

Watch Your Child's Growth

Help Me Grow provides an easy and helpful way for you to see how your child is doing with easy-to-use questionnaires for children from birth to age five.



Check out a few examples of what you might find on the questionnaires:

-  **4 months:** Does your baby make high-pitched squeals?
-  **18 months:** Does your child make a mark on the paper with the tip of a crayon when trying to draw?
-  **36 months:** Without using anything for support, does your child kick a ball by swinging his/her leg forward?

The American Academy of Pediatrics - Alabama Chapter and United Way of Central Alabama serve as lead agencies to administer Help Me Grow in Central Alabama.

Together, we focus on your child's development, so you can focus on their future.

United Way
SUCCESS BY 6™



American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN™
Alabama Chapter



COMMUNITY FOUNDATION
OF GREATER BIRMINGHAM



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A Tool for Parents



Linking parents to health and developmental services so their children start school healthy and ready to learn.

United Way of Central Alabama
Dial 2-1-1
Ask for Help Me Grow

What is Help Me Grow?

Help Me Grow provides health and developmental resources and services to families so children start school healthy and ready to learn. As a parent or caregiver, have you asked questions such as:

-  Is my baby eating enough?
-  Should my child be sleeping more?
-  When should my baby start crawling?
-  Are these tantrums normal at this stage?

Why use Help Me Grow?

Call Help Me Grow if you have concerns about your infant or toddler's development in the areas of language, feeding, walking, the handling of toys, seeing, hearing, or playing. Help Me Grow can provide information and referrals to additional support.

- 1. Help is just a phone call away.** Work with a knowledgeable child development professional to help you determine appropriate community resources.
- 2. Increase your knowledge about your child.** Gain access to an easy-to-use questionnaire, a tool which guides you through your child's development.
- 3. Be more prepared to talk to your child's doctor.** Spend time with your doctor asking the questions you want answered.



Your resource for
information and services:

-  **Child development and health**
-  **Child behavior**
-  **Child learning**
-  **Parenting**

