

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

Family Resource Centers

WarmLine Family Resource Center

916-455-9500 • 844-455-9517 • warmlinefrc.org

Family SOUP

530-751-1925 • familysoup.org

Regional Center Early Start Program

Alta California Regional Center

916-978-6400 • altaregional.org

Special Education Local Plan Areas (SELPA)

Sacramento County Office of Education SELPA

916-228-2500 • scoe.net

Elk Grove Unified SELPA

916-686-7780 • egusd.net

Sacramento City School District SELPA

916-643-9163 • scusd.edu

San Jaun Unified School District SELPA

916-971-7525 • sanjuan.edu

Folsom Cordova Unified School District SELPA

916-294-9007 • fcusd.org

Placer County Office of Education SELPA

530-886-5873 • placercoe.org

Yolo County SELPA

530-668-3787 • ycoe.org/selpa

Colusa County Office of Education SELPA

530-473-1350 • ccoe.net

El Dorado County Office of Education SELPA

530-295-2228 • edcoe.org

Nevada County SELPA

530-265-0611 • nevco.org

Sierra County SELPA

530-993-4485 • sierracountyofficeofeducation.org

Sutter County SELPA

530-822-2900 • sutterselpa.org

Tahoe Alpine SELPA

530-541-2850 • ltusd.org

Yuba County SELPA

530-749-4873 • yubacoe.org/selpa

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.

