



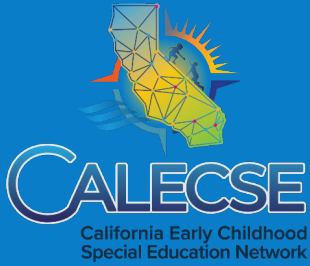
# CALECSE

California Early Childhood  
Special Education Network



Funded by the California Department of Education (CDE),  
Special Education Division

**Parent Outreach: Milestones and Abilities Ages Zero to Five**  
**February 20, 2025**



# CalECSE



California Early Childhood Special Education Network

Funded by the CDE

**Implementation Leadership**

Co-Executive Director- Dr. Scott Turner, East San Gabriel Valley SELPA

Co-Executive Director- Melanie Hertig, Irvine USD

Project Coordinator- Marion Springett

Program Specialist for Northern California-Carrie Rodrigues

Program Specialist for Southern California- Laura Clarke



# CalECSE

California Early Childhood Special Education Network  
*Funded by the CDE*



<https://www.calesce.org>

CalECSE is a technical assistance project funded under the California Department of Education (CDE) that supports Local Educational Agencies (LEAs), Special Education Local Plan Area (SELPA)s, County Offices of Special Education (COEs), and other Agency Partners in the areas of IDEA Part C to B Transitions, Preschool Assessment Practices, and Preschool Child Find by providing technical assistance, professional learning, and demonstration of tangible practices *that have been proven successful*.

The CalECSE Network leverages collaboration amongst agencies, disseminates resources, highlights existing exemplar practices, and provides direct technical assistance to improve the capacity, knowledge, collaboration, and implementation of evidence-based practices across agencies throughout California.

The CalECSE Network is committed to improving outcomes for children and their families by eliminating and addressing barriers to successful transition for California's youngest children with disabilities.

# Today's Presenter

**Nancy Mendoza**

Inclusion Specialist, Foothill Family Early Head Start

[nmendoza@foothillfamily.org](mailto:nmendoza@foothillfamily.org)



# Parent Outreach

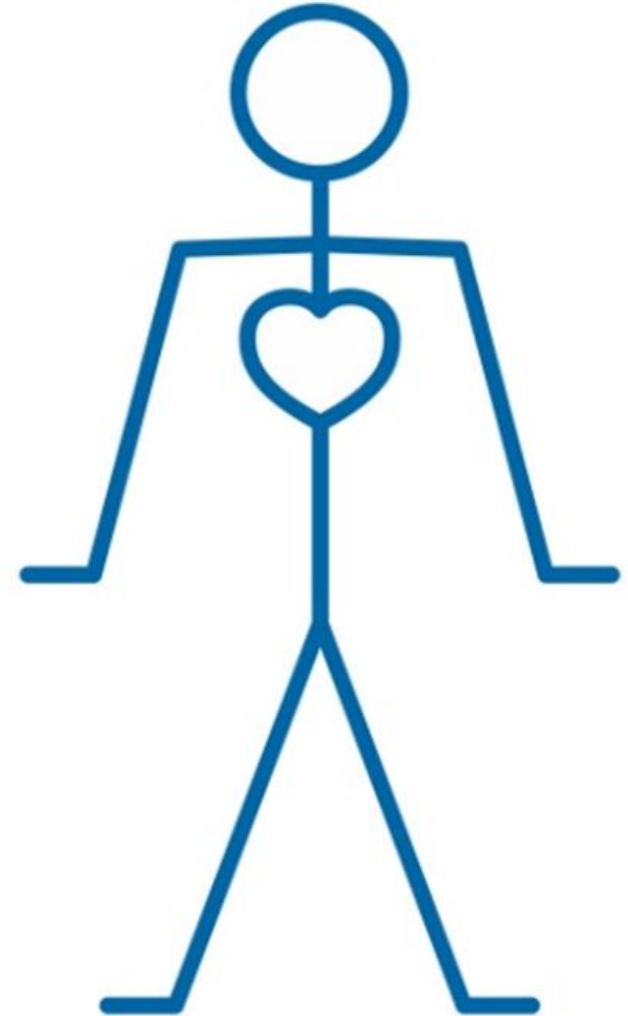
Developmental Milestones and Abilities Ages Zero  
to Five

# Developmental Milestones

**Skills such as taking a first step, smiling for the first time, and waving “bye bye” are called developmental milestones. Children reach milestones in how they play, learn, speak, act, and move.**

Centers For Disease Control (CDC) Developmental Milestones Tracker  
Learn the Signs. Act Early. Checklist available at:

<https://www.cdc.gov/ncbddd/actearly/milestones/index.html>



# Developmental Milestones

父母讲义

Fine SMILE



## 良好 SMILE (微笑)

在空格内填写您孩子在活动中学习的技能。或者，您也可以在活动页的背面绘画此图。这有助于您获得针对孩子发育的认识

Folleto para PADRES

## Fine SMILE (sonrisa)

PARENT *handout*

## Fine SMILE

Fill in the blanks with skills your child is working on during an activity. Or you can draw this figure on the back of activity pages. This helps you get a mental picture of your child's development (S – social, M – motor, I – intellectual/ cognitive, L – language, E – emotional).

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Communication – language

Intellectual – thinking skills

Fine motor

Social and emotional

Gross motor



O puede dibujar esta  
del desarrollo de su hijo  
aspecto emocional).

