



Are you
interested in
your child's
development?

Would you
like resources
on pregnancy
or parenting?

Are you
challenged
by your child's
behavior?

Contact Help Me Grow

Help Me Grow connects expectant families and families with young children to resources in the community to enhance their child's development.

Contact us for help with:

- Behavior
- Parenting
- Child Development
- Speech and Language
- Developmental Screening
- Support Groups
- School Readiness
- Prenatal Education
- Pregnancy Support ... and more

Call 1.866.GROW.025

(1.866.476.9025)

or visit www.helpmegrowoc.org



Help Me Grow

ORANGE COUNTY

A PROGRAM OF CHOC HEALTH
Supported by First 5 Orange County

Connecting Families to
Developmental Services

Help Me Grow is for children living in Orange County from newborns up to 8 years old.

Contact Help Me Grow if you ...

- Have questions about your child's development, behavior or learning
- Want more information about developmental services for a child
- Need help finding or accessing developmental resources

The Help Me Grow team will...

- Listen to your concerns
- Find services in Orange County that are available and appropriate for your needs
- Give you contact information and tips on how to connect to these services
- Provide direct referrals when appropriate
- Follow up to find out if you were connected to a service or if you need more help

What are Developmental Services?

A child's development includes his or her physical, mental, communication, social and emotional growth. Developmental services help infants and young children grow and develop in whatever area is needed.

Developmental Screenings

All children should have regular developmental screenings to see if they are meeting the milestones for their age. Your child's doctor should follow his or her development and do a screening using an evidence-based tool at 9, 18 and 24 or 36 months. Ask your doctor about a screening at your child's well visit. If you are unsure about whether your child is developing like they should, Help Me Grow can also help with a screening – just ask!

Partnering to Build the Network

Help Me Grow has a network of hundreds of organizations in Orange County – all focused on helping children and families. We are continuously out in the community learning about new programs and updating our database so that the information we give you is accurate and up-to-date. We pass this information on to you when you call the toll free number **1.866.GROW.025**.

Developmental Milestones Chart

| MOTOR SKILLS | COMMUNICATION | SOCIAL & THINKING |
|---|---|---|
| Your 6-month old | | |
| <ul style="list-style-type: none"> • Rolls over • Picks up a small toy • Moves toy from hand to hand | <ul style="list-style-type: none"> • Responds to his/her name • Squeals and uses consonants (ba, da, ma) | <ul style="list-style-type: none"> • Smiles when he/she sees a parent • Looks for a dropped toy |
| Your 1-year old | | |
| <ul style="list-style-type: none"> • Takes steps alone or with hands held • Picks up Cheerios with finger and thumb | <ul style="list-style-type: none"> • Points to show you things • Has begun to say single words | <ul style="list-style-type: none"> • Finds a toy hidden under a blanket • Follows a simple command (give me_) |
| Your 2-year old | | |
| <ul style="list-style-type: none"> • Kicks a large ball • Turns board book pages • Stacks 4 blocks | <ul style="list-style-type: none"> • Follows simple directions • Uses 2-word phrases • Uses at least 50 words | <ul style="list-style-type: none"> • Uses pretend items during play (pretends to talk on phone) • Turns over a small plastic bottle to get what is inside |
| Your 3-year old | | |
| <ul style="list-style-type: none"> • Jumps in place • Draws a circle • Strings large beads | <ul style="list-style-type: none"> • Tells you what is happening in a picture • Points to 7 different body parts | <ul style="list-style-type: none"> • Uses words to describe emotions (happy, sad) • Matches colors |
| Your 4-year old | | |
| <ul style="list-style-type: none"> • Hops on one foot • Rides a tricycle • Stacks 10 blocks | <ul style="list-style-type: none"> • Follows 3 unrelated directions • Uses past tense and plurals • Talks about daily activities | <ul style="list-style-type: none"> • Engages in fantasy play • Names 2 friends or playmates • Sings familiar songs |
| Your 5-year old | | |
| <ul style="list-style-type: none"> • Balances on one foot for 5 seconds • Cuts on a line with safety scissors • Prints some letters | <ul style="list-style-type: none"> • Uses at least 5 word sentences • Names opposites (ice is cold, fire is ____) • Identifies colors and shapes | <ul style="list-style-type: none"> • Plays simple board games • Draws person with head, body, arms and legs • Counts on fingers |
| Your 6 to 8-year old | | |
| <ul style="list-style-type: none"> • Writes first and last name • Creates and writes short sentences • Jumps rope • Ties shoe laces | <ul style="list-style-type: none"> • Describes events in order • Asks for meaning of words • Speaks without speech sound errors • Talks about thoughts and feelings | <ul style="list-style-type: none"> • Participates in rule-based group games • Understands simple addition/subtraction • Recognizes others' perspectives • Knows the difference between left and right |