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/FindEl

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

sdrc.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 • <u>icoe.org</u>

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.

2 MONTHS

18 MONTHS

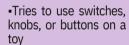
Start Here

- · Looks at your face
- Reacts to loud sounds
- Smiles when you talk to or smile at her
- Holds head up when on tummv
- Knows familiar people
- Takes turns making sounds with you
- •Reaches to grab a toy he wants
- •Rolls from tummy to back
- Plays games with you. like pat-a-cake
- •Calls a parent "mama" or "dada'



MONTHS

2 YEARS



•Kicks a ball

- ·Looks at your face to see how to react in a new situation
- Says at least two words together, like "More milk."
- Copies vou doing chores, like sweeping with a broom
- •Tries to use a spoon

 Points to show you something interesting

•Tries to say three or more words besides "mama" or "dada"

 Puts something in a container, like a block in a cup •Pulls up to stand

5 YEARS



•Uses things to pretend, like feeding a block to a doll as

50 words

Shows you what she can do by saving. "Look at me!"

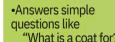
if it were food

•Jumps off the ground with both feet

3 YEARS

- Talks with you in conversation
- Draws a circle. when you show him how
- Notices other children and joins them to play
- Uses a fork

4 YFARS



 Names a few colors of items



- Unbuttons some buttons
- Likes to be a "helper"
- •Follows rules or takes turns when playing games with other children
- Uses or recognizes simple rhymes
- Writes some letters in her name
- Hops on one foot