

## Developmental Milestones

Is your baby's or young child's development on track for their age? Young children grow so fast that it can be hard to know what to expect. Here are some free resources to help you understand what's normal and when it's time to ask for help.

Use the free online site [Oregon Screening Project \(OSP\)](https://osp.uoregon.edu) from the University of Oregon to check how your child is doing now and what may be coming next. If you have concerns, you can share the results with your child's doctor.

The [Milestone Tracker app](#) from the Centers for Disease Control and Prevention (CDC) can help you learn how children play, learn, speak, act, and move as they grow and how you can support your child's development.



Another resource for parents is the American Speech-Language-Hearing Association article [How Does Your Child Hear and Talk?](#) You can learn about your child's speech, language, and hearing development by age. Speech, language and hearing problems can make it hard for your child to learn or make friends, so if you have concerns get help early!



## Concerned?

As a parent, you know your child best. If your child is not meeting the milestones for their age, or if you think there could be a problem with the way your child plays, learns, speaks, acts, and moves, here are some [steps recommended by the CDC](#) you can take to get help.

**Talk to Your Child's Doctor.** Schedule an appointment and let the doctor's office know you have concerns about your child's development that you would like to discuss with the doctor.

**Complete a milestone checklist.** Bring the checklist results and your questions and concerns to the appointment.

### During the doctor's appointment:

- Show the milestone checklist to the doctor
- Ask for a developmental screening for your child
- Ask if your child needs further developmental evaluation.
- Make sure you understand what the doctor tells you and what to do next.

If your child's doctor has told you to "wait and see," but you feel uneasy about that advice, **talk with another doctor to get a second opinion** AND **contact [LBL ESD Early Intervention/Early Childhood Special Education Program](#)** to see about a free screening and evaluation.

## LBL ESD Early Intervention/ Early Childhood Special Education Program (EI/ECSE)



EI/ECSE provides Early Intervention and Special Education services in Linn, Benton, and Lincoln counties to children from birth to kindergarten who show a significant developmental delay.

**There is no cost for EI/ECSE services to families.** Referrals can come directly from the child's family or others involved with the child.

**Refer any infant, toddler, or preschooler suspected of having a developmental delay,** including problems in how they see, hear, talk, walk, play, learn or respond to others.

All referrals for screening and evaluation go through the designated agency in the county in which the child lives.

### Linn & Benton Counties

**541-753-1202 ext. 106**  
877-589-9751 (toll free)  
541-753-1139 (fax)

### Lincoln County

**541-574-2240 ext. 101**  
541-265-6490 (fax)

Please contact [LBL ESD Early Intervention/Early Childhood Special Education Program](#) to start your referral.

## Where to find us online



**The Pollywog Website**  
[www.pollywogfamily.org](http://www.pollywogfamily.org)



**The Pollywog Facebook Page**  
[www.facebook.com/PollywogFamily](http://www.facebook.com/PollywogFamily)



**The Pollywog Instagram Account**  
[www.instagram.com/thePollywogFamily](http://www.instagram.com/thePollywogFamily)



**The Pollywog YouTube Channel**  
[www.tinyurl.com/PollywogFamily](http://www.tinyurl.com/PollywogFamily)

[pollywog@linnbenton.edu](mailto:pollywog@linnbenton.edu)

541.917.4884

## Play, Learn & Grow with FREE Preschool!

Prepare your little ones for kindergarten and a life of learning with a quality, no-cost preschool experience that's personalized to your child's needs and learning style. Free and community-based preschool options are available throughout Linn, Benton, & Lincoln counties.

Here are some featured programs:

- KIDCO Head Start
- CSC Head Start of Lincoln County
- Preschool Promise
- Confederated Tribes of Siletz Indians Head Start
- Oregon State University Child Development Center

These programs are free to families who meet income and/or other eligibility qualifications. Give us a call at (541) 917-4884 or visit [pollywogfamily.org/free-preschool/](http://pollywogfamily.org/free-preschool/) to learn more or to apply.



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