

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

Early Start Family Resource Network

Parent to Parent Support Resources and Information
1-800-974-5553 • www.esfrn.org

Exceptional Parents Unlimited

Parent Training and Information
909-890-3388 • www.epuchildren.org

Inland Regional Center

909-890-3000 • www.inlandrc.org

Special Education Local Plan Areas (SELPA)

— San Bernadino —

Desert Mountain SELPA

760-552-6700 • cahelp.org

Desert Mountain Charter SELPA

cahelp.org

East Valley SELPA

909-252-4507 • eastvalleyseelpa.org

Fontana Unified School District SELPA

909-357-5000 ext. 29374 • fUSD.net

Morongo Unified School District SELPA

760-367-9191 ext 4230 • morongousd.com

Ontario/Montclair School District SELPA

909-418-6422 • omsd.net

San Bernardino City Unified School District SELPA

909-880-6863 • sbUSD.com

West End SELPA

909-476-6188 • weselpa.sbcss.k12.ca.us

— Riverside—

Corona Norco Unified School District SELPA

951-736-5090 • cnUSD.k12.ca.us

Moreno Valley Unified School District SELPA

951-571-7500 ext. 17590 • mvUSD.net

Riverside Unified School District SELPA

951-352-1200 • riversideunified.org

Riverside County SELPA

951-490-0375 • rcselpa.org

Temecula Valley Unified School District SELPA

951-506-7981 • tvUSD.k12.ca.us

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.

