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
familysoap.org

**Alta California Regional Center**
916-978-6400
altaregional.org

**Centers for Disease Control and Prevention**
Learn the Signs. Act Early.
www.cdc.gov/ActEarly
1-800-CDC-INFO

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**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/specialede/

**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
decoe.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
yubaco.org/Page/14

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For parents of children from birth to 4 years

This brochure developed and provided by

C.A.P.T.A.I.N.
California Autism Professional Training and Information Network

captain.ca.gov
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.

6 MONTHS
- Copies sounds
- Begins to sit without support
- Likes to play with others, especially parents
- Responds to own name
- Strings vowels together when babbling (“ah,” “eh,” “oh”)
- Uses simple gestures such as shaking head for “no” or waving “bye bye”
- Copies gestures

12 MONTHS (1 YEAR)
- Responds to simple spoken requests

18 MONTHS (1½ YEARS)
- Says “mama” and “dada”
- Pulls up to stand
- Plays simple pretend, such as feeding a doll
- Points to show others something interesting
- Knows what ordinary things are for; for example, telephone, brush, spoon
- Plays make-believe with dolls, animals and people
- Shows affection for friends without prompting
- Carries on a conversation using 2 to 3 sentences
- Climbs well

2 YEARS
- Follows simple instructions
- Kicks a ball
- Says sentences with 2 to 4 words
- Gets excited when with other children
- Carries on a conversation using 2 to 3 sentences
- Climbs well

3 YEARS
- Copies adults and friends (like running when other children run)
- Carries on a conversation using 2 to 3 sentences
- Plays make-believe with dolls, animals and people
- Shows affection for friends without prompting

4 YEARS
- Would rather play with other children than alone
- Tells stories
- Draws a person with 2 to 4 body parts
- Plays cooperatively

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.