The journey of your child’s early years includes many developmental milestones for how he or she plays, learns, speaks, and acts.

Look inside to learn what to look for in your child. Talk with your child’s doctor about these milestones.

Not reaching these milestones, or reaching them much later than other children, could be a sign of a developmental delay.

You Know Your Child Best.
If you are concerned about your child’s development, talk to the doctor.

If you or the doctor is still concerned, contact one of the agencies on the back of this brochure.

Don’t Wait.
Acting early can make a real difference!

For more information about what to do if you have a concern, contact your child’s doctor or one of these agencies.

Parents as Teachers
A resource for parents of children from birth to 5 years of age. Call Parents as Teachers for information on parenting and child development.

314-432-4330
www.parentsasteachers.org

First Steps
A resource for parents of children from birth to 3 years of age. Call First Steps if you have a concern about a developmental delay or disability.

314-453-9203
http://dese.mo.gov/divspeced/FirstSteps
Your Child’s Early Development is a Journey

Check off the milestones your child has reached and share your child’s progress with the doctor at every visit.

6 MONTHS
- Copies sounds
- Begins to sit without support
- Likes to play with others, especially parents
- Responds to own name
- Strings vowels together when babbling (“ah,” “eh,” “oh”)
- Uses simple gestures such as shaking head for “no” or waving “bye bye”
- Copies gestures

12 MONTHS (1 YEAR)
- Responds to simple spoken requests
- Says “mama” and “dada”
- Pulls up to stand

18 MONTHS (1 1/2 YEARS)
- Says several single words
- Walks alone
- Knows what ordinary things are for; for example, telephone, brush, spoon
- Plays simple pretend, such as feeding a doll
- Points to show others something interesting

2 YEARS
- Follows simple instructions
- Kicks a ball
- Says sentences with 2 to 4 words
- Gets excited when with other children

3 YEARS
- Copies adults and friends (like running when other children run)
- Carries on a conversation using 2 to 3 sentences
- Climbs well
- Plays make-believe with dolls, animals and people
- Shows affection for friends without prompting

4 YEARS
- Hops and stands on one foot for up to 2 seconds
- Would rather play with other children than alone
- Tells stories
- Draws a person with 2 to 4 body parts
- Plays cooperatively

These are just a few of many important milestones to look for. For more complete checklists by age visit www.cdc.gov/ActEarly or call 1-800-CDC-INFO.