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.

**UNO KNOW YOUR CHILD BEST.** If you are concerned about your child’s development, talk to the doctor. If you have concerns about your child’s development here is who you can call for further support:

**Special Education Local Plan Areas (SELPAs)**

**San Diego Unified School District:**
San Diego Unified School District SELPA
858-490-8500
sandiegounified.org/early-childhood-special-education-ecse

Alcott Infants and Toddlers Program (Birth-3)
858-273-3415 • www.sandiegounified.org/schools/Alcott

**East County:**
East County SELPA
619-590-3920 • www.sdcoe.net/EastCountySELPAs

**For Additional Support:**
San Diego Regional Center
serves San Diego and Imperial Counties
858-576-2996 (Central San Diego)
760-355-8383 (Imperial County)
www.sdrd.org • http://sdrd.org/services/early-start/

Exceptional Family Resource Center
800-281-8252 • www.EFRCOnline.org

First 5 San Diego
1-888-5 FIRST 5 (1-888-534-7785)
First5sandiego.org

**North Coastal Consortium for Special Education (NCCSE)**
Serves the Del Mar, Solana Beach, Cardiff, Encinitas, Rancho Santa Fe, San Dieguito, Carlsbad, San Marcos, Oceanside, Vista, Vallecitos, Bonsall, and Fallbrook Districts:

NCCSE SELPA 760-761-5110 • www.nccse.org

**North Inland Special Education Region (NISER)-**
Serves Borrego Springs, Escondido, Julian, Ramona, San Pasqual, Spencer Valley, Valley Center-Pauma, and Warner School Districts

NISER SELPA 760-788-4671

**Poway Unified School District:**
Poway Unified School District SELPA
858-521-2800 www.powaysd.com/Departments/Special-Education/Special-Education

**South County:**
South County SELPA
619-470-5224 • www.sdcoe.net/student-services/special-education/sselpa/Pages/south-county.aspx

HOPE Infant Family Support Program
provides early intervention services to infants and toddlers, birth-3, and their families in the North Coastal, North Inland, Poway and South County SELPAs.

www.sdcoe.net/student-services/early-education/Pages/hope-infant-family-support.aspx

**Imperial County:**
Imperial County SELPA:
760-312-6419 • www.icoe.org/selpa

Imperial Valley Center for Exceptional Children (IVCEC)
Infants and Toddlers Program (Birth-3)
760-312-6630 • www.ivcec.org/programs/infant-toddler

**For Additional Support:**
San Diego Regional Center
serves San Diego and Imperial Counties
858-576-2996 (Central San Diego)
760-355-8383 (Imperial County)
www.sdrd.org • http://sdrd.org/services/early-start/

Exceptional Family Resource Center
800-281-8252 • www.EFRCOnline.org

First 5 San Diego
1-888-5 FIRST 5 (1-888-534-7785)
First5sandiego.org

Learn the Signs. Act Early.
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.

Start Here

6 Months

- Copies sounds
- Begins to sit without support
- Likes to play with others, especially parents
- Responds to own name
- Strings vowels together when babbling ("ah," "eh," "oh")

12 Months (1 Year)

- Uses simple gestures such as shaking head for “no” or waving “bye bye”
- Copies gestures
- Responds to simple spoken requests
- Plays simple pretend, such as feeding a doll
- Points to show others something interesting
- Says “mama” and “dada”
- Pulls up to stand

18 Months (1 1/2 Years)

- Follows simple instructions
- Kicks a ball
- Says sentences with 2 to 4 words
- Gets excited when with other children
- Walks alone
- Says several single words
- Knows what ordinary things are for; for example, telephone, brush, spoon

2 Years

- Plays make-believe with dolls, animals and people
- Carries on a conversation using 2 to 3 sentences
- Climbs well
- Shows affection for friends without prompting
- Copies adults and friends (like running when other children run)
- Points to things or pictures when they’re named
- Carries on a conversation using 2 to 3 sentences
- Climbs well
- Plays make-believe with dolls, animals and people
- Shows affection for friends without prompting
- Copies adults and friends (like running when other children run)
- Points to things or pictures when they’re named
- Follows simple instructions
- Kicks a ball
- Says sentences with 2 to 4 words
- Gets excited when with other children
- Walks alone
- Says several single words
- Knows what ordinary things are for; for example, telephone, brush, spoon

3 Years

- Hops and stands on one foot for up to 2 seconds
- Would rather play with other children than alone
- Tells stories
- Draws a person with 2 to 4 body parts
- Plays cooperatively
- Copies adults and friends (like running when other children run)
- Points to things or pictures when they’re named
- Follows simple instructions
- Kicks a ball
- Says sentences with 2 to 4 words
- Gets excited when with other children
- Walks alone
- Says several single words
- Knows what ordinary things are for; for example, telephone, brush, spoon

4 Years

- Copies sounds
- Begins to sit without support
- Likes to play with others, especially parents
- Responds to own name
- Strings vowels together when babbling ("ah," "eh," "oh")

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.