

## Learn the Signs. Act Early.

The journey of your child's early years includes many developmental milestones for how he or she plays. Learn what to look for in your child, talk with your child's doctor about these milestones.

Not reaching these milestones, or reaching them much later than other children, could be a sign of a developmental delay.

If you have concerns about your child's development contact your local Family Resource Center or school district Special Education Local Plan Area (SELPA):

### Family Resource Centers

#### - Monterey County -

**Special Kids Crusade**  
(831) 372-2730  
specialkidscrusade.org

#### - Santa Clara County -

**Parents Helping Parents**  
(408) 727-5775 or (855) 727-5775  
php.com

#### - Santa Cruz & San Benito Counties -

**Special Parents Information Network**  
(831) 722-2800  
spinsc.org



Centers for Disease  
Control and Prevention  
[www.cdc.gov/ActEarly](http://www.cdc.gov/ActEarly)  
1-800-CDC-INFO

### Regional Center, Early Start Program

#### - Monterey, San Benito, Santa Clara & Santa Cruz Counties -

**San Andreas Regional Center.**

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

**Santa Clara & San Benito County** (408) 374-9960

**Monterey County** (831) 900-3636

**Santa Cruz County** (831) 900-3737

### Special Education Local Plan Areas (SELPA)

#### - Monterey County -

**Monterey County SELPA**

(831) 755-0342

[montereycoe.org/programs-services/selpa](http://montereycoe.org/programs-services/selpa)

#### - Santa Clara County -

**Santa Clara County SELPA I, II, III, IV, VII**

(408) 453-6566

[sccoe.org/depts/SELPA/](http://sccoe.org/depts/SELPA/)

**Southeast Consortium SELPA**

(408) 223-3771

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

#### - Santa Cruz & San Benito Counties -

**North Santa Cruz County SELPA**

(831) 466-5700

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

**Pajaro Valley School District SELPA**

(831) 786-2130

[www.pvUSD.net/selpa](http://www.pvUSD.net/selpa)

**San Benito County SELPA**

(831) 637-5393 ext. 112

[www.sbcoe.org/District/Department/7-SELPA](http://www.sbcoe.org/District/Department/7-SELPA)



# Track Your Child's Developmental Milestones

For parents of children from birth to 4 years



Learn the Signs. Act Early.

Your child's early development is a journey. Use this map of milestones to know what to look for along the way.

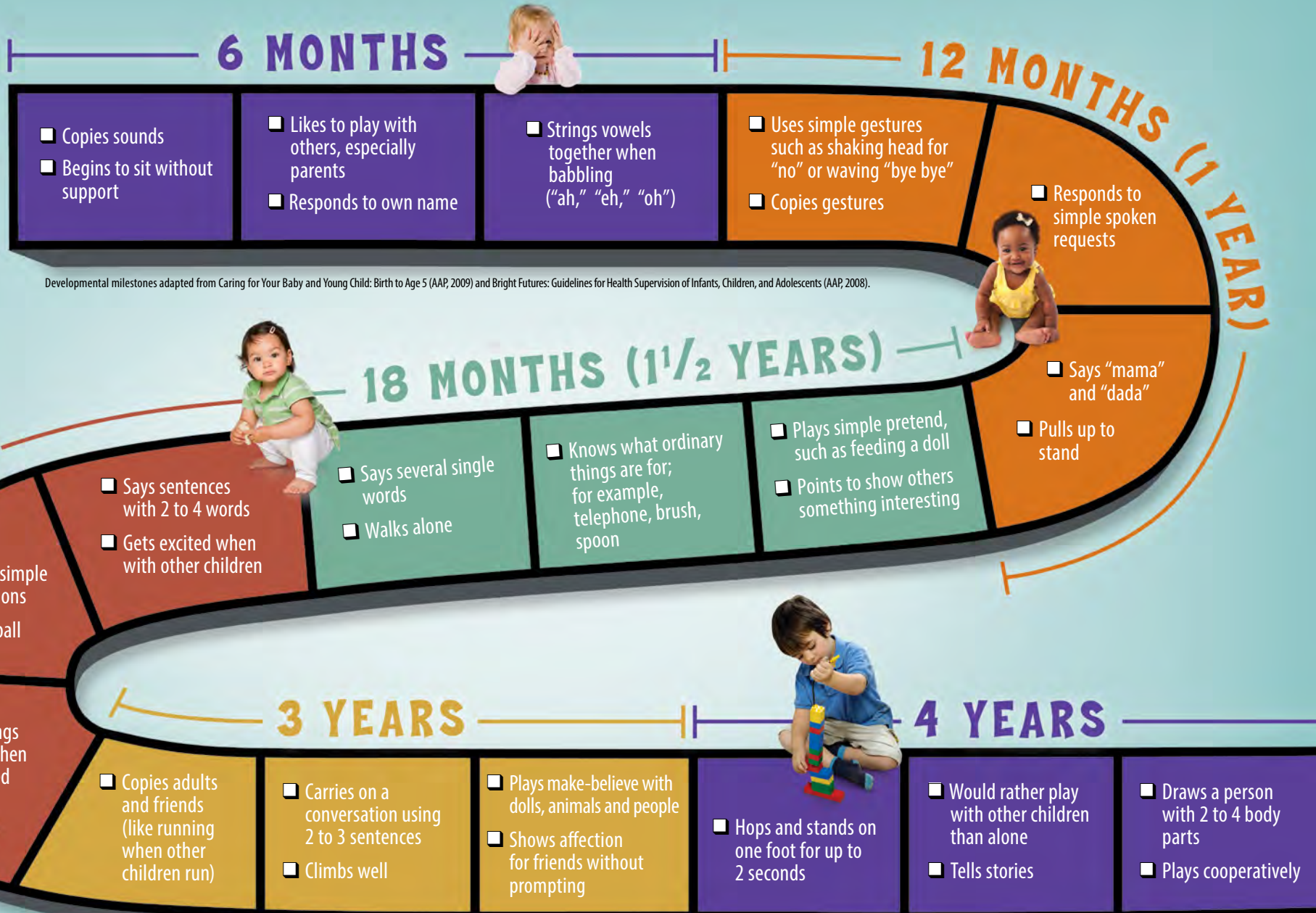
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# Your Child's Early Development is a Journey

Check off the milestones your child has reached and share your child's progress with the doctor at every visit.



Developmental milestones adapted from Caring for Your Baby and Young Child: Birth to Age 5 (AAP, 2009) and Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents (AAP, 2008).

These are just a few of many important milestones to look for. For more complete checklists by age visit [www.cdc.gov/ActEarly](http://www.cdc.gov/ActEarly) or call 1-800-CDC-INFO.