

## 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](http://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](http://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

### Family Resource Centers

#### Far Northern Regional Center

530-332-1529 • [farnorthernrc.org](http://farnorthernrc.org)

#### Rowell Family Empowerment of Northern California

530-226-5129 • [rfenc.org](http://rfenc.org)

#### Lassen Child & Family Resources

530-257-9781 • [lassencfr.com](http://lassencfr.com)

#### Plumas Rural Services

530-283-2735 est 880 • [plumasruralservices.org](http://plumasruralservices.org)

### Special Education Local Plan Areas

(SELPA)

#### Butte County Office of Education SELPA

530-532-5621 • [buttecountyselpa.org](http://buttecountyselpa.org)

#### Glenn County Office of Education SELPA

530-865-1267 • [glenncoe.org](http://glenncoe.org)

#### Lassen County Office of Education SELPA

530-257-7266 • [lcoe.org](http://lcoe.org)

#### Modoc County Office of Education SELPA

530-233-7110 • [modoccoe.k12.ca.us](http://modoccoe.k12.ca.us)

#### Plumas County Office of Education SELPA

530-283-6557 • [pcoe.k12.ca.us](http://pcoe.k12.ca.us)

#### Shasta County Office of Education SELPA

530-225-0100 • [shastaselpa.org](http://shastaselpa.org)

#### Siskiyou County Office of Education SELPA

530-842-8432 • [siskiyoucoe.net](http://siskiyoucoe.net)

#### Tehama County Office of Education SELPA

530-527-8562 • [tehamaschools.org](http://tehamaschools.org)

#### Trinity County Office of Education SELPA

530-623-2861 • [tcoek12.org](http://tcoek12.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](http://www.cdc.gov/Milestones) or download CDC's free Milestone Tracker app.

