

Child Development

Family-friendly Guidance



Checking a child's progress and tracking development is quick and easy with these free online resources developed by the Centers for Disease Control and Prevention (CDC). These are useful for both families and providers.



Developmental Milestones Checklists

These checklists from the CDC offer an easy way to monitor the progress of important milestones and assist in identifying when to see a doctor with concerns

http://www.cdc.gov/ncbddd/actearly/pdf/checklists/all_checklists.pdf



Milestone Moments Booklet

This booklet is a quick reference that tracks child development from 2 months to 5 years

http://www.cdc.gov/ncbddd/actearly/pdf/parents_pdfs/milestonemomentseng508.pdf



"Your Child's Early Development is a Journey"

This colorful map of developmental milestones is an engaging way to follow the journey of development

http://www.cdc.gov/ncbddd/actearly/pdf/parents_pdfs/trackchildsdevmilestoneseng.pdf



Child Growth Chart

A fun way to follow physical growth and track key milestones

http://www.cdc.gov/ncbddd/actearly/pdf/parents_pdfs/growthchart.pdf



Milestone Tracker App

Illustrated milestone checklists for 2 months to 5 years; tips for encouraging a child's development; what to do if you become concerned; reminders for appointments and developmental screening.

https://www.cdc.gov/ncbddd/actearly/pdf/milestone_tracker_app/Poster-8.5x11_EngwSpan-P.pdf



Birth to 5: Watch Me Thrive! Developmental Screening Passport

This pamphlet is your child's screening record. It is a way to keep track of your child's screening history and results.

https://www.cdc.gov/ncbddd/actearly/pdf/Birth-to-5-Watch-Me-Thrive_Screening-Passport-4-22-14-508.pdf

