

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
1-800-CDC-INFO (1-800-232-4636)



Learn the Signs. Act Early.

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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



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.

