



FAMILY ROADMAP

Do you have concerns about your child's behavior or development?



Observe and talk to your child. Do you notice any changes in these areas?

- Sleeping
- Eating
- Talking
- Socializing
- Playing
- Family
- Mood
- Worries
- Learning/School
- Attention
- Friendships
- Energy Level
- Stress
- Isolation
- Drugs/Alcohol
- Sexual Activity

Remember, some behaviors are normal depending on your child's age and circumstances.

Ask for assistance!
If you or your child are concerned or struggling with any changes in behavior, emotions or development.

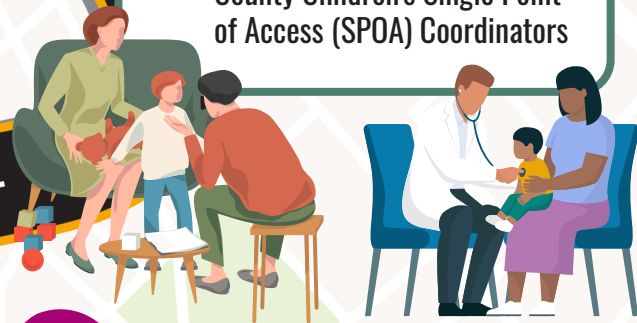
What should I say?

I have noticed _____ going on with my child. I would like to have my child evaluated.

Who else can help?
Family Peer Advocates and other parents/caregivers have "lived-experience" navigating the systems and can help you make informed decisions.

Who should I contact?

- Family doctor or pediatrician
- School Staff
- County Children's Single Point of Access (SPOA) Coordinators



Want more information?
Scan or click the QR code to access a digital version of this roadmap that provides more information to guide you.

Reminder!
You know your child best. It can be overwhelming to decide to seek professional help. Be persistent and know that support is out there for you.

