

Developmental Milestones

Here are a few milestones to look for:

2 months

Does your baby hold their head up and begin to push up during tummy time?

12 months

Does your baby repeat sounds or actions to get attention?

18 months

Does your child show interest in a doll or stuffed animal by pretending to feed?

36 months

Does your child walk up and down stairs with one foot on each step?

48 months

Does your child know their first and last name?

Additional developmental questions that Help Me Grow can answer:

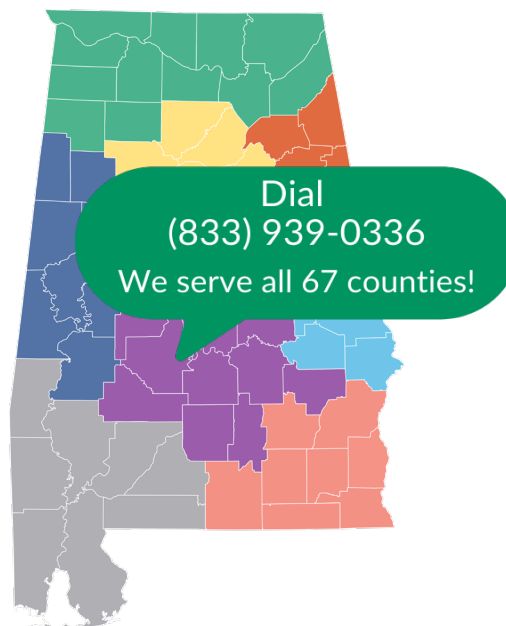
- Is my baby eating the correct amount of food?
- Should my child be sleeping more?
- Are tantrums normal at this stage?
- When should my baby begin crawling?
- How many words should my child be saying?

Developmental Monitoring

Call Toll-free (833) 939-0336 or enroll online at HelpMeGrowAlabama.org

Help Me Grow has Regional Care Coordinators across the state that:

- Will find appropriate services and support for children and families.
- Have been specially trained to work with families.
- Will stay in touch until families are successfully connected to those services and supports.
- Are consistently resourceful, caring, and patient.
- Work with families in many languages through the use of an interpreter.



Help Me Grow Alabama Main Office:

Alabama Partnership for Children
2595 Bell Road, Montgomery, AL 36117
Toll-free (833) 939-0336
HelpMeGrowAlabama.org



Help Me Grow Alabama is funded by the Alabama Department of Early Childhood Education through the Preschool Development Grant and the Alabama Department of Human Resources.



Help Me Grow Alabama connects families to health and developmental resources so children (birth to age eight) can start school healthy and ready to succeed.



Help Me Grow Alabama is an affiliate of the Help Me Grow National Network and a program of the Alabama Partnership for Children.

What is Help Me Grow?

Help Me Grow is a **FREE** and confidential care coordination program that aims to link every family in Alabama with children (birth to age eight) with a Care Coordinator who will answer questions and address concerns about their child's development, connect them with resources in their community, and follow-up to ensure that a connection is made.

Why should I call Help Me Grow?

-  To discuss questions about your child's development, behavior, health, or learning
-  To speak with a Care Coordinator who will help you find appropriate community resources
-  To learn more about your child through a **FREE**, easy-to-use developmental questionnaire
-  To receive developmental activities that you can do with your child at home
-  To discuss ways to address concerns with your child's doctor

What happens when I call Help Me Grow?

You will be connected with a Care Coordinator who will help you understand your child's unique needs and will help equip you to meet those needs, whether it be by providing community resources or providing you with tools to measure your child's development.

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What is developmental screening?

Developmental screening is a way of measuring a child's overall development using a valid and reliable screening tool. It highlights important developmental milestones and is a way to learn more about typical child development and identify your child's strengths, as well as areas of concern.

Help Me Grow offers **FREE** developmental screening through the use of the Ages and Stages Questionnaires®. These screenings are available for children from birth until age 5 and measure a child's development in the following areas:

- | | |
|---|--|
|  Communication |  Problem solving |
|  Gross motor |  Personal-social |
|  Fine motor |  Social-emotional |

When a concern is identified, Help Me Grow is there to follow up to ensure that your child receives the help that they need.



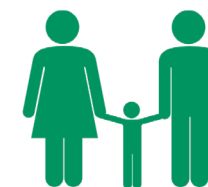
Why do the early years matter?



Nearly **85%** of brain development occurs in the first few years of life before entering kindergarten.



Nearly **80%** of the brain is wired for learning by age three. The earlier you help children, the more they can be prepared to succeed in school and in life.



Just as it is important to take your child to the doctor for routine check-ups, it is also important to track your child's development.