Baby on the Way?
Get Ready to Track Your Baby's Development

With baby on the way, now is a great time to learn about developmental milestones! Children reach milestones in how they play, learn, speak, act, and move. Learning about what milestones to expect at each age will help you support your baby's health from the very start!

Why Track Your Baby's Development?

Smiling, sitting and taking first steps, are all developmental milestones! **Tracking your baby's milestones helps you:**

- ☑ Know milestones to expect at each age.
- ☑ Celebrate baby along the way!
- ☑ Ask questions or get help if you have concerns.

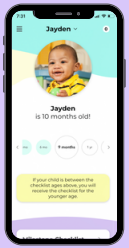
You know your baby best. If you have a concern about their development, don't wait! Act early by talking with your child's doctor about any concerns.

Give Baby the Best Start to Development

- ☑ Good nutrition and prenatal care give your baby the best start.
- ☑ Ask your WIC nutritionist for tips on eating well during pregnancy.

How to Prepare Now

- ☑ **Download CDC's FREE *Milestone Tracker* app**
- ☑ Review the milestone checklists in the app so you know what to expect at each age.



Learn more at cdc.gov/ActEarly.

ASPHN
Advancing Health Through Leadership

This resource was supported by the American Academy of Pediatrics (AAP) and funded (in part) by a cooperative agreement with the Centers for Disease Control and Prevention. The findings and conclusions presented have not been formally disseminated by CDC and should not be construed to represent any agency determination or policy. Use of trade names that may be mentioned is for identification only and does not imply endorsement by the CDC.