

Learn the Signs. Act Early.

The journey of your child's early years includes many developmental milestones for how he or she plays, learns, speaks, and acts.

Look inside to learn what to look for in your child. Talk with your child's doctor about these milestones.

Not reaching these milestones, or reaching them much later than other children, could be a sign of a developmental delay.

YOU KNOW YOUR CHILD BEST.

If you are concerned about your child's development, talk to your child's doctor.

If you or the doctor is still concerned, ask the doctor for a referral to a specialist and contact one of the agencies on the back of this brochure for additional assistance.

DON'T WAIT.

Acting early can make a real difference!



GETTING HELP.

If you don't know what services you might need, call Help Me Grow NJ at 2-1-1 or the SPAN Parent Advocacy Network at 1-800-654-7726 to get connected with child development services.

Or choose from the below to connect directly with services:

NJ Early Intervention	Project Child Find
(ages 0 to 3 years)	(ages 3 to 21 years)
1-888-653-4463	1-800-322-8174

To learn about quality child care and to find child care in your area, visit:
www.ChildCareNJ.gov

Developmental milestones adapted from Caring for Your Baby and Young Child: Birth to Age 5 (AAP, 2009) and Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents (AAP, 2008).

Track Your Child's Developmental Milestones



Your child's early development is a journey. Use this map of milestones to know what to look for along the way.

For parents of children from birth to 4 years.

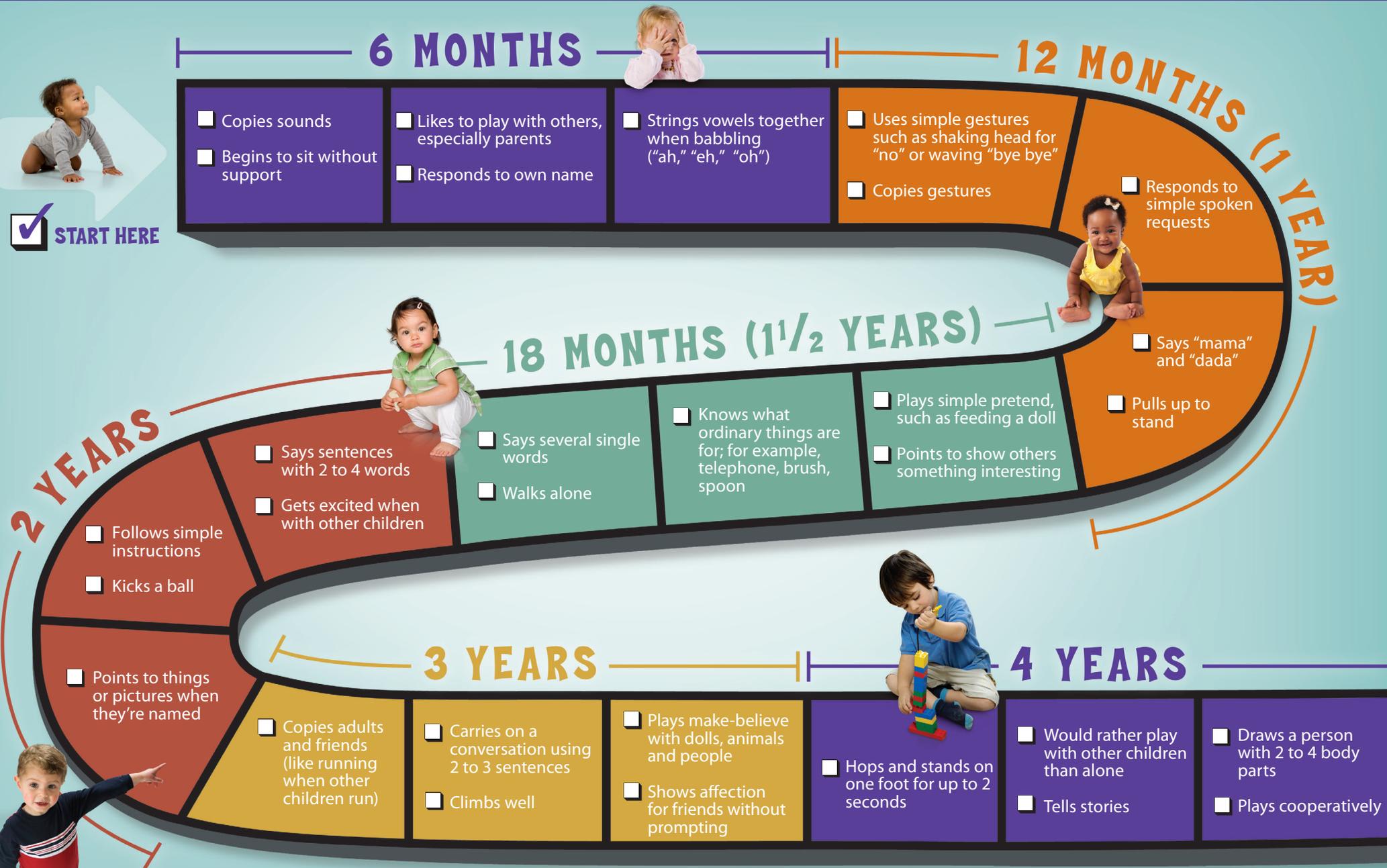
 **Help Me Grow**
New Jersey

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Your Child's Early Development is a Journey

Check off the milestones your child has reached and share your child's progress with the doctor at every visit.



These are just a few of many important milestones to look for. For more complete checklists by age, visit www.cdc.gov/ActEarly.