la: \_\_\_\_\_

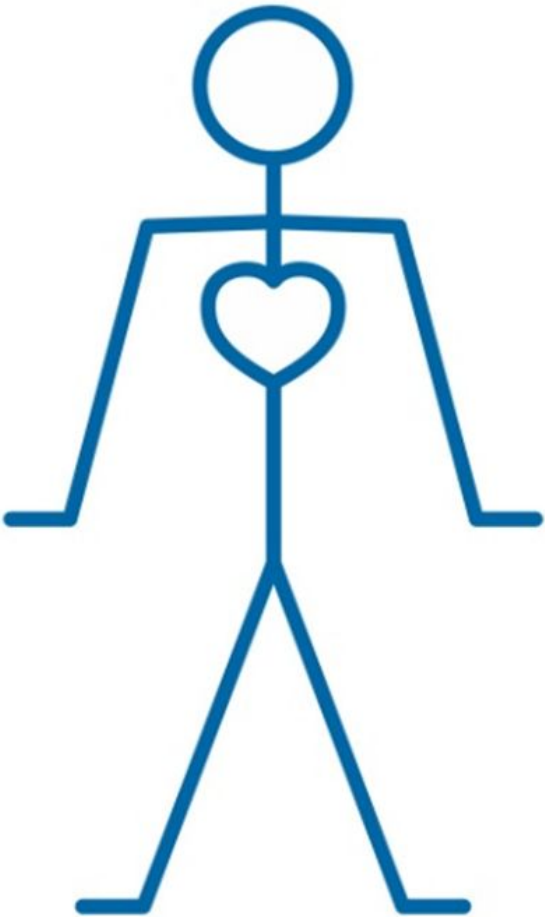
habilidades

emocional

儿童发育 | CH-7

Desarrollo infantil | 129

Parents as Teachers / Fine Smile



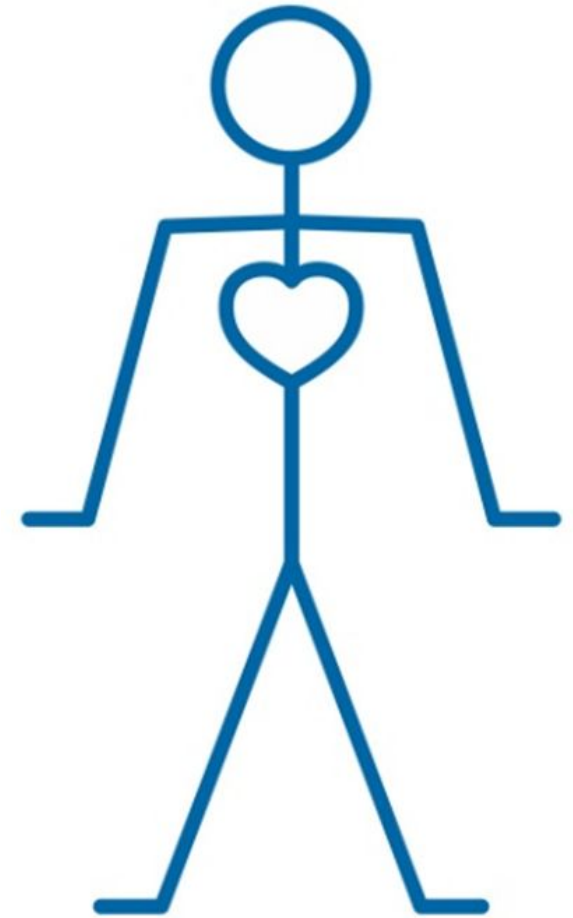
## Cognitive (Intellectual – thinking skills)

Cognitive development includes reasoning, memory, problem-solving, and thinking skills that help young children understand and organize their world. For preschoolers, this evolves into complex mathematical thinking and scientific reasoning.

Headstart School Readiness

Cognition Development information available at:

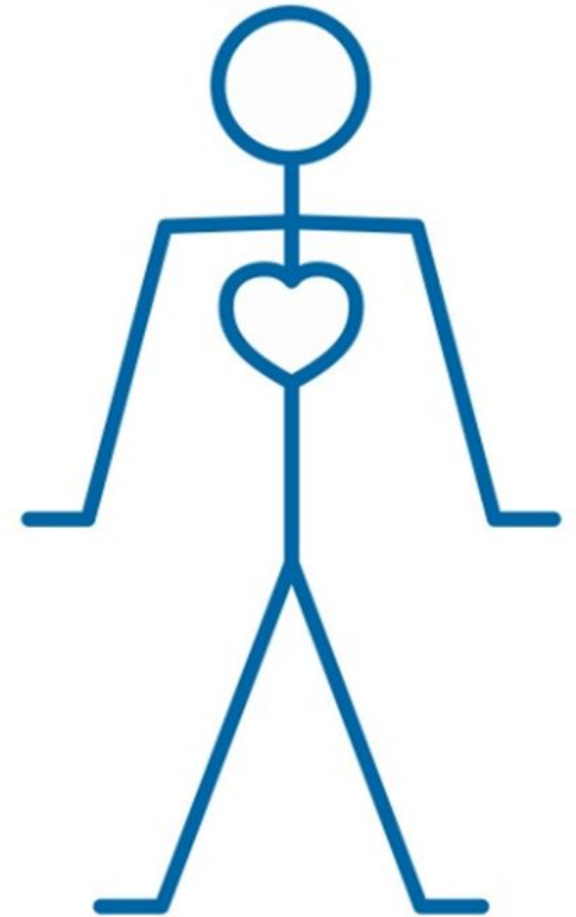
<https://eclkc.ohs.acf.hhs.gov/school-readiness/article/cognition>



## Cognitive



<https://headstart.gov/school-readiness/effective-practice-guides/exploration-discovery-see>



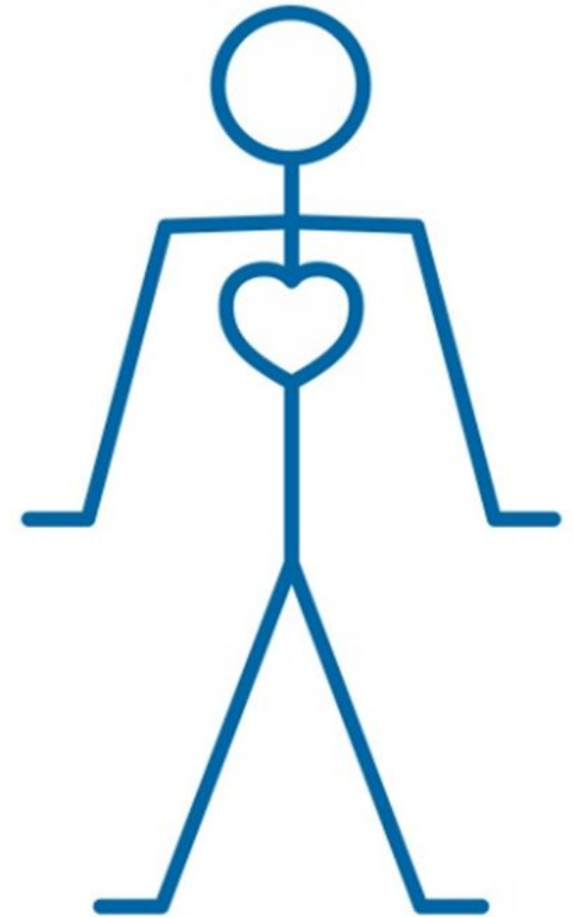
## Communication

Refers to children's emerging abilities to understand and use of language. Language skills are:

**Receptive:** The ability to listen to and understand language

**Expressive:** The ability to use language to communicate ideas, thoughts, and feelings.

Children's language ability affects learning and development in all areas, especially emerging literacy.



