



### BE AN ADVOCATE!

Get tested today!  
Get screened & learn about  
your child's needs and  
resources available in your  
community. You are the best  
advocate for your child!



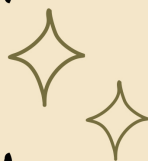
### BLACK CHILDREN FACE DISPARITIES

Black children are often diagnosed  
too late for preventative  
interventions. They are least likely to  
get diagnosed by a doctor.  
Black Children deserve proper  
medical care & access to services!

### BLACK FAMILIES LACK ACCESS

Black parents lack access to  
equitable health care services.  
Families often face discrimination  
and/or live in communities  
with inadequate resources.

## BLACK MINDS MATTER



### GET SCREENED EARLY

Children who are screened  
are more likely to receive  
early intervention services  
that help improve social  
and cognitive skills.

### GET INFORMED

The earlier parents identify  
possible developmental  
delays or other needs, the  
sooner they can connect  
with resources and support  
or their children.

### THE MORE YOU KNOW THE HEALTHIER THEY WILL GROW. GET HELP TODAY!

Call or text the  
Help Me Grow phone line:

**Call 2-1-1 or text  
"hmgcoco" to 898211**



For additional support, connect with your local First 5 Center.  
Scan the QR code or visit: [bit.ly/first-5-centers](https://bit.ly/first-5-centers)



# The More You Know The Healthier They Will Grow



## Observe

The earlier you identify possible developmental challenges the sooner you can get help & access services that support your child's growth and development.

## Get Tested Early

Developmental screenings are recommended for children at 6, 18, and 24 months. The earlier you know the sooner you can get the resources your child needs. Developmental screenings check all areas of child development, including moving, hearing, seeing, thinking, communicating, and social skills.



## Find out about Resources

Black children often go undiagnosed. Parents often face barriers to healthcare services. PAAACT supports black families in eliminating disparities and accessing essential services.

## Be an Advocate

Be Informed! You are the best advocate for your child. You know your child. You are the best advocate for supportive services.



## Get Support

You are not alone! Your child's development does not stigmatize you. PAAACT is a community of parents that will help to support you as you navigate creating a healthy future for your child.

## Learn about your options

For children under the age of 2.5 years, you can ask their doctor and/or contact the Regional Center of the East Bay (<https://rceb.org/>) for free (if eligible) screening or evaluation.

For children over the age of 2.5 years, ask your doctor or school. School districts are required to conduct assessments for eligible children.



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Parents can receive free screenings, or learn how to understand the results at a First 5 Center: [bit.ly/first-5-centers](https://bit.ly/first-5-centers)