

## 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

#### Regional Center

#### Early Start Program

#### Central Valley Regional Center

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

Fresno • 559-276-4300

Visalia • 559-738-2200

Merced • 209-723-4245

#### Family Resource Centers

— Fresno County —

#### Clovis Unified FRC

559-327-8455 • [cusd.com](http://cusd.com)

#### Exceptional Parents Unlimited

559-225-1102 • [epuchildren.org](http://epuchildren.org)

#### Help Me Grow Fresno County

886-543-7464 • [helpmegrrow.fcoe.org](http://helpmegrrow.fcoe.org)

#### Family Resource Centers (cont.)

— Kings County —

#### United Cerebral Palsy of Central California

559-584-1551 • [ccucp.org](http://ccucp.org)

— Madera County —

#### Madera Family Resource Center

559-662-4833 (English) • 559-662-4878 (Spanish)

— Mariposa County —

#### Mariposa Family Resource Center

209-966-6299

— Merced County —

#### Challenged Family Resource Center

209-385-5314 • [challengedfrc.org](http://challengedfrc.org)

#### Children's Roundtable

209-381-6665 • [roundtable@mcoe.org](mailto:roundtable@mcoe.org)

— Tulare County —

#### Parenting Network Inc.

559-625-0384 • [parentingnetwork.org](http://parentingnetwork.org)

#### Special Education Local Plan Areas (SELPA)

#### Clovis Unified SELPA

559-327-9400 • [cusd.com/LocalPlan.aspx](http://cusd.com/LocalPlan.aspx)

#### Fresno County SELPA

559-497-3880 • [selpa.fcoe.org](http://selpa.fcoe.org)

#### Fresno Unified SELPA

559-457-3220 • [sped.fresnounified.org](http://sped.fresnounified.org)

#### Kings County SELPA

559-589-2655 • [kingscoe.org](http://kingscoe.org)

#### Madera-Mariposa SELPA

559-589-4665 • [mcsos.org](http://mcsos.org)

#### Merced County SELPA

209-381-6711 • [mcoe.org](http://mcoe.org)

#### Tulare County SELPA

559-730-2910 • [tulareselpa.org](http://tulareselpa.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.

