

## 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](https://www.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](https://www.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

### Special Education Local Plan Areas (SELPA)

#### Antelope Valley SELPA

661-274-4136 • [avspecialed.com](http://avspecialed.com)

#### Santa Clarita Valley SELPA

661-294-5398 • [scvselpa.org](http://scvselpa.org)

### Regional Center Early Start Program

#### North Los Angeles County Regional Center

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

Antelope Valley - 661-945-6761

Santa Clarita Valley- 661-775-8450

#### Family Resource Center

#### Family Focus Resource Center

San Fernando Valley

(818) 677-6854 • [csun.edu](http://csun.edu)

# 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](http://www.cdc.gov/Milestones) or download CDC's free Milestone Tracker app.