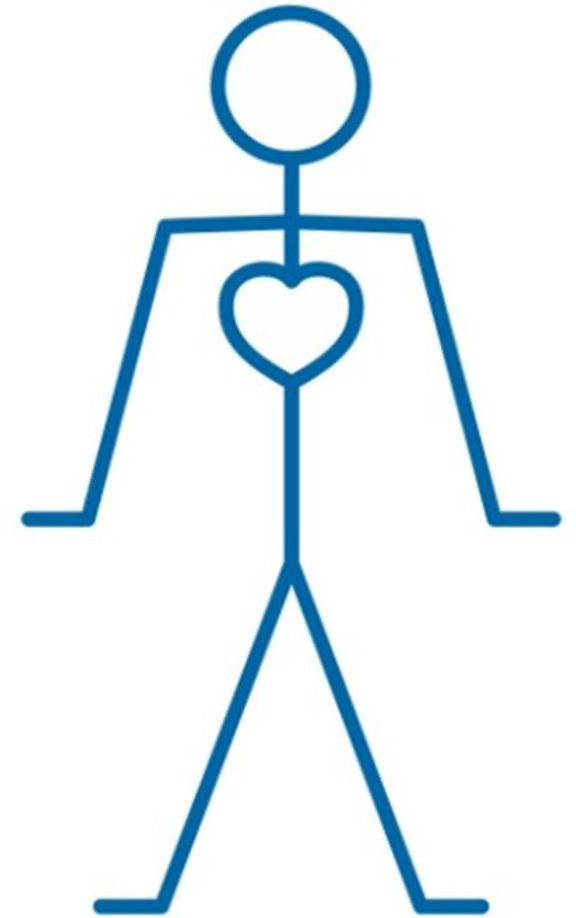
Headstart Effective Practice Guides

Language and Literacy information available at:

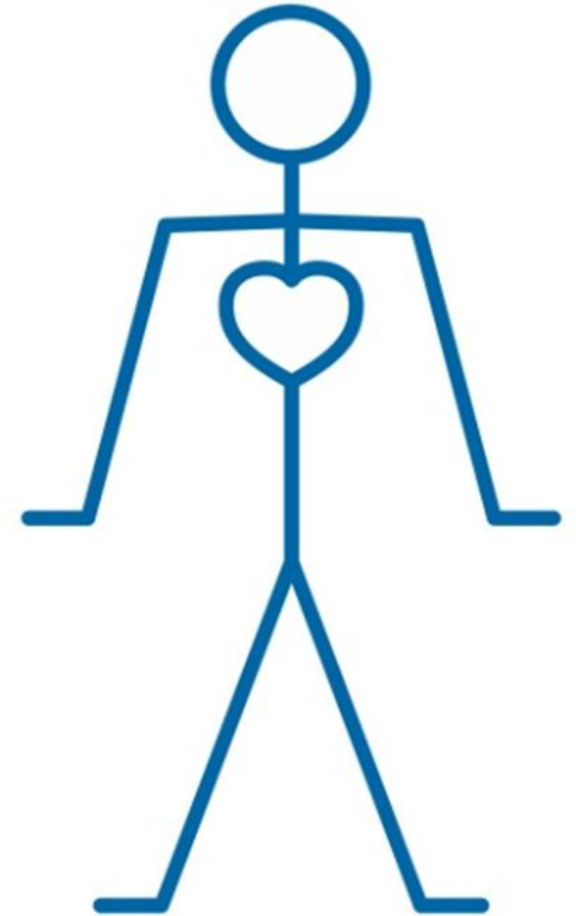
<https://eclkc.ohs.acf.hhs.gov/school-readiness/effective-practice-guides/language-literacy>

# Developmental Milestones

## Communication (receptive)



## Communication (expressive)

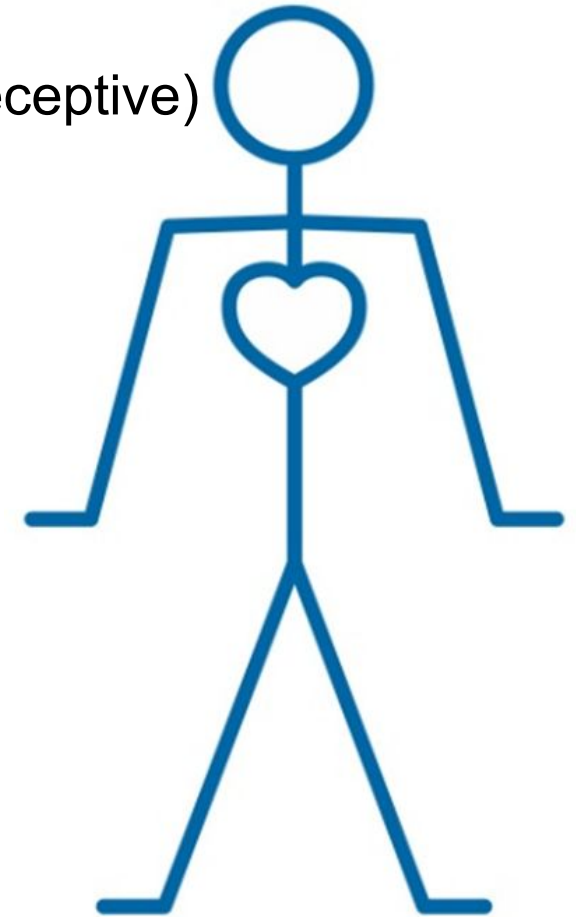


# Developmental Milestones

## Communication (American Sign Language expressive and receptive)

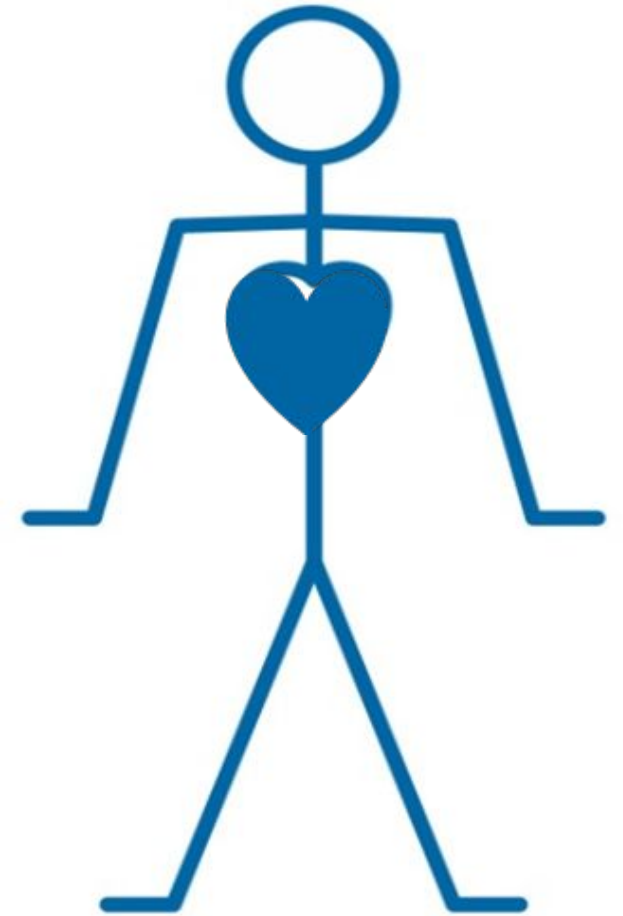


[https://youtu.be/xF\\_Pvh7WNGI?si=bmfkX4NgBCg0grxp](https://youtu.be/xF_Pvh7WNGI?si=bmfkX4NgBCg0grxp)



## Social/Emotional

Social development refers to a child's ability to create and sustain meaningful relationships with adults and other children. Emotional development is a child's ability to express, recognize, and manage his or her emotions, as well as respond appropriately to others' emotions. Both social and emotional development are important for young children's mental health.



