

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

— Contra Costa County —

Regional Center of the East Bay
510-618-6100 • rceb.org

Care Parent network
925-313-0999 • careparentnetwork.org

First 5 Contra Costa County
925-771-7300 • first5coco.org

Regional Center Early Start Program

— Alameda County —

Regional Center of the East Bay
510-618-6100 • rceb.org

Family Resource Navigators
510-547-7322 • familyresourcenavigators.org

First 5 Alameda County
510-227-6900 • first5alameda.org

Special Education Local Plan Areas (SELPA)

West Contra Costa Unified School District SELPA
510-231-1445 • wccusd.net

Contra Costa SELPA
925-827-0949 • ccselpa.org

San Ramon Valley Unified School District SELPA
925-552-5004 • srvusd.net

Mt. Diablo Unified School District SELPA
925-825-0144 • mdusd.org

Oakland Unified School District SELPA
510-879-8154 • specialeducation.ousd.org

Mid-Alameda County SELPA
510-537-3000 • slusd.us

Mission Valley SELPA
510-657-2350 • fremont.k12.ca.us/selpa

North Region SELPA
510-525-9806 • northregionselpa.org

Tri-Valley SELPA
925-426-9144 • tri-valleyselpa.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.

