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



Learn the Signs. Act Early.



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

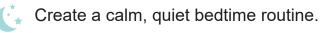
Draws a person with 2 to 4 body parts

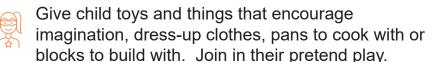
Catches a ball most of the time

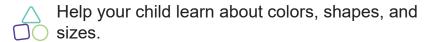
> Holds crayon or pencil between fingers and thumb, not with fist

Remember to schedule your 4 year well-child visit!

Help Your Child Learn & Grow







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.



