

# Help your child grow and thrive

Your child's early years are so very important. Tracking how your little one plays, learns, speaks, acts, and moves helps you support their development.



Track & Share  
Milestones



Get Tips &  
Activities



Learn When  
to Act Early

Learn more at [cdc.gov/MilestoneTracker](https://cdc.gov/MilestoneTracker)

# Apoye su desarrollo y crecimiento

Los primeros años de su hijo son muy importantes. Seguir cómo su pequeño juega, aprende, habla, actúa y se mueve lo puede ayudar en su desarrollo.



Siga y comparta  
los indicadores  
del desarrollo



Vea consejos  
y actividades



Sepa cuándo  
debe reaccionar  
pronto



Encuentre más información  
en [cdc.gov/Sigamos](https://cdc.gov/Sigamos)

Download CDC's free  
*Milestone Tracker* app.



Descargue la aplicación  
gratuita de los CDC  
*Sigamos el desarrollo.*



U.S. CENTERS FOR DISEASE  
CONTROL AND PREVENTION

American Academy  
of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN®

# Take 3 Steps to Support Child Development Today!

- 1 Use the reverse side as a poster to tell families about CDC's free **Milestone Tracker** app.
- 2 Photocopy or save the links to the resources below.
- 3 Access these free resources and courses to support child development in your practice.



Scan to access CDC's *Learn the Signs. Act Early.* homepage

## Learn the Signs. Act Early. Online Resources from the Centers for Disease Control and Prevention (CDC)

Find family-friendly milestone checklists for children 2 months through 5 years of age and other FREE resources to engage families in your developmental surveillance efforts. Multiple languages available.

- **Healthcare provider web page:** [www.cdc.gov/ActEarly/Healthcare](http://www.cdc.gov/ActEarly/Healthcare)
- **Order free resources:** [www.cdc.gov/ActEarly/Orders](http://www.cdc.gov/ActEarly/Orders)
- **Download free resources:** [www.cdc.gov/ActEarly/Materials](http://www.cdc.gov/ActEarly/Materials)



Scan to access these resources and more

## CDC and AAP Resources for Healthcare Providers

- **Overview of Developmental Surveillance and Screening | How to Identify a Developmental Concern.** A brief resource highlighting the differences between developmental surveillance and screening, including free resources to assist with conducting developmental surveillance.
- **Identifying Risks, Strengths, and Protective Factors for Children and Families: A Resource for Clinicians Conducting Developmental Surveillance.** Includes suggested supports and strategies to identify risks, strengths, and protective factors via the developmental surveillance process, including suggested questions.
- **AAP's Family Friendly Referral Guide.** A customizable guide with information about local referral resources to support families/caregivers in next steps when a developmental concern has been identified. Also available in Spanish.



Scan to access PediaLink

## AAP's FREE PediaLink Courses

**Innovative Strategies for Improving Developmental Surveillance and Screening.** Learn new strategies to integrate developmental surveillance, screening, referral, and follow-up into your practice.

### COMING SOON:

- Milestones Matter: Optimizing Developmental Surveillance
- Autism Identification and Collaborative Care



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