

Things to Remember

Who should I talk to if I'm concerned about my baby's development?

Seven horizontal lines for writing notes.

# Alta California Regional Center

## Contact Us

To speak to an Early Start Intake Coordinator call:

Alta California Regional Center

(916) 978-6249

(916) 978-6647 (En Español)

Visit us on the web: [www.altaregional.org](http://www.altaregional.org)

Offices in Sacramento, Roseville, Placerville, South Lake Tahoe, Truckee, Grass Valley, Woodland and Yuba City

## Early Start Program

*Providing early intervention services to infants and toddlers birth to 36 months*



## What is Early Intervention?

*Parents and Professionals Working Together to Help Babies Develop and Learn.*



Babies learn and grow at their own rate. Some babies need a little extra help. Since babies grow and learn quickly, it is important to get extra help as early as possible if you or your baby's doctor have any concerns about your baby's development.

The Early Start Program at Alta California Regional Center provides supports and services for babies within the context of their family. Families are coached to help their child learn during everyday activities and routines.

This is called **early intervention**.

## Who can make a referral?

Anyone can make a referral, including parents, health care providers, neighbors, family members, foster parents, and day care providers. As a parent, you can refer your child to Early Start if you suspect a delay. Parents must give permission to have their child evaluated.

## How do I know if my child qualifies for services?

Information from you, your child's doctor and from observing your child through assessment are all used to find out whether he or she needs some extra help with his or her development and learning.

## What happens next if my child is eligible for early intervention?

If your baby is eligible, your service coordinator will work with you to develop a plan based on what your child needs. The plan will set out goals for working with you to help your baby do things that are important to his or her growth. This is called the Individualized Family Service Plan, or IFSP. The IFSP also lists the services that are needed to meet your goals keeping in mind your concerns, priorities and resources.

## Where will early intervention services be provided?

Early intervention coaching services are provided in the family's natural environment. Services may be provided in home and in the community, like parks, child care, community centers, and other places where children and families live, play and learn.

## What can I expect from early intervention services?

Intervention sessions focus on what's working and what's challenging for the child and family in their everyday routines and activities. The Early Start program will provide a professional to coach parents on how to use routines, daily activities like meal times, bed time, and outings as opportunities for the child to practice important developmental skills. Families are the first and most important teachers for their children.

## How much will early intervention cost?

There is no cost for evaluation, assessment or service coordination. Public or private insurance is accessed for medically necessary services including speech, physical and occupational therapies.