

# Parent Resources at a Glance

Do you have concerns about your child's growth or behavior?  
The resources below can help you get started!

## AGES 0-3

### 2-1-1 LA COUNTY

2-1-1 LA can conduct a FREE developmental screening over the phone to see how your child is learning, behaving or growing for his or her age.

#### 1. What should I say when I call 2-1-1?

Dial 2-1-1 and ask to get a parent questionnaire for your child. You will be connected to a 2-1-1 Care Coordinator who will interview you using a parent questionnaire and provide you with connections to services in LA County. They can assist you in any language.

#### 2. How much do services cost?

Calling 2-1-1 is FREE and available 24 hours a day, 7 days a week.

#### 3. Do I need to be a U.S. Citizen?

No, any person living in LA County is welcome to call 2-1-1 LA or visit them at [www.211LA.org](http://www.211LA.org).

### MEDICAL

Talk to your child's doctor about their behavior, growth and learning/development.

#### 1. What should I say to my doctor?

You are your child's voice, so tell your doctor about any concerns you have and give him/her details/examples of your child's behavior.

Here are some examples of what your child should be doing:

- ▶ **6 Months Old**  
Responds to sounds
- ▶ **1 Year Old**
  - Says "mama" or "dada"
  - Pulls to stand, may stand alone
- ▶ **18 Month Old**
  - Says at least 6 words
  - Walks alone
  - Points to show things to others
- ▶ **2 Years Old**
  - Uses 2-word phrases
  - Runs

For more information about milestones, visit [www.cdc.gov/ncbddd/ActEarly/milestones](http://www.cdc.gov/ncbddd/ActEarly/milestones)

### MENTAL HEALTH

There are many services in our community to help your family.

Does your child seem to be sad, anxious or irritable? Are you concerned about your child's behavior or how he/she gets along with others? Has your child experienced a loss or trauma? Do you feel that you need help with knowing how to better care for your child? Contact the Los Angeles County ACCESS Line at (800) 854-7771 and ask for services in your area.

### EARLY START/REGIONAL CENTERS

If you have concerns about your child's development, Regional Center can provide you with parent support, community resources and free services if your child is eligible.

#### 1. How much do services cost?

Services are **FREE** to children who are eligible. To find out if your child is eligible, call **1-800-515-BABY** or visit our website at [www.dds.ca.gov/general/Eligibility.cfm](http://www.dds.ca.gov/general/Eligibility.cfm).

#### 2. Do I need to be a U.S. Citizen to qualify?

No, just live in the state of California and be eligible.

#### 3. There are 7 Regional Centers in L.A. County, which one should I call?

Call **1-800-515-BABY** or visit their website at [www.dds.ca.gov/RC/RCList.cfm](http://www.dds.ca.gov/RC/RCList.cfm) to find out which Regional Center is closest to where you live.

**\*Note:** Regional Centers assess children under age 3 with suspected developmental delays. Regional Centers and parents may refer children to their local school district if they have only one of the following: Orthopedic, Deaf/Hard of Hearing, Blind/Visually Impaired. Early Start ends at age 3.

### EARLY HEAD START

Early Head Start programs provide services that include both in-home and interactive classroom settings.

#### 1. How can I enroll my child in Early Head Start?

Dial **2-1-1** or **1-877-PRE-K-KID (1-877-773-5543)** and ask for the Early Head Start program in your area or visit [www.211LA.org](http://www.211LA.org).

#### 2. How much do services cost?

Services are **FREE** for families who meet the low-income requirements.

#### 3. Do I need to be a U.S. Citizen?

No, any person living in California is welcomed at Early Head Start.

### LEGAL & ADVOCACY ASSISTANCE

If you have questions about your child's rights, or if you need help understanding/accessing any of the above services, the resources below can help.

#### 1. Disability Rights California

(213) 427-8747 or [www.disabilityrightsca.org](http://www.disabilityrightsca.org)

#### 2. TASK, Team of Advocates for Special Kids

(866) 828-8275 or [www.taskca.org](http://www.taskca.org)

#### 3. Public Counsel

(213) 385-2977 or [www.publiccounsel.org](http://www.publiccounsel.org)

#### 4. Family Resource Center Network of LA County

(626) 300-9171, ext. 104 or [www.familyresourcenetworklac.org](http://www.familyresourcenetworklac.org)

**Financial Assistance:** If you have questions about financial assistance or health insurance, contact 2-1-1 LA or DPSS at 1-866-613-3777

A special thank you to the following Strategic Council Members

## 2-1-1 LA COUNTY

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### 2. How much do services cost?

Calling 2-1-1 is FREE and available 24 hours a day, 7 days a week.

### 3. Do I need to be a U.S. Citizen?

No, any person living in LA County is welcome to call 2-1-1 LA or visit them at [www.211LA.org](http://www.211LA.org).

## MEDICAL

Talk to your child's doctor about their behavior, growth and learning/development.

### 1. What should I say to my doctor?

You are your child's voice, so tell your doctor about any concerns you have and give him/her details/examples of your child's behavior.

Here are some examples of what your child should be doing:

- ▶ **3 Years Old**
  - Speech is at least 50% clear
  - Jumps
- ▶ **4 Years Old**
  - Speech is mostly clear
  - Prefers playing with other children
- ▶ **5 Years Old**
  - Can count up to 10
  - Can dress self

For more information about milestones, visit [www.cdc.gov/ncbddd/ActEarly/milestones](http://www.cdc.gov/ncbddd/ActEarly/milestones)

## HEAD START

Head Start programs include interactive pre-school settings, parent support and education, and in-home services when needed.

### 1. How can I enroll my child in Head Start?

Call 2-1-1 or 1-877-PRE-K-KID (1-877-773-5543) and ask for the Head Start program in your area or visit [www.211LA.org](http://www.211LA.org).

### 2. How much do services cost?

Services are free for families who meet the low-income requirements.

### 3. Do I need to be a U.S. Citizen?

No, any person living in California is welcomed at Head Start.

## MENTAL HEALTH

There are many services in your community to help your family.

Does your child seem to be sad, anxious or irritable? Are you concerned about your child's behavior or how he/she gets along with others? Has your child experienced a loss or trauma? Do you feel that you need help with knowing how to better care for your child? Contact the Los Angeles County ACCESS Line at (800) 854-7771 and ask for services in your area.

## REGIONAL CENTERS

If you suspect your child has a developmental disability, Regional Center can provide you with an assessment to determine eligibility. Regional Centers can provide services and/or community resources that will support your child's development.

### 1. Is eligibility for services different, starting at age 3?

Yes, eligibility changes after age 3. All Early Start children will be assessed for Regional Center eligibility before age 3. However, your child can be assessed for Regional Center services at any age.

### 2. How do I know if my child is eligible?

Contact your local Regional Center for an assessment. To locate one in your area, call 2-1-1 or visit [www.dds.ca.gov/RC/RCList.cfm](http://www.dds.ca.gov/RC/RCList.cfm)

## SPECIAL EDUCATION

Your school district can help identify and provide assessments and services to support your child's education. Children with special needs are entitled to a Free Appropriate Public Education (FAPE) starting at age 3.

### 1. Do I need to be a U.S. citizen?

No, any child living in California is entitled to a free education.

### 2. How can I access services?

Request an assessment through your local school.

### 3. What other educational resources exist?

Special Education Local Plan Areas (SELPA) work with local school systems to provide educational programs as well as extended services for special needs students and their families.

## LEGAL & ADVOCACY ASSISTANCE

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