



Her first tooth!  
And she's babbling!

## It's time to change how we view a child's growth.

From birth to 5 years, there are milestones children should reach in terms of how they play, learn, speak, act, and move. A delay in any of these areas could be a sign of a developmental problem, even autism. Fortunately, the earlier a delay is recognized, the more you can do to help them reach their full potential.

For **FREE** information about milestones and **FREE** tools to help track a child's development, visit [www.cdc.gov/ActEarly](http://www.cdc.gov/ActEarly) or call **1-800-CDC-INFO (1-800-232-4636)**.

To see *Milestones in Action*, visit [www.cdc.gov/Milestones](http://www.cdc.gov/Milestones).



Toll-Free: 877-770-8883

Learn the Signs.  
Act Early.



U.S. Department of Health  
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Maine Developmental  
Disabilities Council  
[www.MaineDDC.org](http://www.MaineDDC.org)  
Toll-Free 800-244-3990

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