

What People Are Saying!

“I have downloaded the app for my family and recommend it to my patients. It is easy to use, has great videos, and appeals to all audiences which I appreciate.”

~ Elise Gentile, MS, APRN, CPNP,
Advocate Children’s Hospital,
Oak Lawn, IL

“I love the photos and videos on Milestone Tracker, it helps me to know exactly what milestones my son should be reaching.”

~ Jasmine B., mother of 1-year-old,
Atlanta, GA



UBMD Primary Care Contact Information

Amherst Office

Phone: 716.688.9641

Monday-Friday: 8:30 am-4:30 pm

After hours doctor available

Conventus Office

Phone: 716.550.8361

Monday-Friday: 8:30 am-4:30 pm

After hours doctor available

Sheridan Office

Phone: 716.835.9800

Monday-Friday: 8:30 am-4:30 pm

After hours doctor available



CDC Pediatric Milestone App

Milestones matter!

Track your child’s milestones from age 2 months to 5 years with CDC’s easy-to-use illustrated checklists; get tips from CDC for encouraging your child’s development; and find out what to do if you are ever concerned about how your child is developing.

From birth to age 5, your child should reach milestones in how he or she plays, learns, speaks, acts, and moves. Photos and videos in this app illustrate each milestone and make tracking them for your child easy and fun!



The use of this app is not a substitute for the use of validated, standardized developmental screening tools as recommended by the American Academy of Pediatrics.

CDC does not collect or share any personal information that can be used to identify you or your child.

App Features:



- **Add a Child** – add a photo and enter personalized information about your child or multiple children.
- **Milestone Tracker** – track your child’s developmental progress by looking for important milestones using an interactive, illustrated checklist.
- **Checklists Adjust for Prematurity** – updated functionality uses corrected age external icon for babies born prematurely.
- **Milestone Photos and Videos** – know what each milestone looks like so that you can better identify them in your own child.
- **Tips and Activities** – support your child’s development at every age.



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App Features (continued):



- **When to Act Early** – know when it is time to “act early” and talk with your child’s doctor about developmental concerns.
- **Appointments** – keep track of your child’s doctors’ appointments and get reminders about recommended developmental screenings.
- **Milestone Summary** – get a summary of your child’s milestones to view and share with or email to your child’s doctor and other important care providers.