



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 or call **1-800-CDC-INFO (1-800-232-4636)**.

To see *Milestones in Action*, visit www.cdc.gov/Milestones.



Toll-Free: 877-770-8883



Maine Developmental
Disabilities Council
www.MaineDDC.org
Toll-Free 800-244-3990

Learn the Signs.
Act Early.



U.S. Department of Health
and Human Services

Centers for Disease
Control and Prevention