

## 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 and live within Fresno, Kings, Madera, Mariposa, Merced, or Tulare counties, here is who you can call for further support:

### Central Valley Regional Center

Fresno Office (559) 276-4300  
Visalia Office (559) 738-2200  
Merced Office (209) 723-4245  
[www.cvrc.org](http://www.cvrc.org)

### Family Resource Centers

#### - Fresno County -

**Clovis Unified FRC (Clovis Unified school)**  
(559) 327-8455 • [cusd.com/special-ed/parent-resources/](http://cusd.com/special-ed/parent-resources/)  
**Exceptional Parents Unlimited**  
(559) 225-1102 • [www.epuchildren.org](http://www.epuchildren.org)  
**Help Me Grow Fresno County's ONE CALL FOR KIDS**  
(559) 225-1102 • [www.epuchildren.org](http://www.epuchildren.org)



Centers for Disease  
Control and Prevention  
[www.cdc.gov/ActEarly](http://www.cdc.gov/ActEarly)  
1-800-CDC-INFO

### Family Resource Centers

- **Kings County -**  
**UCP (United Cerebral Palsy) of Central California**  
(559) 584-1551 • [ccucp.org](http://ccucp.org)

- **Madera County -**  
**Madera Family Resource Center**  
(559) 662-4833 (English)  
(559) 662-4878 (Spanish)

- **Mariposa County -**  
**Mariposa Family Resource Center** (209) 966-6299

- **Merced County -**  
**CHALLENGED Family Resource Center**  
(209) 385-5314 • [challengedfrc.org](http://challengedfrc.org)  
**Children's Roundtable**  
(209) 381-6665 • [roundtable@mcoe.org](mailto:roundtable@mcoe.org)

- **Tulare County -**  
**Parenting Network Inc.**  
(559) 625-0384 • [parentingnetwork.org](http://parentingnetwork.org)

### Special Education Local Plan Areas (SELPA)

**Clovis Unified SELPA**  
(559) 327-9400 • [cusd.com/special-ed/](http://cusd.com/special-ed/)

**Fresno County SELPA**  
(559) 497-3880 • [selpa.fcoe.org/](http://selpa.fcoe.org/)

**Fresno Unified SELPA**  
(559) 457-3220 • [fresnounified.org/dept/specialeducation](http://fresnounified.org/dept/specialeducation)

**Kings County SELPA**  
(559) 589-2655 • [kings.k12.ca.us/SELPA/default.aspx](http://kings.k12.ca.us/SELPA/default.aspx)

**Madera-Mariposa SELPA**  
(559) 662-4665 • [mcsos.org/domain/1101](http://mcsos.org/domain/1101)

**Merced County SELPA**  
(209) 381-6711 • [mcoe.org/deptprog/SPED/Pages/SELPA.aspx](http://mcoe.org/deptprog/SPED/Pages/SELPA.aspx)

**Tulare County SELPA**  
(559) 730-2910 x 5125  
[tcoe.org/Special/ChildFind.shtm](http://tcoe.org/Special/ChildFind.shtm)



# Track Your Child's Developmental Milestones

For parents of children from birth to 5 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.

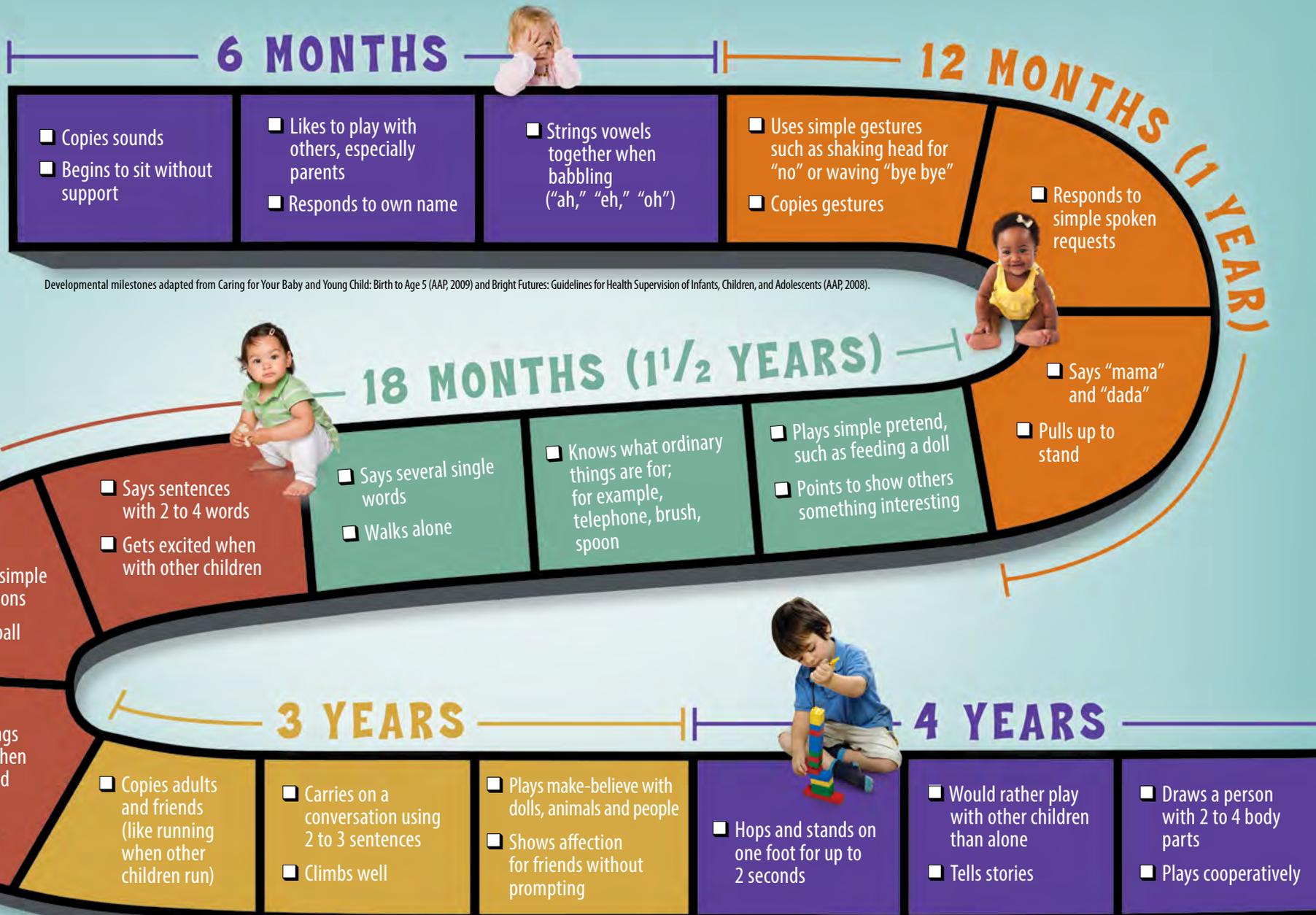
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[captain.ca.gov](http://captain.ca.gov)

# 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](http://www.cdc.gov/ActEarly) or call 1-800-CDC-INFO.