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.

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For additional information on developmental milestones go to

www.cdc.gov/ActEarly 1-800-CDC-INFO (1-800-232-4636)

Learn the Signs. Act Early.





Being l is awfully fun!

Have a ONE-derful birthday!

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.





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.



 $\stackrel{\scriptstyle \sc }{\scriptstyle \sc }$ Respond with words when your baby points.



Provide lots of safe places for your baby to explore.

You Know Your Baby Best

Don't wait! If your baby is not meeting one or more milestones, has lost skills he or she once had, or you have other concerns, act early.



Remember to schedule your baby's I year well-child visit!

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.

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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

Don't wait! If your child is not meeting one or more milestones, has lost skills he or she once had, or you have other concerns, act early.

Ask for a referral to a specialist or call your local public elementary school for an evaluation and to find out about possible services.

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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



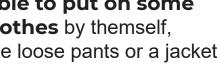
Avoids touching dangerous

objects, like a hot stove, when warned



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







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 Litte 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.

1 + 1 = 2 Play counting games.



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

Don't wait! If your child is not meeting one or more milestones, has lost skills he or she once had, or you have other concerns, act early.

Ask for a referral to a specialist or call your local public elementary school for an evaluation and to find out about possible services.

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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



Likes to be **"a helper"**

- Says sentences with 3 or more words
- **Draws a person** with 2 to 4 body parts



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



Ask for a referral to a specialist or call your local public elementary school for an evaluation and to find out about possible services.

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How your child plays, learns, speaks, acts, and moves offers important clues about their development. Check the milestones your child has reached by age 5.

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

Don't wait! If your child is not meeting one or more milestones, has lost skills he or she once had, or you have other concerns, act early.