Headstart Effective Practice Guides

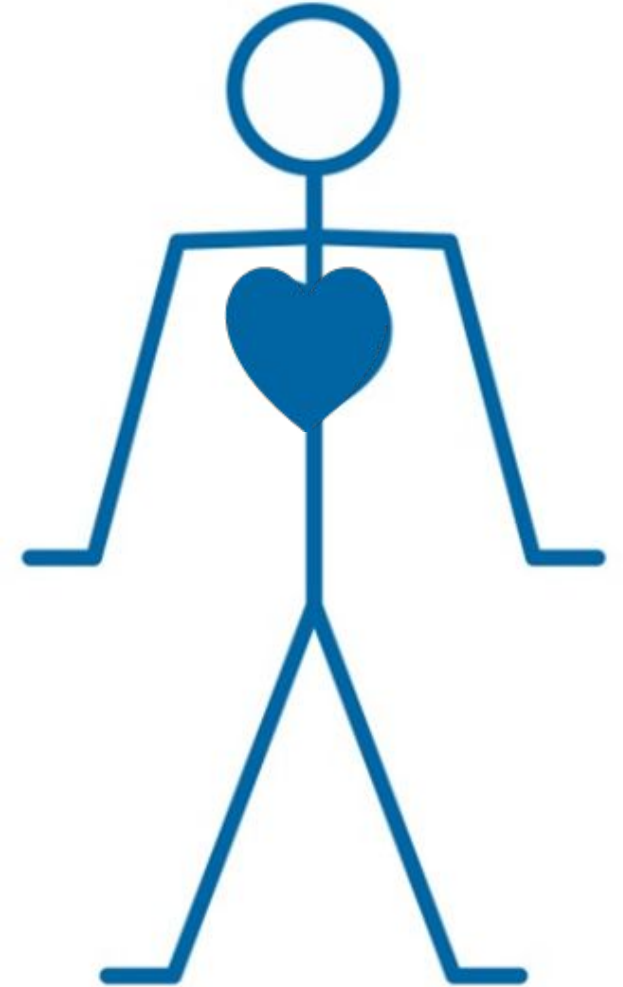
Social Emotional information available at:

<https://eclkc.ohs.acf.hhs.gov/school-readiness/effective-practice-guides/social-emotional-development>

## Social/Emotional (relationships with adults)



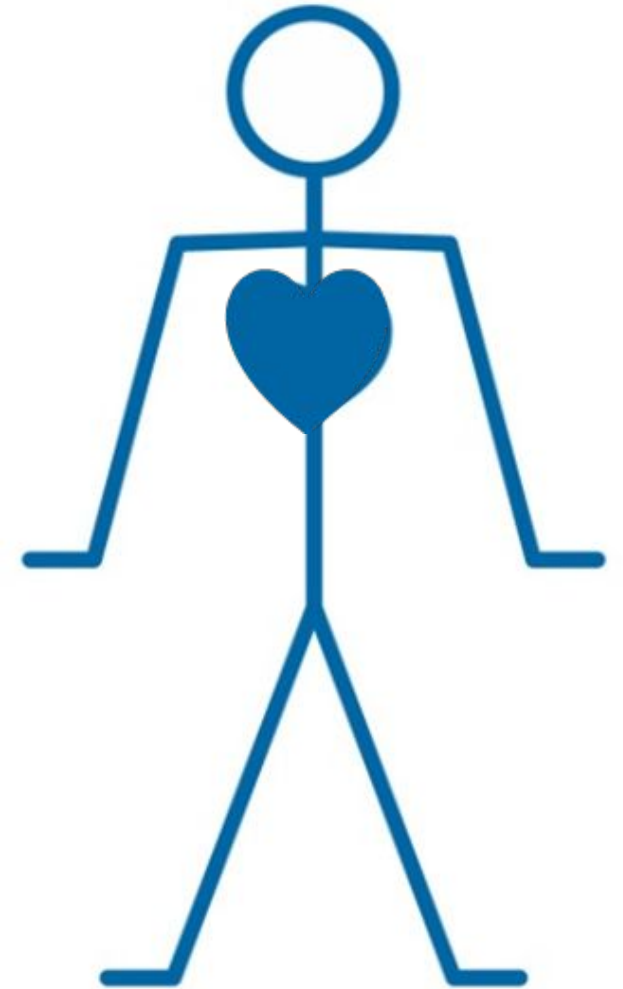
<https://headstart.gov/school-readiness/effective-practice-guides/relationships-adults-see>



## Emotional

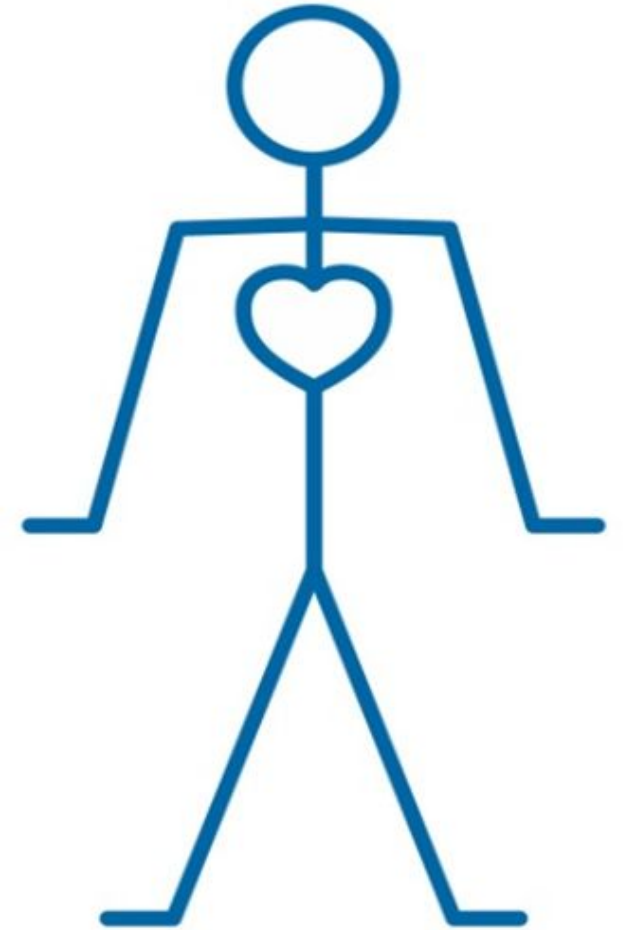


<https://youtu.be/hZj3tJeGckE?si=Qv-ZVjULtle31WJX&t=72>



## Gross Motor

Gross motor skills refer to moving the whole body and using larger muscles, such as those in the arms and legs. In infancy, gross motor skills include gaining control of the head, neck, and torso to achieve a sitting or standing position. They also include locomotor skills that emerge in the toddler years, such as walking, throwing, and stretching. Preschoolers gain even greater control over their bodies. This contributes to their increasing confidence and ability to engage in social play.



