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## Download CDC's FREE Milestone Tracker App

Track Milestones

Share a Summary

Get Tips & Activities

Learn more at [cdc.gov/MilestoneTracker](https://www.cdc.gov/MilestoneTracker)

The Centers for Disease Control and Prevention (CDC) has launched the ***Milestone Tracker***, a free application (app) for tracking a child's development in a fun and easy way. The app adds to the suite of free, family-friendly materials available through the CDC **Learn the Signs, Act Early** program available at <https://www.cdc.gov/ncbddd/actearly/index.html>.

The *Milestone Tracker* provides a way to document developmental milestones, recognize delays, and share information with health care providers. The new app offers:

- Interactive milestone checklists for children ages 2 months through 5 years, illustrated with photos and videos
- Tips and activities to help children learn and grow
- Information on when to act early and talk with a doctor about developmental delays
- A personalized milestone summary that can be easily shared with the doctor and other care providers
- Reminders for appointments and developmental screening

Additionally, health care providers can use the app to help with developmental surveillance as recommended by the American Academy of Pediatrics, and early care and education providers can use it to better understand students' skills and abilities, and to engage families in monitoring developmental progress.

Learn more and get information on downloading the app on the CDC *Milestone Tracker* Mobile App Web Site at <https://www.cdc.gov/ncbddd/actearly/milestones-app.html>.