

Do you have questions about your infant's or toddler's development?

You are the expert on your child. As you watch your child build relationships and explore the world, it is natural to have questions about their development. Sometimes, a little extra guidance is all it takes to help them thrive.

Don't wait to share concerns about your child's development—whether it's about an early milestone like rolling over, or understanding your toddler's speech. Your child's doctor, child care provider, or infant-toddler care educator is always there to talk with you. It is okay to feel unsure about asking questions and sharing your concerns. Reaching out sooner rather than later can make a meaningful difference in your child's health and well-being.



Explore Family Resources

Learn more about young children's learning and growth:

[California Infant–Toddler Learning and Development Foundations](https://www.cdss.ca.gov/Portals/9/CCDD/Publications/itldf-ada-en.pdf)
(<https://www.cdss.ca.gov/Portals/9/CCDD/Publications/itldf-ada-en.pdf>)



Monitor your child's development:

- **[Printable developmental milestone checklists](https://www.cdc.gov/act-early/milestones/index.html)**
(<https://www.cdc.gov/act-early/milestones/index.html>)
- **[The Milestone Tracker mobile app](https://www.cdc.gov/act-early/milestones-app/index.html)**
(<https://www.cdc.gov/act-early/milestones-app/index.html>)



Explore ways to talk to your child's doctor about developmental concerns:

[How to Get Help for Your Child](https://www.cdc.gov/act-early/resources/how-to-get-help.html)
(<https://www.cdc.gov/act-early/resources/how-to-get-help.html>)



California Early Start: Developmental Support for Infants and Toddlers

Early Start is California's comprehensive, family-centered early intervention system for children birth to three years old. It provides support for infants and toddlers with disabilities, developmental delays, or high-risk factors, with the goal of maximizing development through tailored services. Learn more about how Early Start supports families in the video, [The Story of Max](https://vimeo.com/618197694?fl=pl&fe=sh) (<https://vimeo.com/618197694?fl=pl&fe=sh>).

You can connect with Early Start about your questions and concerns through a referral, which is a request for a detailed evaluation of your child's development. There is no cost to have your child evaluated for eligibility for early intervention services.



Did you know?

Anyone can make a referral to Early Start. Families can self-refer. Community members, such as doctors, neighbors, and child care providers can help families refer a child or make a referral themselves.

1. Get in Touch With Early Start

- Contact your local [Regional Center](https://www.dds.ca.gov/rc/lookup-rcs-by-county/) (<https://www.dds.ca.gov/rc/lookup-rcs-by-county/>)
- Call the Early Start Baby Line at 800-515-BABY (800-515-2229)
- Email earlystart@dds.ca.gov



2. Share Your Questions

You might say, "I am concerned about my child's development and would like to request an evaluation. Can you help or connect me with someone who can help?"

3. Follow Up

Within 45 days of the referral, an Early Start service coordinator will get your consent, complete an evaluation of your child's development, and share the evaluation results and eligibility information with you. Then, the coordinator will develop a plan with you for the appropriate services and community supports. You might also get connected to a [California Family Resource Center](https://frcnca.org/) (<https://frcnca.org/>), where you can learn about Early Start services and partner with other families.

If your child is **age three and up** and you have questions, contact your local school district, education agency, or county office of education. You might say, "I am concerned about my child's development and would like an evaluation for preschool special education services." You can also explore the [California Preschool/Transitional Kindergarten Learning Foundations](https://www.cde.ca.gov/sp/cd/re/psfoundations.asp) (<https://www.cde.ca.gov/sp/cd/re/psfoundations.asp>).