

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

Tri Counties Regional Center
tri-counties.org

- Santa Maria - 805-922-4640
- Santa Barbara - 805-962-7881
- San Luis Obispo - 805-543-2833
 - Simi Valley - 805-522-8030
 - Atascadero - 805-461-7402
 - Oxnard - 805-485-3177

Family Resource Centers

Rainbow Connection FRC

805-485-9643 • rainbowconnectionfrc.weebly.com

Parent Helping Parents

805-543-3277 • ucp-slo.org

Alpha Resource Center Santa Barbara

805-683-2145 • alphasb.org

Special Education Local Plan Areas (SELPA)

San Luis Obispo SELPA

805-782-7301 • sloseipa.org

Santa Barbara SELPA

805-683-1424 • sbcseipa.org

Ventura County SELPA

805-437-1560 • vcseipa.org

Additional Resources

Help Me Grow Ventura County

805-981-6617 • helpmegrowvc.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.

