

Learn the Signs. Act Early.

The journey of your child's early years includes many developmental milestones for how he or she plays, learns, speaks, and acts.

Look inside to 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 and live within the greater Sacramento Area, here is who you can call for further support:

WarmLine Family Resource Center

Parent Training and Information Center
916-455-9500 or 1-844-455-9517
warmlinefrc.org

Family SOUP

Serving Yuba, Sutter, and Colusa Counties
530-751-1925
familysoup.org

Alta California Regional Center

916-978-6400
altaregional.org



Centers for Disease Control and Prevention

www.cdc.gov/ActEarly
1-800-CDC-INFO

Special Education Local Plan Areas (SELPA)

Sacramento County Office of Education - SELPA

916-228-2500
scoe.net/services/id510/Pages/default.aspx

Elk Grove Unified School District - SELPA

916-686-7780
blogs.egusd.net/specialed/

Sacramento City School District - SELPA

916-643-9163
scusd.edu/special-education

San Juan Unified School District - SELPA

916-971-7525
sanjuan.edu/Page/292

Folsom Cordova Unified School District - SELPA

916-294-9007
fcusd.org/Domain/637

Placer County Office of Education - SELPA

530-886-5873
placercoe.k12.ca.us/departments/selpa/Pages/default.aspx

Yolo County - SELPA

530-668-3787
www.ycoe.org/selpa

Colusa County Office of Education - Special Education

530-473-1350
ccoe.ss9.sharpschool.com/departments/special_education

El Dorado County Office of Education - SELPA

530-295-2228
edcoe.org/educational-services/

Nevada County - SELPA

530-265-0611
nevco.org/programs-services/special-education/selpa/

Sierra County - SELPA

530-993-4485
sierracountyofficeofeducation.org/selpa/

Sutter County - SELPA

530-822-2900
www.sutter.k12.ca.us/Departments/SpecialEducation/

Tahoe Alpine - SELPA

530-541-2850 ext.1026/1048
ltusd.org/departments/special_services_

Yuba County - SELPA

530-749-4873
yubacoe.org/Page/14

Track Your Child's Developmental Milestones

For parents of children from birth to 4 years



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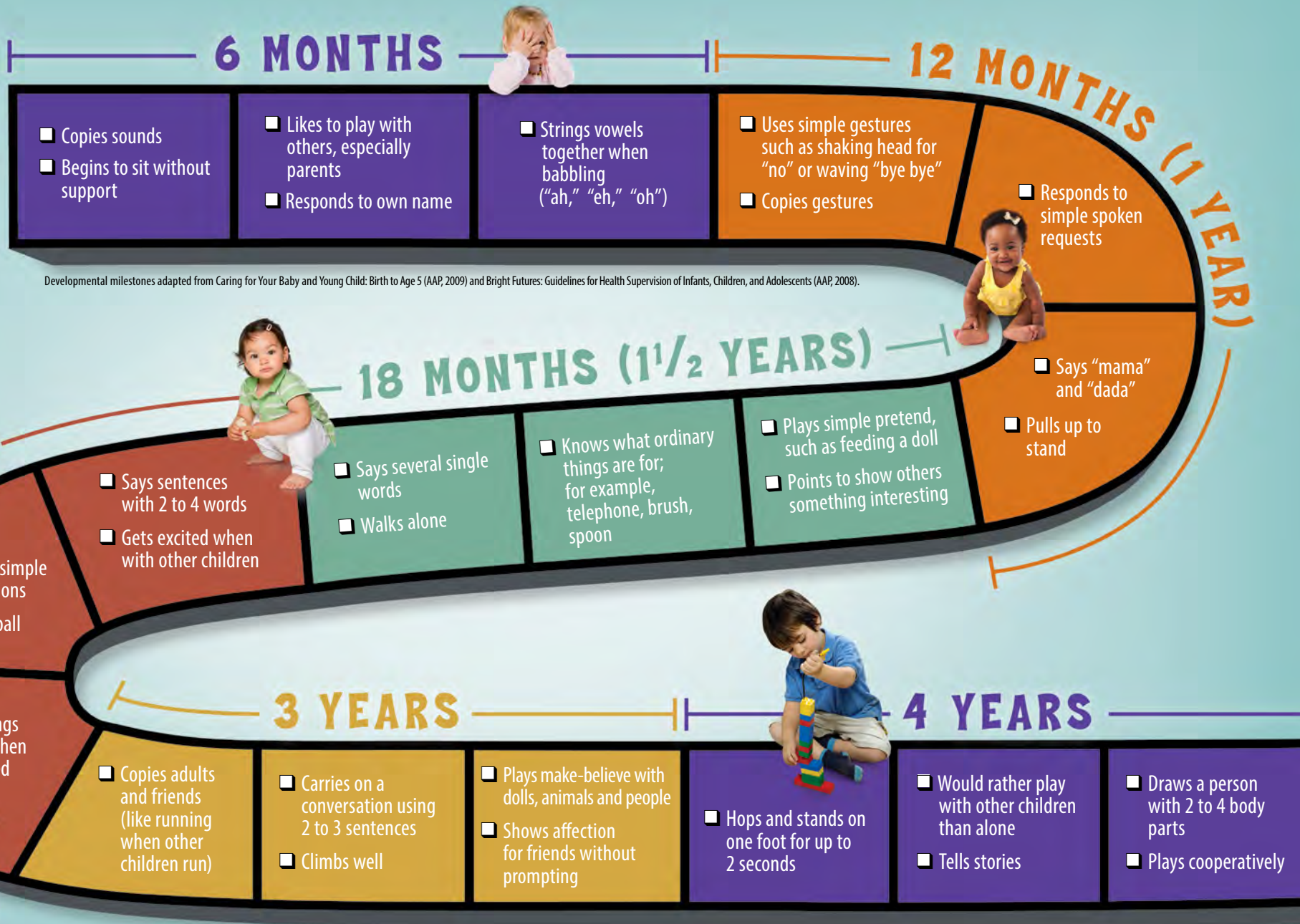
Your child's early development is a journey. Use this map of milestones to know what to look for along the way.

This brochure developed and provided by



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 or call 1-800-CDC-INFO.