

## Learn the Signs. Act Early.

The journey of your child's early years includes many developmental milestones for how he or she plays. Learn what to look for in your child and 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 child's doctor and/or contact your local Family Resource Center or school district Special Education Local Plan Area (SELPA):

### — Napa / Solano / Sonoma Counties —

#### North Bay Regional Center

**Napa & Solano Counties** 610 AIRPARK RD, NAPA 94558  
707-256-1100 • [nbrc.net](http://nbrc.net)

**Sonoma County** 2351 MENDOCINO AVENUE,  
SANTA ROSA 95403  
707-569-2000 • [nbrc.net](http://nbrc.net)

#### Early Start Warmline for Sonoma County

311 PROFESSIONAL CENTER DR, ROHNERT PARK  
707-755-5113 • [earlylearninginstitute.com](http://earlylearninginstitute.com)

#### Parents Can

1909 JEFFERSON STREET, NAPA  
[parentscan.org](http://parentscan.org) • [parents@parentscan.org](mailto:parents@parentscan.org)

#### Matrix Parent Network - Fairfield Office

1615 W. TEXAS STREET, #4, FAIRFIELD  
707-423-2545  
[matrixparents.org](http://matrixparents.org) • [info@matrixparents.org](mailto:info@matrixparents.org)



#### Centers for Disease Control and Prevention

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

### — Napa / Solano / Sonoma Counties, Cont. —

#### Napa County SELPA

2121 IMOLA AVENUE, NAPA  
707-253-6810 • [napacoe.org](http://napacoe.org)

#### Solano County SELPA

5100 BUSINESS CENTER DRIVE, FAIRFIELD  
707-399-4460 • [solanocountyselfpa.net](http://solanocountyselfpa.net)

#### Sonoma County SELPA

5340 SKYLANE BOULEVARD  
707-524-2750 • [sonomaselpa.org](http://sonomaselpa.org)

#### Vallejo City SELPA

665 WALNUT AVENUE, VALLEJO  
707-556-8921 • [vcusd-ca.schoolloop.com/sped](http://vcusd-ca.schoolloop.com/sped)

### — Marin / San Francisco / San Mateo Counties —

#### Golden Gate Regional Center

3130 LA SELVA STREET, SAN MATEO • ATTENTION: INTAKE UNIT  
650-574-9232  
[ggrc.org](http://ggrc.org) • [intake@ggrc.org](mailto:intake@ggrc.org)

#### Support for Families of Children with Disabilities

1663 MISSION STREET, 7TH FLOOR, SAN FRANCISCO  
415-282-7494  
[supportforfamilies.org](http://supportforfamilies.org) • [info@supportforfamilies.org](mailto:info@supportforfamilies.org)

#### Family Resource Center at Community Gatepath - Niall P. McCarthy Center for Children & Families

1764 MARCO POLO WAY, BURLINGAME  
650-259-8544 • [gatepath.org](http://gatepath.org) • [helpmychild@gatepath.com](mailto:helpmychild@gatepath.com)

#### Matrix Parent Network + Resource Center

94 GALLI DRIVE, SUITE C, NOVATO 800-578-2592  
[matrixparents.org](http://matrixparents.org) • [info@matrixparents.org](mailto:info@matrixparents.org)

#### San Francisco Unified SELPA

3045 SANTIAGO ST., SAN FRANCISCO, 94116  
415-379-7656 • [sfusd.edu](http://sfusd.edu)

#### Marin County SELPA

1111 LAS GALLINAS AVENUE, SAN RAFAEL, CA  
415-499-5850 • [marinselpa.org](http://marinselpa.org)

#### San Mateo County SELPA

101 TWIN DOLPHIN DR., REDWOOD CITY  
650-802-5464  
[smcoe.org/parents-and-students/selpa/](http://smcoe.org/parents-and-students/selpa/)

