



# DEVELOPMENTAL

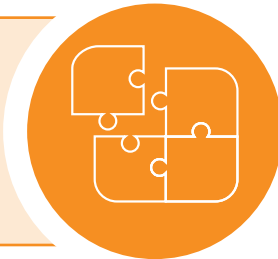
# MILESTONES

The first years of a child's life are important for their health and development. From birth to age 5, your child should meet developmental milestones in the way he plays, learns, acts, and moves. Developmental milestones are the things that most children can do by a given age. The milestones are divided into 4 areas:

## 4 IMPORTANT AREAS OF DEVELOPMENT AND SKILLS

### SOCIAL AND EMOTIONAL:

How they interact with others and express their emotions.



### SPEECH AND COMMUNICATION:

How they react to and recognize sounds and voices.

### COGNITIVE:

Ability to understand, reason, think, and follow instructions.



### MOTOR AND PHYSICAL:

Move their hands and feet, move around and learn about your environment.

## IMPORTANT!

Developmental milestones allow us to detect early signs of possible developmental problems.

## RECOMMENDATIONS

- Talk to your pediatrician if you have concerns about your child's development.
- At each visit with the pediatrician, mention the milestones that your child achieved and point out the ones are missing.
- Ask about recommended developmental and behavioral testing based on the child's age.
- Consult with the pediatrician if it is necessary to refer the child to a specialist for further evaluation.
- Ask questions if you don't understand something.

In the Centers for Disease Control and Prevention (CDC) **Milestone Tracker** app, you can find helpful information to help you track your child's growth and development:

- Milestones checklist by age:
  - 2 months
  - 4 months
  - 6 months
  - 9 months
  - 1 year
  - 1 year and 3 months
  - 1 year and 6 months
  - 2 years
  - 2 year and 6 months
  - 3 year
  - 4 year
  - 5 year
- Photos and videos of development milestones
- Activities for development according to their age
- Tips on what to expect at each developmental milestone and when to talk to your pediatrician
- Reminder appointments with the pediatrician



For guidance and assistance, call the  
**PSM Beneficiary Service**  
**1-866-600-4753 / 1-844-726-3345 TTY** (hearing impaired)  
This call is free of charge.

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References: <https://www.cdc.gov/ncbddd/actearly/milestones-app.html>  
[https://www.cdc.gov/ncbddd/actearly/pdf/help\\_pdfs/How-to-Get-Help-for-Your-Child-Tip-Sheet\\_FINAL\\_2-2020-English\\_508.pdf](https://www.cdc.gov/ncbddd/actearly/pdf/help_pdfs/How-to-Get-Help-for-Your-Child-Tip-Sheet_FINAL_2-2020-English_508.pdf)