

Steps After Noticing Red Flags

Noticing that your child may not be developing like other kids can feel scary. You might see delays in speech, trouble with eye contact, or behaviors that seem different. These are called red flags, and while they can be overwhelming, you are not alone. Here are simple steps you can take:

1. Write Down What You See

Keep a small notebook or use a printable Red Flag Tracker. Write short notes:

- "Doesn't answer when I call name."
- "No two-word phrases at 2 years old."
- "Always lines up toys."
- Clear notes will help you later when you talk to doctors or teachers.

2. Talk to Your Pediatrician

Schedule an appointment with your child's doctor. Bring your notes and specific examples. Be honest about your worries, even if others say, "Don't worry, they'll grow out of it." Early conversations matter.

3. Ask About Referrals

If your doctor agrees, ask for a referral to a developmental pediatrician or early intervention program (EIP). These specialists can give a proper assessment and guide you toward services like speech or occupational therapy.

4. Don't Wait to Start Helping

Even while waiting for therapy slots (which can take months), you can start helping at home:

- Talk to your child often in short, simple words.
- Play side by side, copy their actions, and wait for them to respond.
- Celebrate every attempt they make to communicate, even a look, sound, or gesture.
- Our free toolkit might help you get started, click here:
<https://somerasurements.com/free-toolkit/>



5. Build Your Support Circle

Share your concerns with close family members so they understand your child better. Connect with parent groups (online or in your community). Other parents can share ideas, encouragement, and hope.

6. Use Free Tools

Check out [Somera Solutions Free Resources](#) for printable trackers, guides, and activities. These will help you keep notes, create routines, and start small home strategies while waiting for professional help.

Final Word

Remember, noticing red flags is not the end, it's the start of understanding your child. Early steps make a big difference. You are your child's best advocate, and every small action today builds a brighter tomorrow.

SMALL ROUTINES LEAD TO BIG PROGRESS