acts, and moves offers important clues about their development. Check the milestones your child has reached by age 4.

## What most 4 year olds do:

 **Is social with other children** and asks to play with others

 **Pretends to be something else** during play (teacher, superhero, dog)

 Likes to be **“a helper”**

 **Says sentences** with 3 or more words

 **Draws a person** with 2 to 4 body parts


 **Catches a ball** most of the time


 **Holds crayon or pencil** between fingers and thumb, not with fist





**Remember to schedule your 4 year well-child visit!**


## Help Your Child Learn & Grow

 Create a calm, quiet bedtime routine.

 Give child toys and things that encourage imagination, dress-up clothes, pans to cook with or blocks to build with. Join in their pretend play.

 Help your child learn about colors, shapes, and sizes.

 Encourage your child to use their words, play with others, and learn about feelings.

 Read with your child. Ask them what's happening in the story and what they think might happen next.



## You Know Your Child Best

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# Milestones Matter:

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## What most 5 year olds do:



**Sings, dances,** or acts for you



**Does simple chores at home,** like matching socks or clearing table.



**Tells simple stories** and answers simple questions



**Counts** to 10



**Hops** on one foot



**Takes turns** when playing with other children.



**Writes some letters** in their name.

**Remember to schedule your 5 year well-child visit!**



## Help Your Child Learn & Grow



Play rhyming games like “what rhymes with cat?”.



Have your child play with building blocks and puzzles.



Encourage your child to ‘read’ by looking at pictures and telling the story. Talk about the feelings the characters might have.



Play games that help with memory, attention, and simple rule following.



Talk about and label your child’s and your own feelings.

## You Know Your Child Best



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