

KENTUCKY HELP ME GROW




**A FREE
helpline for
questions you
may have about
your child's
development
(birth to age 8)
CALL 211**

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

Kentucky Pediatric Society


Kentucky Public Health
Prevent. Promote. