

Learn the Signs. Act Early.

The journey of your child's early years includes many developmental milestones for how he or she plays. To learn what to look for in your child, talk with your child's doctor about these milestones.

Not reaching these milestones, or reaching them much later than other children, could be a sign of a developmental delay.

If you have concerns about your child's development contact your local Family Resource Center, regional center or school district Special Education Local Plan Area (SELPA):

Regional Center, Early Start Program

- Ages Birth to 36 months -

Redwood Coast Regional Center

Del Norte (707) 464-7488

Humboldt (707) 445-0893

Lake & Mendocino (707) 462-3832 x 274
redwoodcoastrc.org

- Ages 3 Years & Up -

Redwood Coast Regional Center

Del Norte & Humboldt (707) 445-0893

Lake & Mendocino (707) 462-3832 x 259
redwoodcoastrc.org



Centers for Disease
Control and Prevention

www.cdc.gov/ActEarly
1-800-CDC-INFO

Family Resource Centers

- Humboldt County -

Special Needs Connection (age 0-3)
Changing Tides Family Services
(707) 444-8293 • changingtidesfs.org

- Del Norte County -

Early Start Connections (age 0-3)
Family Resource Center of the Redwoods
494 PACIFIC AVE, CRESCENT CITY 95531
(707) 464-0955

- Lake County -

Lake Family Resource Center (age 0-3)
(707) 279-0563 ext. 209 • lakefrc.org

- Mendocino County -

Safe Passage Family Resource Center (Coast) (age 0-3)
(707) 964-3077 • safepassagefortbragg.org

ARC Family Resource Center (Inland)
1640 SOUTH STATE STREET, UKIAH
(707) 234-3300 • arc@mendochildren.org

- Del Norte, Humboldt, Lake, & Mendocino -

WarmLine Family Resource Center (0-26 years)
Parent Training & Information Center (for Special Education)
Toll free: 844-455-9517 • warmlinefrc.org

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 • lakecoe.org

- Mendocino County -

**Mendocino County Office of
Education – SELPA**
(707) 467-5166 • mcoe.us



Track Your Child's Developmental Milestones

For parents of children from birth to 4 years



Learn the Signs. Act Early.

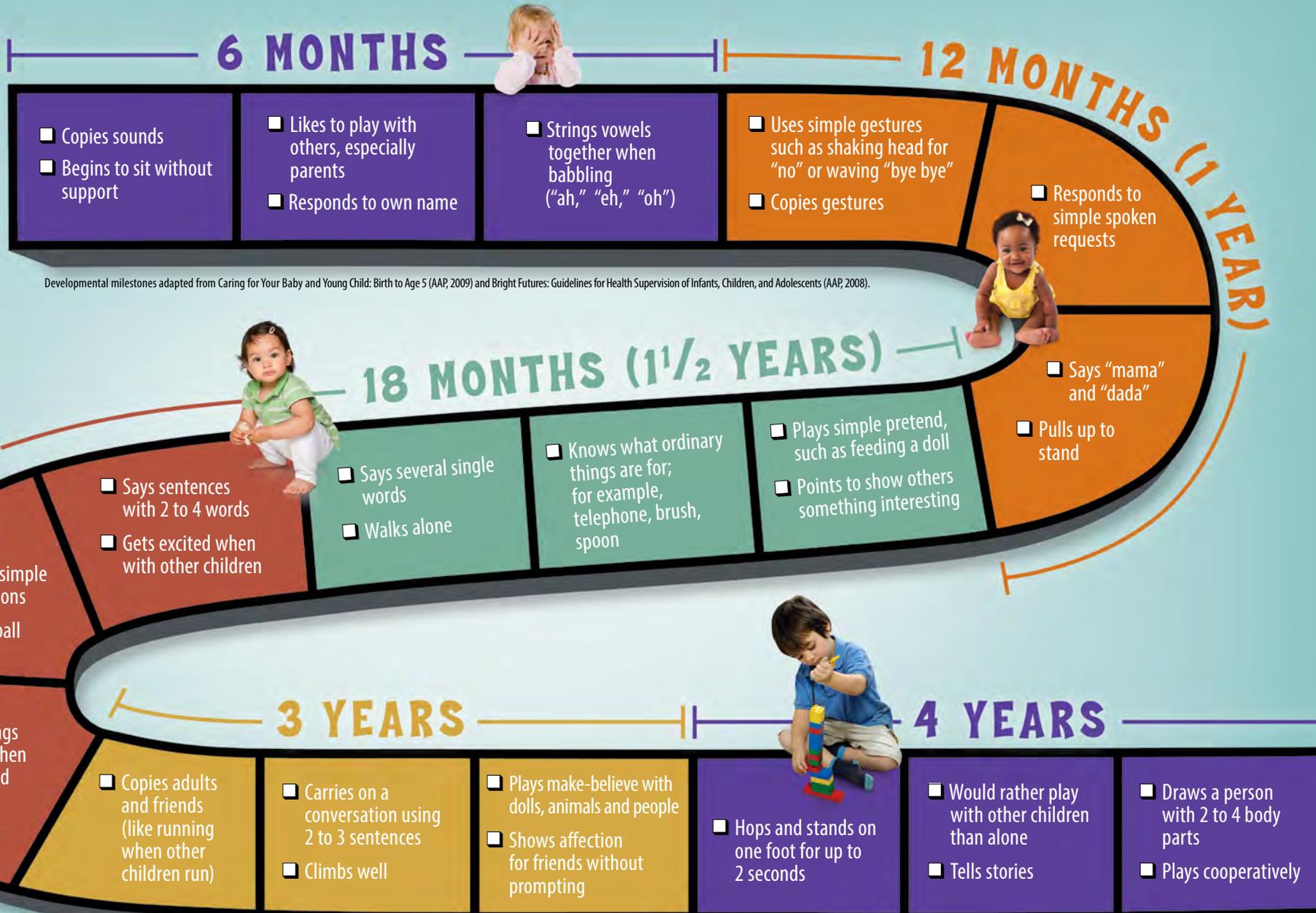
Your child's early development is a journey. Use this map of milestones to know what to look for along the way.

This brochure developed and provided by



Your Child's Early Development is a Journey

Check off the milestones your child has reached and share your child's progress with the doctor at every visit.



Developmental milestones adapted from Caring for Your Baby and Young Child: Birth to Age 5 (AAP, 2009) and Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents (AAP, 2008).

These are just a few of many important milestones to look for. For more complete checklists by age visit www.cdc.gov/ActEarly or call 1-800-CDC-INFO.