

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

Ask for a referral to a specialist or call your local public elementary school for an evaluation and 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.

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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



**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.**