

# Help your child grow and thrive

Your child's early years are so very important. Tracking how your little one plays, learns, speaks, acts, and moves helps you support their development.

**Download CDC's free *Milestone Tracker* app to find fun and easy activities for each age.**



[www.cdc.gov/MilestoneTracker](http://www.cdc.gov/MilestoneTracker)



Track & Share Milestones



Get Tips & Activities



Learn When to Act Early

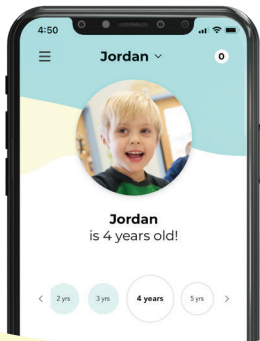
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