Headstart Effective Practice Guides

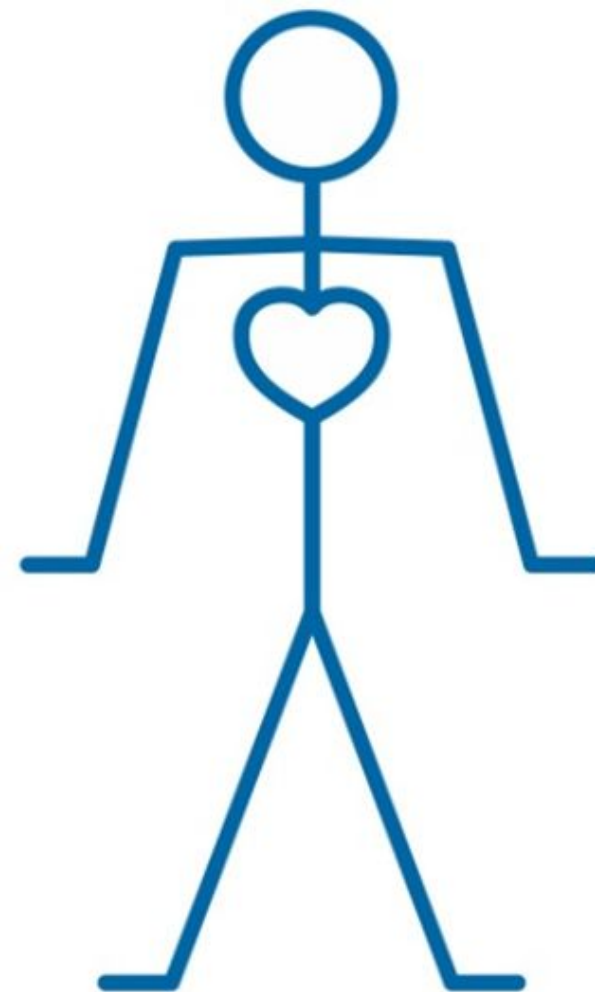
Perceptual, Motor and Physical Development information available at:

<https://eclkc.ohs.acf.hhs.gov/school-readiness/effective-practice-guides/perceptual-motor-physical-development>

## Gross Motor

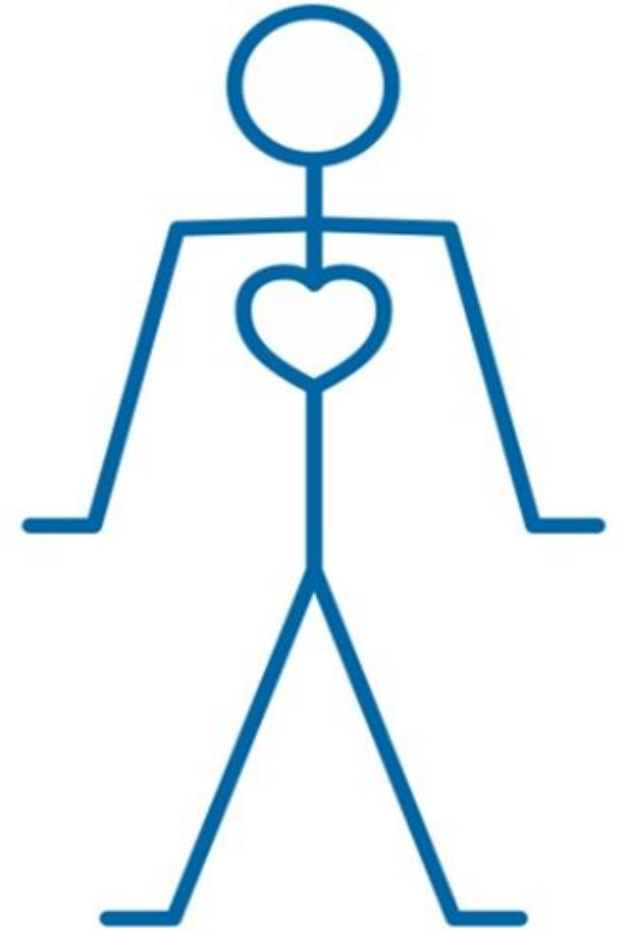


<https://headstart.gov/school-readiness/effective-practice-guides/gross-motor-see>



## Fine Motor

Fine motor skills refer to use of the small muscles found in individual body parts, especially those in the hands and feet. Children use their fine motor skills to grasp, hold, and manipulate small objects, such as cups, or to use tools, including scissors and paint brushes. As they gain hand-eye coordination, preschoolers learn to direct the movements of their fingers, hands, and wrists to perform more complex tasks, including drawing fine details or stringing small beads.

