

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 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.

