



Get An Early Start! Resource Guide

Developmental Milestones Websites and Apps:

- Learn the Signs. Act Early.

This website provides a way to find out what skills a child should have by a certain age, from two months to five years of age. You can download a checklist, or go to the “Milestones in Action” tab to see photos and videos of each age and skill.

<https://www.cdc.gov/ncbddd/actearly/milestones/index.html> **Milestone Tracker**- a free app available through Apple or Android. You can input your child’s information, including your child’s age, and it will provide you with a list of the expected skills your child should attain, and guide you in talking with your pediatrician or other specialists if you suspect your child has a delay in any area.

- Pathways Growth and Development

This website is another resource you can use to find out what skills your child should gain by a certain age, and it has a calendar you can use to track your baby’s milestones. It also provides ideas for hundreds of activities that you can do with your child to help with their developmental skills.

<https://pathways.org/all-ages/games/>

- Zero to Three Early Learning

Zero to Three plays a key role in ensuring that babies and toddlers get a strong start in life by supporting parents with practical resources that help them connect more positively, deeply and continuously with their babies. This website provides information, videos, and strategies on how to support early communication, early literacy, and a host of other areas as well.

<https://www.zerotothree.org/early-learning/>

- Talaris Institute Parent Handouts

Parenting Counts is a research-based resource developed to support parents and caregivers in raising socially and emotionally healthy children.

<http://www.parentingcounts.org/parent-handouts/>



Resources in California

- First 5 California:

First 5 California funds programs that educate parents, grandparents, caregivers, and teachers about the critical role they play during a child's first five years. Their website has great activities and videos you can use to learn, and play with your infant or child to help them as they develop and grow.

<http://www.first5california.com>

- Early Start:

The Early Start program is California's early intervention program for infants and toddlers with disabilities and their families. The Early Start Program is run by the Regional Centers of California. They provide free evaluations for those who suspect their child has a delay. This link is to all the Regional Centers, as well as to all the Family Resource Centers in California. <https://www.dds.ca.gov/services/early-start/>

- Family Resource Centers:

Early Start Family Resource Centers (ESFRC) provide parent to parent support, outreach, information, and referral services to families of children with disabilities or delays, and to the professionals who serve them. All ESFRCS serve families of children, birth to age three.

<http://frcnca.org/>

- California Early Start Directory:

This website provides a resource directory to help you find early intervention services near you.

<https://www.ceitan-earllystart.org/central-directory>

- California Children's Services (CCS):

For children with certain medical diagnoses, CCS can help pay for physical therapy, occupational therapy, medical services, including specialist visits, etc. These services can happen in addition to the services your child may receive from the Early Start Program.

<https://www.dhcs.ca.gov/services/ccs/Pages/default.aspx>



- California Child Care Resource and Referral Network:

Throughout California, there are organizations that families can contact for free to help find appropriate childcare. They can help families find out if they qualify for subsidized childcare, as well as help them locate childcare services that are trained to work with children who have delays. This website allows you to locate the organization that helps in your part of California.

<https://rrnetwork.org/>

- Disability Rights of California:

Disability Rights California advocates, educates, investigates, and litigates to advance the rights, dignity, equal opportunities, and choices for all people with disabilities. They produce a free, helpful Special Education Rights and Responsibilities handbook, of which Chapter is Information on Early Intervention Services.

<https://serr.disabilityrightsca.org/>

- Get An Early Start Video Series:

These five videos are designed to help families of young children 0-3 years, and the professionals who serve them. Viewers will learn about some simple tools and strategies to use with children who have a disability or a delay, and each includes a resource packet.

<https://www.php.com/get-an-early-start-video-series/>