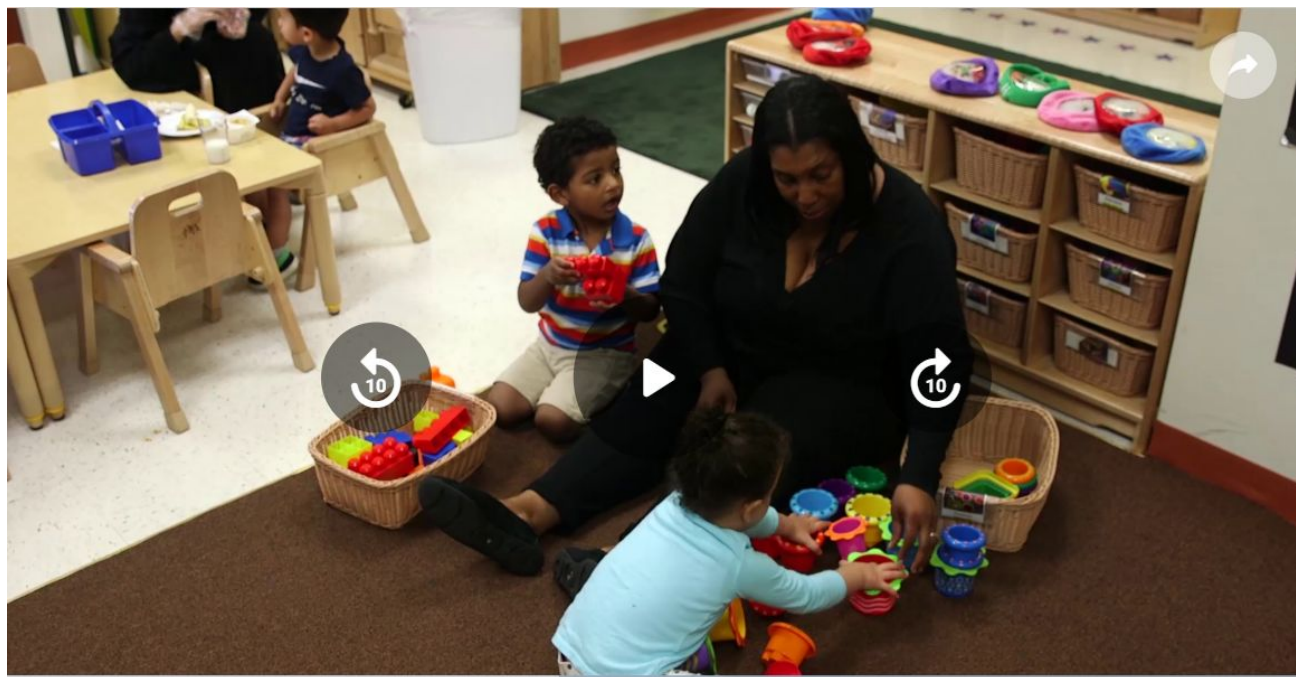


Headstart Effective Practice Guides

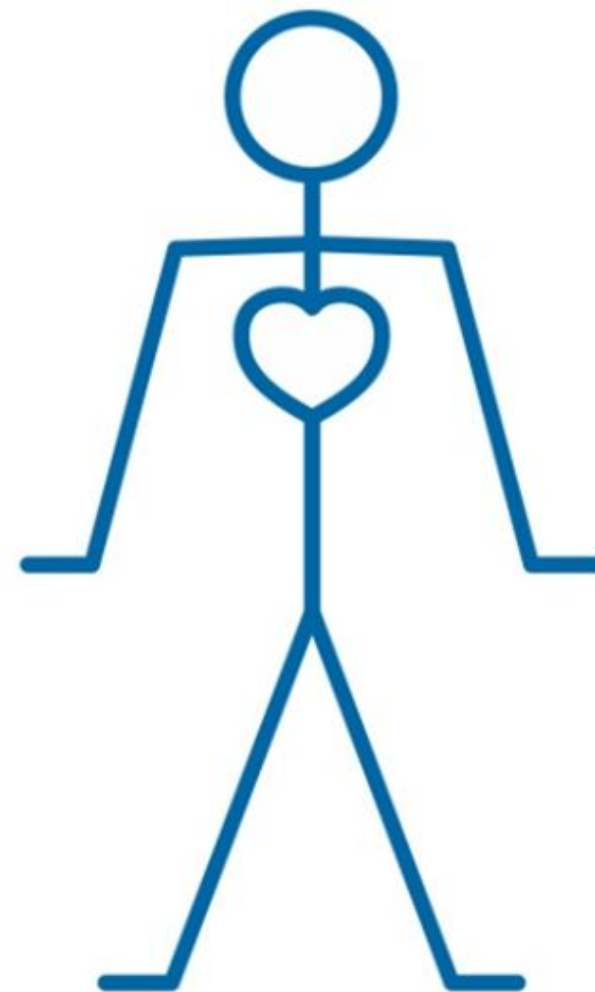
Perceptual, Motor and Physical Development information available at:

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## Fine Motor

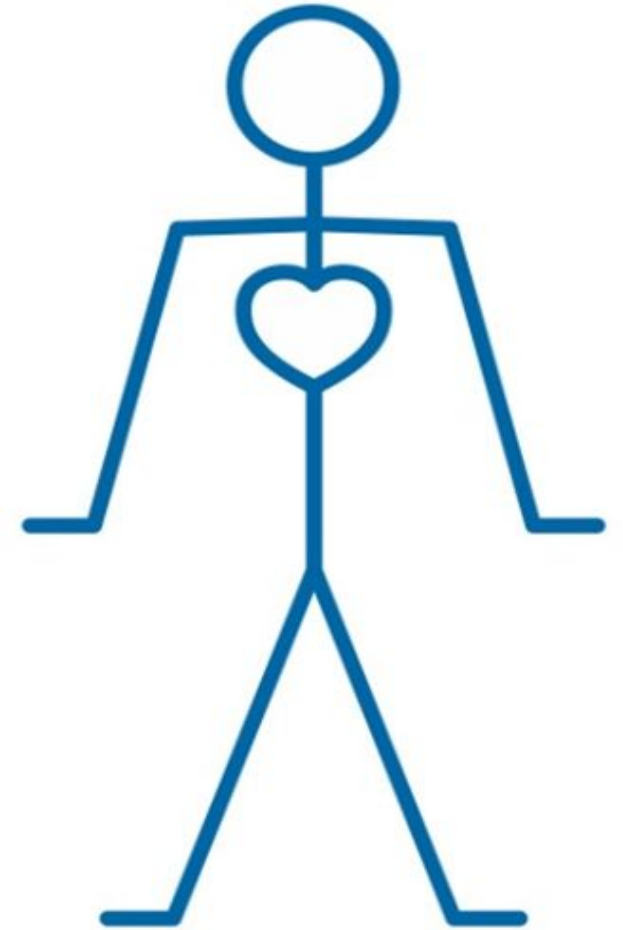


<https://headstart.gov/school-readiness/effective-practice-guides/fine-motor-see>



# Every child develops at their own pace

“Child development experts say it's not possible to get a child to progress to a new stage of development before he or she is ready. And progress can differ by weeks or even months among children of the same age. As long as the child progresses and develops new skills as time goes on, then he or she is fine, even if he or she skips a step. For example, some children skip crawling and simply begin to walk.”



Stanford Medicine Children's Health

'Letting Kids Grow Up at Their Own Pace' article available at:

<https://www.stanfordchildrens.org/en/topic/default?id=letting-kids-grow-up-at-their-own-pace-1-585>

What can I do to support  
my child's development?

