

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

Redwood Coast Regional Center

- Del Norte (707) 464-7488
- Humboldt (707) 445-0893
- Lake & Mendocino (707) 462-3832 x 274
redwoodcoastrc.org

Family Resource Centers

— Humboldt County—

Changing Tides Family Services
707-444-8293 • changingtidesfs.org

— Del Norte County—

Family Resource Center of the Redwoods
707-464-0955

— Lake County—

Lake Family Resource Center
707-279-0563 ext. 209 • lakefrfc.org

— Mendocino County—

Safe Passage Family Resource Center
707-964-3077 • safepassagefortbragg.org

ABC Family Resource Center
707-234-3300 • first5mendocino.org

— Del Norte, Humboldt, Lake, & Mendocino —

WarmLine Family Resource Center
844-455-9517 • warmlinefrfc.org

Special Education Local Plan Areas (SELPA)

— Humboldt & Del Norte County—

Humboldt-Del Norte - SELPA
707-441-2051 • hdnselfpa.org

— Lake County—

Lake County Office of Education - SELPA
707-995-9523 • lakecoe.org

— Mendocino County—

Mendocino County Office of Education - SELPA
707-467-5166 • mcoe.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.

