

Learn the Signs. Act Early.

The journey of your child's early years includes many developmental milestones for how he or she plays, learns, speaks, and acts.

Look inside 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.

For information about resources and services in Los Angeles County.

(Each of these contacts will be able to connect you to the agency who can serve you).

For Regional Center Information:

South Central Los Angeles Regional Center (SCLARC)

(213) 744-7000
sclarc.org

For Family Resource Center Information:

East Los Angeles Family Resource Center (ELAFRC)

(626) 300-9171
email info@elafrc.org
familyresourcenetworklac.org/about.asp



Centers for Disease Control and Prevention
www.cdc.gov/ActEarly
1-800-CDC-INFO

For information about school resources and services (even if your child isn't school-age).

If you live in the West San Gabriel Valley, Whittier, Bellflower, ABC Unified School District, Lynwood, Paramount, Norwalk-La Mirada or the South Bay area, contact:

Westside Regional Center

Ricardo Alvarado Pacheco
(310) 258-4295
email ricardop@westsiderc.org

If you live in the LAUSD area, Pasadena, Burbank, Glendale, La Canada, Santa Monica, Culver City or Beverly Hills, contact:

The McClaney Family Resource Center

Crystal Smith
(213) 744-8878
email CrystalS@SCLARC.org

If you live in the East San Gabriel Valley, Pomona or Puente Hills, contact:

East San Gabriel Valley SELPA

(626) 966-1679

If you live in the Antelope Valley, contact:

Antelope Valley SELPA

(661) 274-4136

Track Your Child's Developmental Milestones

For parents of children from birth to 5 years



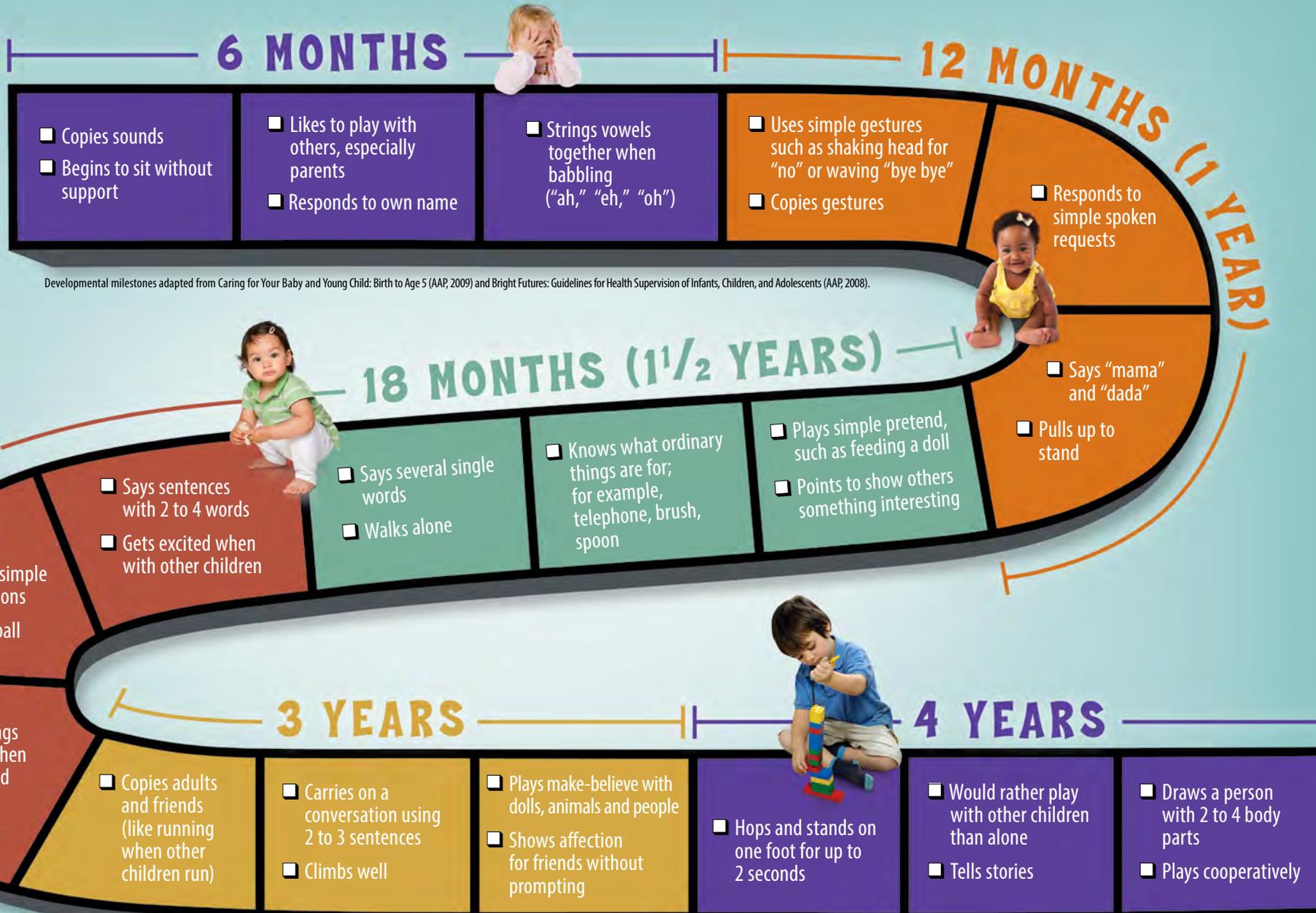
Your child's early development is a journey. Use this map of milestones to know what to look for along the way.

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.