Learn the Signs

Act Early

# Learn the Signs. Act Early.



You can monitor your child's development using any of the Centers for Disease Control's (CDC's) development tools:

**Help your child grow and thrive**

Download CDC's free **Milestone Tracker** app  
*One million downloads and counting!*

Track & Share Milestones | Get Tips & Activities | Learn When to Act Early

Learn more at [cdc.gov/MilestoneTracker](https://www.cdc.gov/MilestoneTracker)

The advertisement for the CDC Milestone Tracker app features a woman holding a young child. It includes icons for the App Store and Google Play, and a list of app features: Track & Share Milestones, Get Tips & Activities, and Learn When to Act Early.

Centers For Disease Control (CDC) Milestones

Learn the Signs. Act Early. Resources available at:

<https://www.cdc.gov/ncbddd/actearly/index.html>

# What should I be looking for?



<https://youtu.be/xLcZ9hax7Go?si=IWoaI4xIYvvSeN3z>

# Cognitive

Difficulties solving problems or playing with toys in an age-appropriate manner may indicate a developmental delay.

Kids First Pediatrics

Early Childhood Development. Information about Recognizing Delays available at:

<https://kids1stpediatrics.net/pediatrics/early-childhood-development-recognizing-and-addressing-delays/>





# Communication

Delays in speech and language development, such as not babbling by 12 months or not utilizing single words until 16 months.

Kids First Pediatrics

Early Childhood Development. Information about Recognizing Delays available at:

<https://kids1stpediatrics.net/pediatrics/early-childhood-development-recognizing-and-addressing-delays/>

# Social and Emotional

When a child struggles to make eye contact, does not smile, or does not participate in simple social activities such as peek-a-boo by a specific age.



Kids First Pediatrics

Early Childhood Development. Information about Recognizing Delays available at:

<https://kids1stpediatrics.net/pediatrics/early-childhood-development-recognizing-and-addressing-delays/>



# Physical

When a youngster falls considerably behind in developing motor skills such as sitting, standing, walking, holding or coordinating motions.

Kids First Pediatrics

Early Childhood Development. Information about Recognizing Delays available at:

<https://kids1stpediatrics.net/pediatrics/early-childhood-development-recognizing-and-addressing-delays/>

# Play is Learning

Children love to play; from the time they are born they are discovering what their bodies can do. Every time they play, children's brains make new connections that help their development.



**Parent Handout: Play is Learning**

**游戏就是学习**

您的孩子喜欢玩耍。从出生的那一刻开始，她就已经发现自己的身体能做什么。每次玩游戏时，连接，而能帮助孩子发育成长。

对孩子的游戏来说，玩游戏只有一个理由：乐趣。她的游戏可能看上去是无聊的、重复的、没头没脑或者不感兴趣，但其实是她正在认真地学习。游戏其实是她在测试各种可能性，并观察她的世界。

并没有什么“正确”的游戏方式。任何类型的游戏都会让您的孩子有机会发展出新的技能。

| 游戏如何帮助您的孩子发育成长 |                                                                                                                         |
|----------------|-------------------------------------------------------------------------------------------------------------------------|
| <b>社交</b>      | <ul style="list-style-type: none"><li>当您与孩子一起游戏，会在你们之间建立联系。</li><li>和其他人一起玩耍教会您的孩子合作、分享、同理心，和帮助。</li></ul>              |
| <b>情绪</b>      | <ul style="list-style-type: none"><li>通过游戏或表达自我能帮助孩子对自我认知。</li><li>当您与孩子游戏，能帮助孩子理解并学会控制自己的情绪。</li></ul>                 |
| <b>身体</b>      | <ul style="list-style-type: none"><li>探索自己的身体能帮助孩子增强肌肉。</li><li>当她重复动作时，您的孩子能获得学习打下基础。</li></ul>                        |
| <b>认知</b>      | <ul style="list-style-type: none"><li>游戏能帮助孩子理解她的行为和游戏能增强孩子的毅力、注意力、记忆力。</li><li>游戏能帮助孩子学习。</li></ul>                    |
| <b>语言</b>      | <ul style="list-style-type: none"><li>您的孩子在发出声音或进行更多的语言交流时，她的语言发育会更好，有利于今后。</li><li>当您与其他孩子一起玩时，您的孩子能学会与他人交流。</li></ul> |

不管是什么游戏，都会对孩子的发育有益处。但是，如果您能加入，会更好！请记住，让您的孩子主导，她会感觉她的想法毫无价值。

**Parent Handout: Play is Learning**

**Play is Learning**

*Your child loves to play. From the time she was born, she has been discovering what her body can do. Every time she plays, her brain is making new connections that help her development.*

To your child, there's only one reason to play: to have fun. Her play may look messy, silly, noisy, or repetitive. But you know that she is doing some serious learning! Play is how she tests the possibilities and explores her world.

There is no "right" way to play. Any types of play will give your child a chance to develop new skills.

| How play helps your child's development |                                                                                                                                                                                                                                                                                                   |
|-----------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Social</b>                           | <ul style="list-style-type: none"><li>When you play with your child, it builds attachment between you.</li><li>Playing with others teaches your child cooperation, sharing, empathy, and helping.</li></ul>                                                                                       |
| <b>Emotional</b>                        | <ul style="list-style-type: none"><li>Expressing herself through play boosts your child's feeling of self-worth.</li><li>When your child pretends, it helps her understand and learn to control her feelings.</li></ul>                                                                           |
| <b>Physical</b>                         | <ul style="list-style-type: none"><li>Exploring with her body helps your child strengthen her large and small muscles.</li><li>As she repeats actions, your child gains hand-eye coordination and other skills that prepare her for later learning.</li></ul>                                     |
| <b>Cognitive</b>                        | <ul style="list-style-type: none"><li>Pretend play helps your child make sense of her everyday experiences.</li><li>Playing enhances your child's persistence, attention span, memory, and ability to focus – all skills that are important for success in school.</li></ul>                      |
| <b>Language</b>                         | <ul style="list-style-type: none"><li>The more practice she has at making sounds – even silly ones! – the better your child's tongue and mouth can coordinate to say words.</li><li>When she cooperates with you or with another playmate, your child uses words to tell you her ideas.</li></ul> |

*Play is good for your child's brain no matter what. But it can be even better if you join in! Remember to let her lead the way – when you take over, she feels that her ideas don't have value.*

**Parent Handout: Play is Learning**

**De qué forma el juego ayuda al desarrollo de su hijo**

Desde su nacimiento, ha estado descubriendo lo que su cuerpo puede hacer. Cada vez que su hijo hace nuevas conexiones que ayudan a su desarrollo.