# Track Your Child's Developmental Milestones

For parents of children from birth to 4 years



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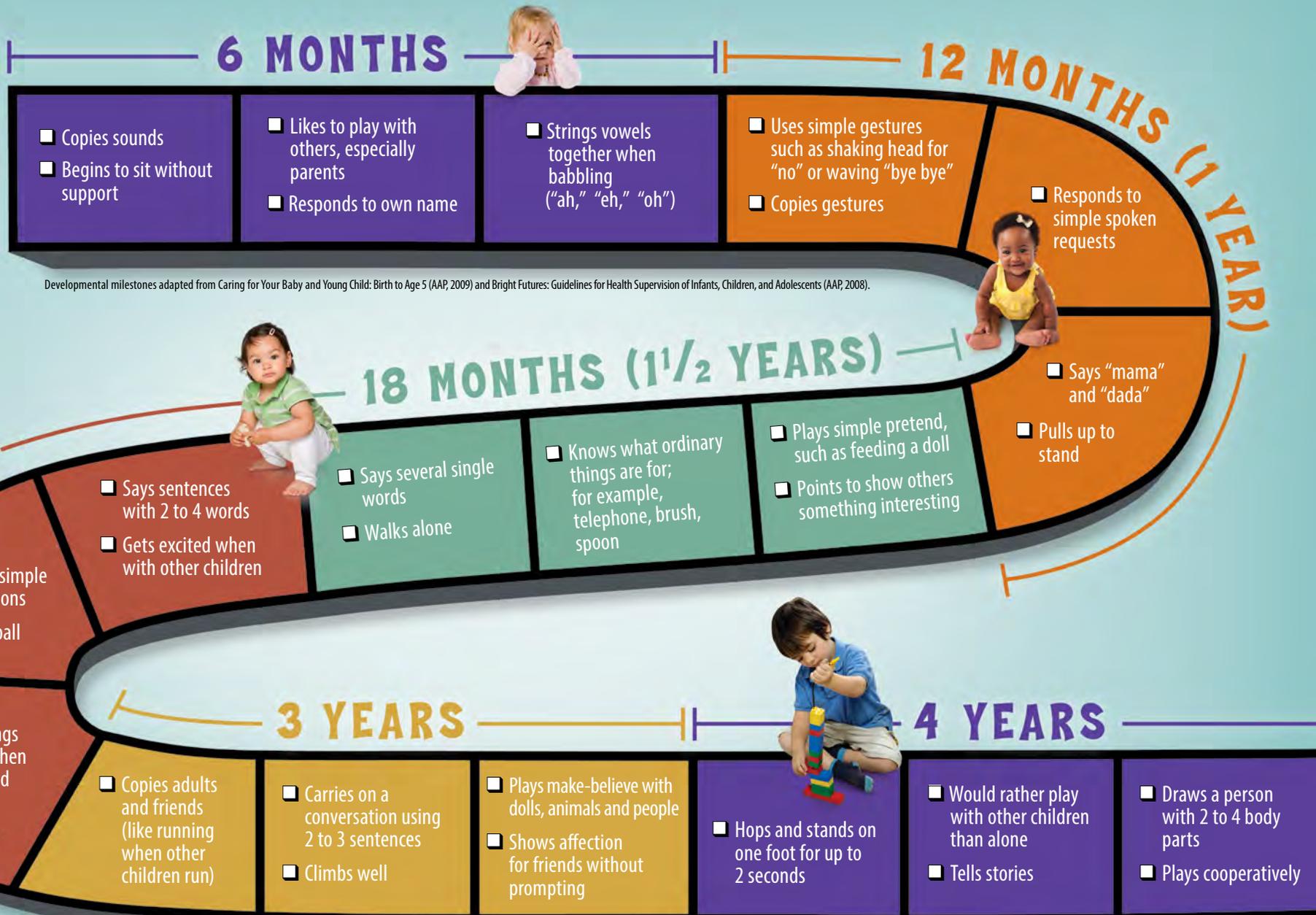
Your child's early development is a journey. Use this map of milestones to know what to look for along the way.

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