

# • Encourage Growth and Development



Parents are a child's first teachers. When you play and read with your child, he/she is learning language, how to interact socially, use large and small muscles and problem solve. These websites give ideas for activities to enjoy with your child and nurture development:

<http://www.zerotothree.org/about-us/areas-of-expertise/free-parent-brochures-and-guides/>

<http://www.lovetalkplay.org/activities/>

# • Do You Wonder

if your child's development is typical?

There are many websites that provide guidelines for observing development from birth to adulthood. The two listed below give good information about milestones to watch for.

<http://www.healthychildren.org/English/ages-stages/Pages/default.aspx>

<http://www.parenthelp123.org/child-development>



# • Are You Concerned

about your child's development?

Your child's doctor can screen your child and help you decide if your child could benefit from further evaluation.

**In Whatcom County, for help finding evaluations, services, or other resources for your child, call:**

**SEAS**

**Single Entry Access to Services**

**phone: 360.715.7485**

**fax: 360.676.6729**

Services for children ages birth to 3 years with developmental delay are offered by the Early Support for Infants and Toddlers Program (ESIT). See their website for an easy developmental screening tool, and a description of the services they offer to promote healthy child development : <http://del.wa.gov/development/esit/Default.aspx>  
Services for children ages 3 to 21 are offered through your local school district's special education department.