



Concerned About Development?

How to Get Help for Your Child

1 Make an appointment with your child's doctor

When you schedule the appointment, tell the doctor's staff you have concerns about your child's development that you would like to discuss with the doctor. Share results from a developmental screening (step 2) with your doctor at this appointment. If your child's doctor has told you to "wait and see," but you feel uneasy about that advice: Talk with others (doctor, teacher, another provider) to get a second opinion. You can also get free evaluations from local early childhood programs to determine if your child is eligible for free or low-cost services that can help with their development (step 3).

2 Complete a developmental screening for your child

First 5 Plumas has free developmental check-up tools available online for children 0-5 years: [Developmental Milestones](#) &/or [Social Emotional Skills](#). First 5 Plumas will follow up with you by contacting you with screening results, child development activities and support navigating services as needed.

3 Contact local early childhood intervention agencies

Request a free evaluation to find out if your child qualifies for intervention services. You do not need to wait for a doctor's referral or a medical diagnosis to make this call. Select the program(s) based upon your child's stage in life to access free evaluations.

Stage in Life	Birth to Age 2	Ages 3-4	Ages 5-21
Provided through Plumas Unified	Early Start for Solely Low Incidence Disabilities	Special Education	Special Education
Provided through Far Northern Regional Center	Early Start	Lanterman or Provisional Eligibility for Lanterman	Lanterman