

Get An Early Start! Video Series:

Typical Language and Literacy Development

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**- 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 babies 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/growth-development/>

Websites with Activities to Encourage Reading and Language

- Children’s Museum of Manhattan: All the Way to K and Beyond!

This website has great activities to help build language and literacy. There are free posters you can download with activities and other resources you can use to help you strengthen your child’s language and literacy skills.

<https://cmom.org/allthewaytok/>

- 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>

- Center for Early Literacy Learning

This organization has developed free, downloadable materials to assist parents in guiding their child's early literacy development through the use of fun and exciting literacy learning experiences.

<http://earlyliteracylearning.org/parentresource1.php>

- 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/>

- American Speech and Language Association

This organization has created a simple list by age of activities parents can do to help encourage their child's language development.

<https://www.asha.org/public/speech/development/Parent-Stim-Activities.htm>

Media Use Plan

This plan, created by the American Academy of Pediatrics, was created to help guide families on planning for the use of media by their children, so that the children are using it in a healthy, thoughtful way.

<https://www.healthychildren.org/English/family-life/Media/Pages/How-to-Make-a-Family-Media-Use-Plan.aspx>

Resources in California:

- **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/EarlyStart/ES_FRC.cfm

- **California Child Care Resource and Referral Network**

Throughout California, there are organizations that families can contact for free to help find appropriate child care. They can help families find out if they qualify for subsidized child care, as well as help them locate child care 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://www.rnetwork.org/parents>