

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 Early Start Program

— Napa, Solano, & Sonoma Counties—

North Bay Regional Center

707-256-1100 • 707-569-2000 • nbrc.org

Early Start Warmline for Sonoma County

707-755-5113 • earlylearninginstitute.com

Parents Can

parents@parentscan.org • parentscan.org

Matrix Parent Network

707-423-2545 • matrixparents.org

Regional Center

Early Start Program (cont.)

— Marin, San Francisco, & San Mateo Counties—

Golden Gate Regional Center

650-574-9232 • ggrc.org

Support for Families of Children with Disabilities

415-282-7494 • supportforfamilies.org

Family Resource Center at Community Gatepath - Niall P. McCarthy Center for Children & Families

650-259-8544 • gatepath.org

Matrix Parent Network + Resource Center

800-578-2592 • matrixparents.org

Special Education Local Plan Areas (SELPA)

Napa County SELPA

707-253-6810 • napacoe.org

Solano County SELPA

707-399-4460 • solanocountyselpa.net

Sonoma County SELPA

707-524-2750 • sonomaselpa.org

Vallejo City SELPA

707-556-8921 • vcusd.org

San Francisco Unified SELPA

415-379-7656 • sfusd.edu

Marin County SELPA

415-499-5850 • marinselpa.org

San Mateo County SELPA

650-802-5464 • www.smcoe.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.

