

Help Me Grow

First 5 Contra Costa is leading the local effort to implement Help Me Grow, a system of coordination used nationally to connect children to the early screening and community services they need to thrive.

Screening young children for developmental delays and linking them to effective services can provide immediate relief to concerned families and reduce the costs for special education or other services down the road.

But in California, most developmental concerns are not identified or addressed until children start kindergarten. These are missed opportunities to begin interventions early, when they are more likely to be successful and cost-effective.

HELP ME GROW CONTRA COSTA IMPROVES CHILDREN'S ACCESS TO DEVELOPMENTAL SCREENING BY:

Expanding screening and referral services in pediatric offices, preschools, and child care programs



Increasing use of online developmental screening tools

Implementing public awareness campaigns on the importance of screening and early childhood development

Creating a data collection system to identify successes, gaps, and delays in program service delivery

HELP ME GROW CONTRA COSTA CONNECTS FAMILIES TO SERVICES BY:



Expanding 211 services to include child developmental specialists and support

Creating a website with information about child development and local developmental services

Creating a new system of identification and services for children with mild-to-moderate delays who do not qualify for state-funded services, and who otherwise would not receive help

90% of brain development occurs during the first five years of life



Only **1 in 3** children in California receive routine development screening



60% of developmental delays are not identified until kindergarten

