



Tips for Parents

What are early intervention services?

Early intervention services are for children ages birth to 5 years with developmental delays. Services support babies and children in learning and developing skills such as

- Physical – moving, reaching, and walking
- Cognitive – learning and thinking
- Communication – talking and understanding
- Social and emotional – playing, building relationships, and feeling secure and happy
- Self-help – eating, dressing and toileting



Why is it important?

The earlier a child with a developmental concern gets help, the better. Even babies get services.

Where are services offered?

- For children birth to 3 years old, services are usually provided at home or a local agency
- For children 3 to 5 years old, services are usually provided at a local school or agency

How do I get services for my child?

The state of California provides free or low-cost early intervention services. To receive state-funded services, you will need to schedule an evaluation for your child. Evaluations determine if your child has a developmental delay or disability. Evaluations are free.

Where do I get an evaluation?

- For children 0 to 3 years old, call the Regional Center of the East Bay at (510) 618-6100
- For children 3 to 5 years, call your local school district.

At the evaluation, your provider will discuss your child's results. They will explain your child's eligibility for services. If your child is eligible, they will help you get started with services.

How will I be involved in services?

You and your provider will work together as a team to address your child's needs. It's important to share your observations and concerns about your child with your provider. To help you be involved, your child's provider has a responsibility to keep you informed. Your provider should

- Invite, listen, and value your input
- Give you clear and complete information
- Provide a language interpreter if needed
- Involve you in decisions about services and care

If you have questions, call Help Me Grow.

The process of receiving early intervention services can be sometimes overwhelming. That's why we are here. Help Me Grow can explain evaluations, help you find different services, and tell you about Medi-Cal coverage.

Call us!

