

MILESTONES MATTER: LET'S TALK ABOUT THEM!

Milestones at 4 Months

- ✓ Brings hands to mouth
- ✓ Holds head steady



Milestones at 9 Months

- ✓ Sits without support
- ✓ Bangs things together



Milestones at 15 Months

- ✓ Points to get help
- ✓ Uses fingers to feed themselves



Milestones at 2 Years

- ✓ Points to body parts
- ✓ Eats with a spoon



Milestones at 3 Years

- ✓ Uses a fork
- ✓ Asks "who", "what" questions



Milestones at 4 Years

- ✓ Says sentences with 4 words
- ✓ Serves themselves food



Get free milestone checklists for these ages and more at www.cdc.gov/Milestones or by calling 800-CDC-INFO (800-232-4636).

Learn the Signs. Act Early.

Developed in partnership by the University of Missouri and the US Department of Health and Human Services, Centers for Disease Control and Prevention.



Centers for Disease Control and Prevention
cdc.gov/ActEarly
1-800-CDC-INFO