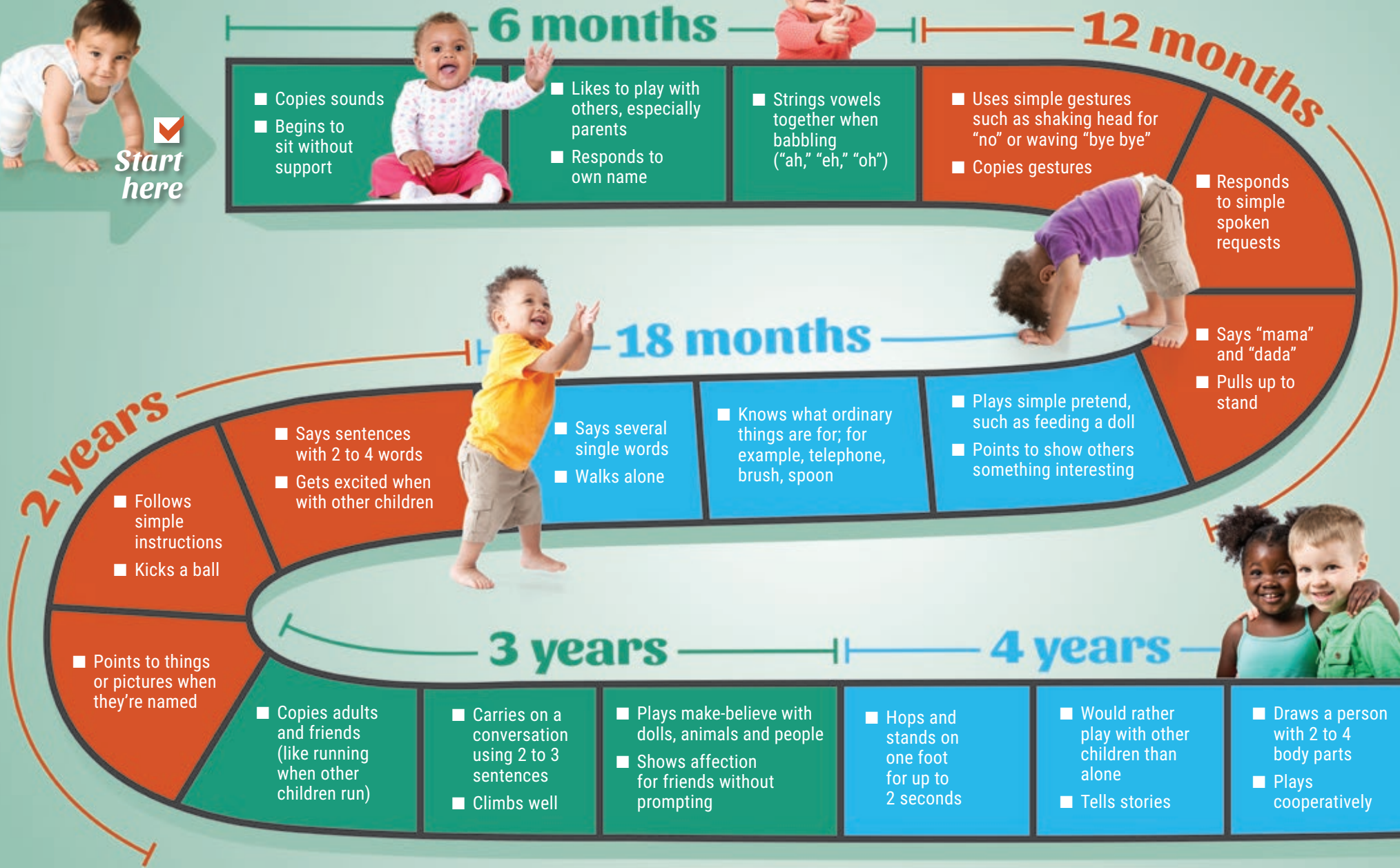


# Your child's development is a journey...

Check off the milestones your child has reached and share your child's progress with your doctor at every visit.



These are just a few of many important milestones to look for. For more information, call 211 and ask for a Help Me Grow specialist.



Brochure and milestones chart adapted from the Centers for Disease Control and Prevention (CDC) "Learn the Signs Act Early" program.

# The first five years

are full of important milestones for your child. Use this chart to **check your child's development** and learn what to expect as they grow.

## All parents have questions

It's normal to have questions about how your child is growing and developing. You may wonder if your child is developing on track. You may worry about your child's behavior. You may want to know how to prepare your child for school.

## Help Me Grow has answers

Call Help Me Grow at 211. We answer parents' everyday questions about early childhood development (birth to 5 years). Parents get tips, support, and referrals to local resources. All calls are confidential.

*"I used to be worried and frustrated, but now I know what to expect from him, what he is capable of doing, what his needs are, and how to work with him."*

# Call 211

Ask for a  
**Help Me Grow  
Specialist**



## We Can Help With:

- Your child's learning, development and behavior
- Answering questions about child development
- Arranging a free developmental screening for your child
- Finding services to support your child's development



# all parents have questions

**FREE** information, support, and referrals for **YOUR** child birth through 5 years.



**Help Me Grow**  
Contra Costa

**has answers**