**Child and Adolescent Development Resource Guide**



**Websites**

* Milestone checklists from the CDC for ages 2 months-5 years: <https://www.cdc.gov/ncbddd/actearly/index.html>
* Milestones in action (pictures and videos) from the CDC for ages 2 months-5 years: https://www.cdc.gov/ncbddd/actearly/milestones/milestones-in-action.html
* Healthy Children Ages and Stages https://www.healthychildren.org/English/ages-stages
* Child Mind Institute <https://childmind.org/>
* Early On (developmental support for children in Michigan) <https://www.1800earlyon.org/>
* Understood (for learning and attention issues) <https://www.understood.org/en>

**Apps**

 CDC’s Milestone Tracker – ages 2 months-5 years

 Child Health Tracker – ages 0-18 years

 Bright Futures Visit Planner – ages 0-18 years

 Playfully – ages 0-3 years

 MoodTools – Depression tools