| De qué forma el juego ayuda al desarrollo de su hijo |                                                                                                                                                                                                                                                                                                                                         |
|------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Aspecto social</b>                                | <ul style="list-style-type: none"><li>Cuando usted juega con su hijo desarrolla el apego entre ambos.</li><li>Jugar con otros le enseña a su hijo a cooperar, a compartir, a sentir lo que otros sienten y a ayudar.</li></ul>                                                                                                          |
| <b>Aspecto emocional</b>                             | <ul style="list-style-type: none"><li>Expresarse a través del juego ayuda a su hijo a aumentar su sentido de valoración personal.</li><li>Al participar en juegos de simulación, su hijo comprende y aprende a controlar sus sentimientos.</li></ul>                                                                                    |
| <b>Aspecto físico</b>                                | <ul style="list-style-type: none"><li>Explorar con su cuerpo le ayuda al niño a fortalecer sus músculos grandes y pequeños.</li><li>A medida que repite las acciones, su hijo adquiere una mayor coordinación entre los ojos y las manos y otras habilidades que lo preparan para el aprendizaje posterior.</li></ul>                   |
| <b>Aspecto cognitivo</b>                             | <ul style="list-style-type: none"><li>El juego de simulación ayuda a su hijo a comprender sus experiencias cotidianas.</li><li>Jugar fomenta el desarrollo de la persistencia de su hijo, el lapso de atención, la memoria y la capacidad de concentración, todas habilidades importantes para lograr el éxito en la escuela.</li></ul> |
| <b>Lenguaje</b>                                      | <ul style="list-style-type: none"><li>Cuanto más practique en hacer sonidos, aún los más tontos, mejor será la coordinación entre la lengua y la boca de su hijo para pronunciar las palabras.</li><li>Cuando coopera con usted o con otro compañero de juegos, su hijo utiliza palabras para expresar sus ideas.</li></ul>             |

*El cerebro de su hijo sin importar lo que haga. Pero puede ser aún mejor si usted se suma al juego, cuando usted asume el control, él siente que sus ideas no tienen valor.*

# Learn the Signs. Act Early



Watch your child when you play together.

Share things you noticed with your child's  
pediatrician/teacher/caretaker.

If you are worried about something your child is not  
doing, talk about it.

If you have a gut feeling, reach out for resources and  
support.

# Regional and Early Start Family Resource Centers



Our state of California has 21 regional centers and early start family resource centers offering supports and services to children that need that extra support to thrive.

Department of Developmental Services (DDS)  
Office locator. Regional Center lookup available at:  
<https://www.dds.ca.gov/rc/lookup-rcs-by-county/>

# Regional Centers



Regional centers provide assessments, determine eligibility for services, and offer case management services. Regional centers also develop, purchase, and coordinate the services in each person's Individual Program Plan.

Department of Developmental Services (DDS)

Coordination and Delivery of Services for Californians with Developmental Disabilities. Overview available at: <https://www.dds.ca.gov/rc/>



# Early Start Family Resource Centers



Early Start Family Resource Centers support parents, families, primary caregivers and professionals by providing workshops, trainings, resources, information access, referrals, activities, and support groups that are parent led.

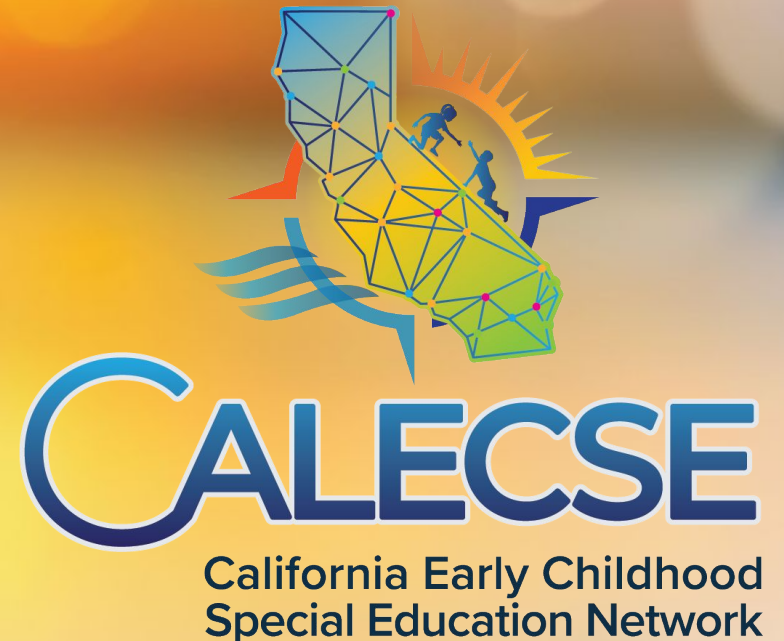
Department of Developmental Services (DDS)  
Family Resource Centers. Listings available at:

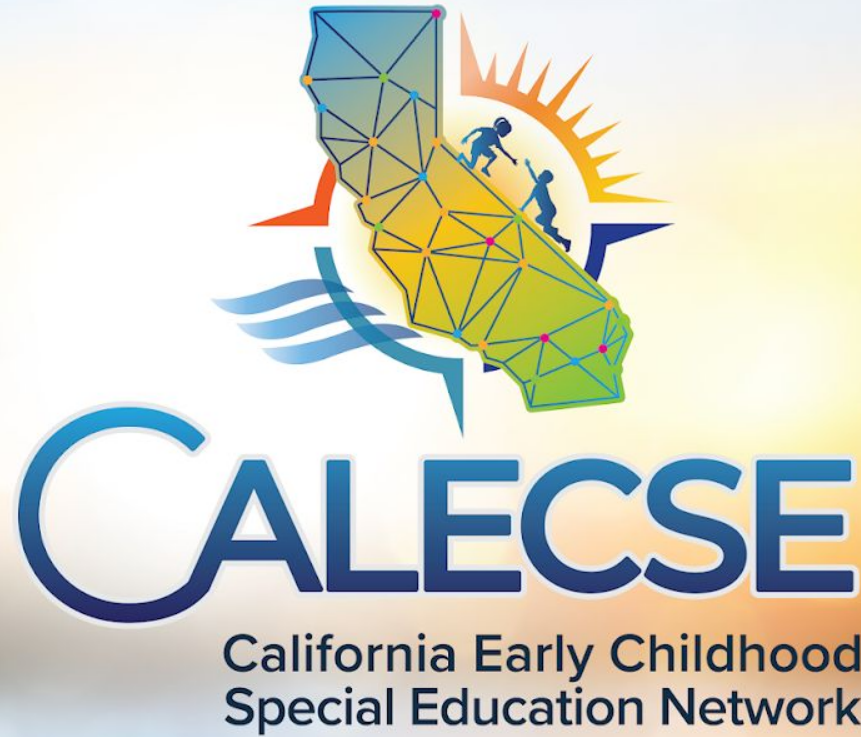
<https://www.dds.ca.gov/rc/disparities/community-navigator-program/family-resource-center-listings/>

**Interested in joining a local  
Community of Practice for practitioners  
who support children ages zero to five ?**



**SCAN ME**





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