

## 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 or school district Special Education Local Plan Area (SELPA):

### Far Northern Regional Center

Serving Butte, Glenn, Lassen, Modoc, Plumas, Shasta, Siskiyou, Tehama & Trinity Counties

530-222-4791 Redding

530-895-8633 Chico

[farnorthernrc.org](http://farnorthernrc.org)

### Rowell Family Empowerment of Northern California

Serving Butte, Glenn, Shasta, Siskiyou, Tehama & Trinity Counties

530-226-5129

[empoweryourfamily.org](http://empoweryourfamily.org)

### Lassen Child & Family Resources

Serving Lassen, Modoc & Plumas Counties

336 ALEXANDER AVENUE, SUSANVILLE, CA 96130

530-257-9781

[lassencfr.com](http://lassencfr.com)



Centers for Disease Control and Prevention

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

- BUTTE, GLENN, LASSEN, MODOC, PLUMAS, SHASTA, SISKIYOU, TEHAMA & TRINITY COUNTIES -

Special Education Local Plan Areas (SELPA)

### Butte County Office of Education - SELPA

530-532-5621

[selpa.bcoe.org](http://selpa.bcoe.org)

### Glenn County Office of Education - SELPA

530-865-1267

[www.glenncoe.org](http://www.glenncoe.org)

### Lassen County Office of Education - SELPA

530-257-7266

[lcoe.org](http://lcoe.org)

### Modoc County Office of Education - SELPA

530-233-7110

[www.modoccoe.k12.ca.us](http://www.modoccoe.k12.ca.us)

### Plumas County Office of Education - SELPA

PLUMAS UNIFIED SCHOOL DISTRICT

530-283-6557

[www.pcoe.k12.ca.us](http://www.pcoe.k12.ca.us)

### Shasta County Office of Education - SELPA

530-225-0100

[Shastacoe.org/programs-services/selpa](http://Shastacoe.org/programs-services/selpa)

### Siskiyou County Office of Education - SELPA

530-842-8432

[siskiyoucoe.net/Page/140](http://siskiyoucoe.net/Page/140)

### Tehama County Office of Education - SELPA

530-527-8562

[tehamaschools.org/department/special-education/selpa](http://tehamaschools.org/department/special-education/selpa)

### Trinity County Office of Education - SELPA

530-623-2861

[www.tcoek12.org](http://www.tcoek12.org)

# Track Your Child's Developmental Milestones

For parents of children from birth to 4 years



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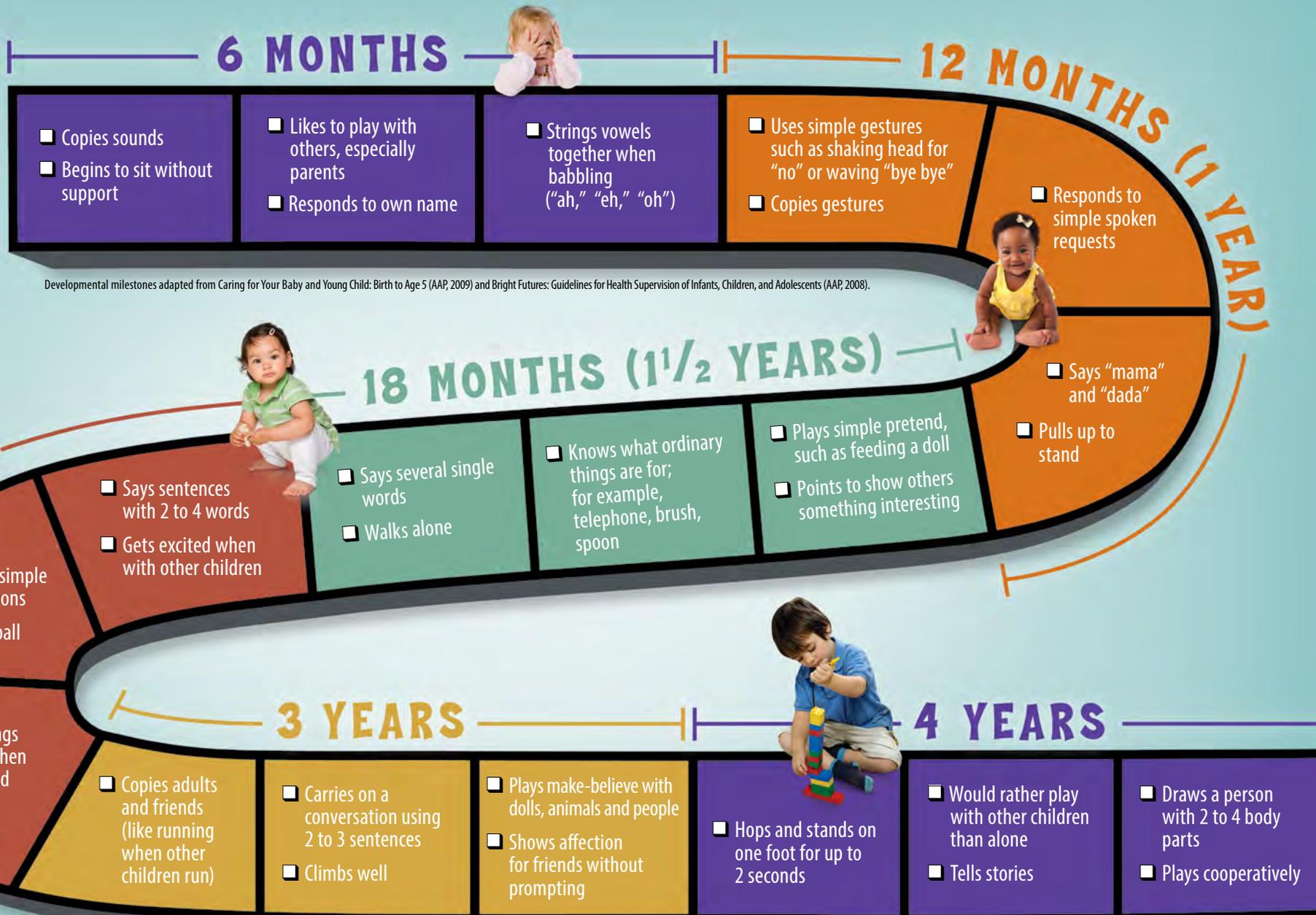
Your child's early development is a journey. Use this map of milestones to know what to look for along the way.

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.