

## Learn the Signs. Act Early.

**T**he 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.

**YOU 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 (SELPA)

#### San Diego Unified School District:

##### San Diego Unified School District SELPA

858-490-8500

[sandiegounified.org/early-childhood-special-education-ecse](http://sandiegounified.org/early-childhood-special-education-ecse)

##### Alcott Infants and Toddlers Program (Birth-3)

858-273-3415 • [www.sandiegounified.org/schools/Alcott](http://www.sandiegounified.org/schools/Alcott)

#### East County:

##### East County SELPA

619-590-3920 • [www.sdcoe.net/EastCountySELPA](http://www.sdcoe.net/EastCountySELPA)

##### East County Infants and Toddlers Program (Birth-3)

619-590-3920 • [www.sdcoe.net/student-services/special-education/ecselpa/Pages/eastco-infantprogram.aspx](http://www.sdcoe.net/student-services/special-education/ecselpa/Pages/eastco-infantprogram.aspx)



Centers for Disease  
Control and Prevention

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



**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](http://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.powayusd.com/Departments/Special-Education/Special-Education](http://www.powayusd.com/Departments/Special-Education/Special-Education)

#### South County:

##### South County SELPA

619-470-5224 • [www.sdcoe.net/student-services/special-education/scselpa/Pages/south-county.aspx](http://www.sdcoe.net/student-services/special-education/scselpa/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](http://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](http://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](http://www.ivcec.org/programs/infant-toddler)

##### Imperial County Children and Families First (First 5)

760-482-2991 • [www.icprop10.org](http://www.icprop10.org)

#### 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.sdrc.org](http://www.sdrc.org) • <http://sdrc.org/services/early-start/>

##### Exceptional Family Resource Center

800-281-8252 • [www.EFROnline.org](http://www.EFROnline.org)

##### First 5 San Diego

1-888-5 FIRST 5 (1-888-534-7785)

[First5sandiego.org](http://First5sandiego.org)

# 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*

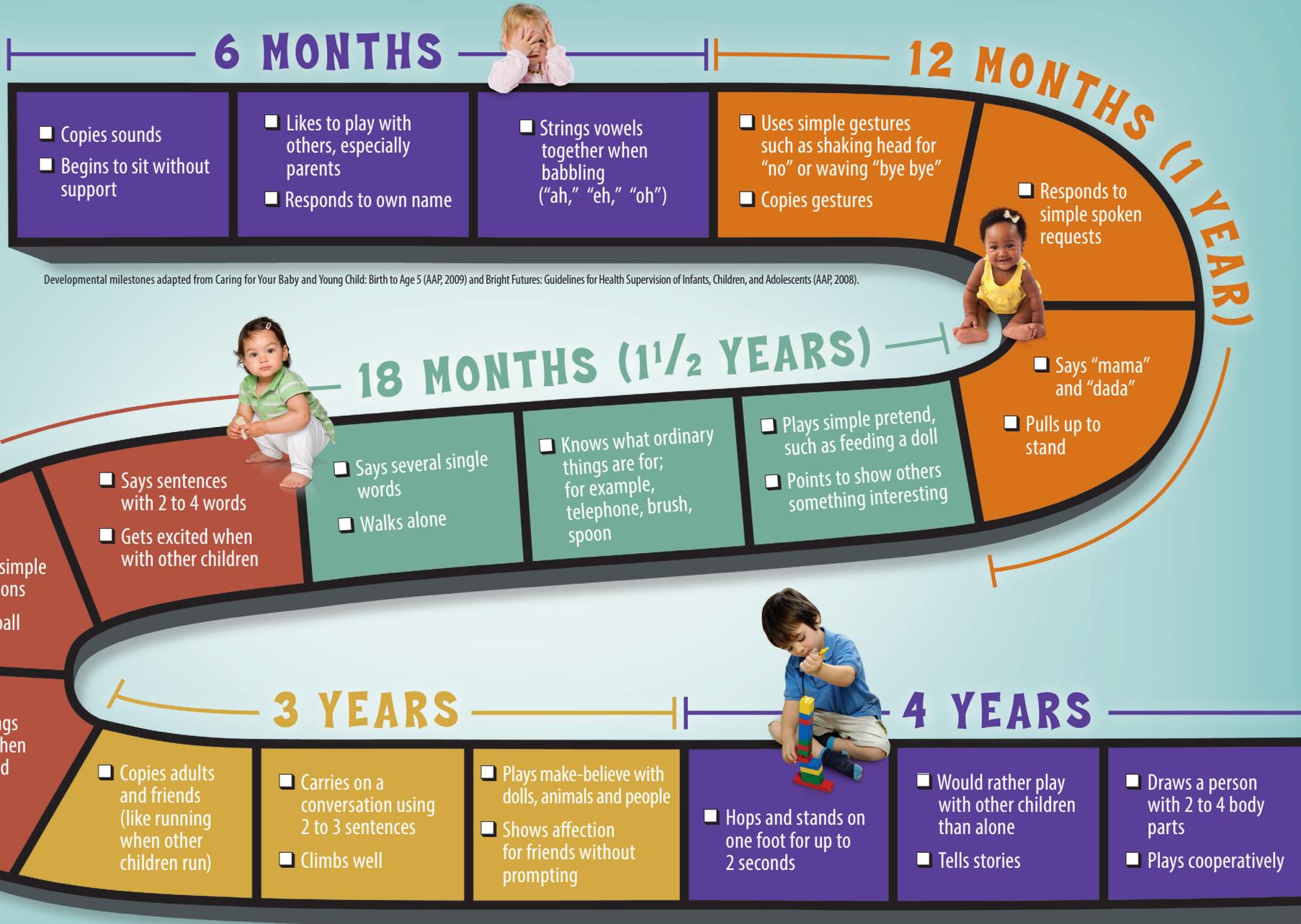


**C.A.P.T.A.I.N.**  
California Autism Professional Training  
and Information Network

[captain.ca.gov](http://captain.ca.gov)

# 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.