## Learn the Signs. Act Early.

# You know your child best

If your child is not meeting milestones or you are concerned about the way your child plays, learns, speaks, acts, or moves, talk with your child's doctor, share your concerns and ask for a developmental screening.

#### If you or the doctor is still concerned:

- 1. Ask for a referral to a specialist and,
- 2. Call for a free evaluation to find out if your child can get services to help:

#### If your child is under age 3:

Call your state or territory's early intervention program.

Learn more and find the phone number at: <a href="mailto:cdc.gov/FindEl">cdc.gov/FindEl</a>

If your child is age 3 or older: Call any local public elementary school.

For more on how to help your child, visit <a href="mailto:cdc.gov/ActEarly">cdc.gov/ActEarly</a> or call 1-800-232-4636

### Don't Wait.

Acting early can make a real difference!

See below for a list of local resources

# Regional Center Early Start Program

### **Redwood Coast Regional Center**

- Del Norte (707) 464-7488
- Humboldt (707) 445-0893
- Lake & Mendocino (707) 462-3832 x 274 redwoodcoastrc.org

## **Family Resource Centers**

— Humboldt County—

**Changing Tides Family Services** 707-444-8293 • changingtidesfs.org

— Del Norte County—

# Family Resoure Center of the Redwoods

707-464-0955

- Lake County-

### **Lake Family Resource Center**

707-279-0563 ext. 209 • <u>lakefrc.org</u>

- Mendocino County-

#### **Safe Passage Family Resource Center**

707-964-3077 • safepassagefortbragg.org

#### **ABC Family Resource Center**

707-234-3300 • first5mendocino.org

- Del Norte, Humboldt, Lake, & Mendocino -

# WarmLine Family Resource Center

844-455-9517 • <u>warmlinefrc.org</u>

# Special Education Local Plan Areas (SELPA)

- Humboldt & Del Norte County-

**Humboldt-Del Norte - SELPA** 

707-441-2051 • hdnselpa.org

- Lake County-

#### Lake County Office of Education - SELPA

707-995-9523 • <u>lakecoe.org</u>

- Mendocino County-

Mendocino County Office of Education - SELPA

707-467-5166 • mcoe.us

# Milestone Moments



### **Milestones Matter!**

Look inside for milestones to watch for in your child and tips for how you can help your child learn and grow.







This brochure was adapted and provided by:



# Your Child's Early Development is a Journey

These are just a few of many important milestones to look for. For complete checklists for your child's age visit www.cdc.gov/Milestones or download CDC's free Milestone Tracker app.

# 2 MONTHS

**18 MONTHS** 

Start Here

- · Looks at your face
- Reacts to loud sounds
- Smiles when you talk to or smile at her
- Holds head up when on tummv
- Knows familiar people
- Takes turns making sounds with you
- •Reaches to grab a toy he wants
- •Rolls from tummy to back
- Plays games with you. like pat-a-cake
- •Calls a parent "mama" or "dada'

MONTHS

2 YEARS

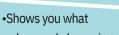
- Tries to use switches. knobs, or buttons on a
- •Kicks a ball

- ·Looks at your face to see how to react in a new situation
- Says at least two words together, like "More milk."
- Copies vou doing chores, like sweeping with a broom
- •Tries to use a spoon
- Points to show you something interesting
- •Tries to say three or more words besides "mama" or "dada"

 Puts something in a container, like a block in a cup

**5 YEARS** 

•Pulls up to stand



•Uses things to pretend, like feeding a block to a doll as if it were food

Says about

50 words

- she can do by saving. "Look at me!"
- •Jumps off the ground with both feet

# **3 YEARS**

- Talks with you in conversation
- Draws a circle. when you show him how
- Notices other children and joins them to play
- Uses a fork

# **4 YFARS**



"What is a coat for?

 Names a few colors of items



- Unbuttons
- Likes to be a "helper"

some buttons

- •Follows rules or takes turns when playing games with other children
- Uses or recognizes simple rhymes
- Writes some letters in her name
- Hops on one foot