

We're here to answer all your baby questions.
We also offer free developmental screening
for children under age 5 to check how they are
growing and developing.



Always free. Always confidential.
Just call 211 or text "hmgcoco" to 898211

helpmegrowcoco.org



From Tantrums to Talking

No questions too big or too small.
Help Me Grow Contra Costa
can answer the questions parents have
about their kids ages 0 to 5.

No-cost information and referral helpline for the babies you love.

We can help you find a playgroup, find out when your baby will start walking (or stop crying!) or help you prepare your child for school. We can either answer your questions or point you to a professional who can.

Help Me Grow Contra Costa can answer parents' everyday questions about development from age 0 to 5.

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



6 Months

- Copies sounds
- Begins to sit without support
- Likes to play with others, especially parents
- Responds to own name
- Strings vowels together when babbling ("ah," "eh," "oh")



2 Years

- Says sentences with 2 to 4 words
- Gets excited when with other children
- Follows simple instructions
- Kicks a ball
- Points to things or pictures when they're named



12 Months

- Uses simple gestures such as shaking head for "no" or waving "bye bye"
- Copies gestures
- Responds to simple spoken requests
- Says "mama" and "dada"
- Pulls up to stand



3 Years

- Copies adults and friends (like running when other children run)
- Carries on a conversation using 2 to 3 sentences
- Climbs well
- Plays make-believe with dolls, animals and people
- Shows affection for friends without prompting



18 Months

- Says several single words
- Walks alone
- Knows what ordinary things are for; for example, telephone, brush, spoon
- Plays simple pretend, such as feeding a doll
- Points to show others something interesting



4 Years

- Hops and stands on one foot for up to 2 seconds
- Would rather play with other children than alone
- Tells stories
- Draws a person with 2 to 4 body parts
- Plays cooperatively

These are just a few of many important milestones to look for. For more information, call 211 or text "hmgcoco" to 898211 and ask for a Help Me Grow specialist.