

Learn the Signs. Act Early.

You know your child best

If your child is not meeting milestones or you are concerned about the way your child plays, learns, speaks, acts, or moves, talk with your child's doctor, share your concerns and ask for a developmental screening.

If you or the doctor is still concerned:

1. Ask for a referral to a specialist and,
2. Call for a free evaluation to find out if your child can get services to help:

If your child is under age 3:

Call your state or territory's early intervention program.

Learn more and find the phone number at: cdc.gov/FindEI

If your child is age 3 or older: Call any local public elementary school.

For more on how to help your child, visit cdc.gov/ActEarly or call 1-800-232-4636

Don't Wait.

Acting early can make a real difference!

See below for a list of local resources

Regional Center

San Diego Regional Center
sdrcc.org

Central San Diego: 858-576-2996
Imperial Counties: 760-355-8383

Family Resource Centers

Exceptional Family Resource Center
800-281-8525 • efrconline.org

First 5

San Diego: first5sandiego.org
Imperial County: icprop10.org

Imperial Valley Center for Exceptional Children
Infant and Toddler Program (birth-3)
760-312-6630 • icoe.org

Special Education Local Plan Areas (SELPA)

San Diego Unified School District
858-490-8500 • sandiegounified.org

Alcott Infants and Toddlers Program (birth-3)
858-273-3415 • sandiegounified.org

East County SELPA
619-590-3200 • sdcoe.net

North Coastal Consortium for Special Education
Districts: Del Mar, Solana Beach, Cardiff, Encinitas, Oceanside, Vista, Bonsall, and Fallbrook
760-761-5110 • nccse.org

North Island Special Education Region
Districts: Borrego Springs, Escondido, Julian, Ramona, San Pasqual, Spenser Valley, Valley Center-Pauma, and Warner School
760-788-4671 • sdcoe.net

Poway Unified School District SELPA
858-521-2800 • powayusd.com

South County SELPA
619-470-5224 • sdcoe.net

Imperial County SELPA
760-312-6419 • icoe.org

Milestone Moments



Milestones Matter!

Look inside for milestones to watch for in your child and tips for how you can help your child learn and grow.



This brochure was adapted and provided by:



Your Child's Early Development is a Journey

These are just a few of many important milestones to look for. For complete checklists for your child's age visit www.cdc.gov/Milestones or download CDC's free Milestone Tracker app.

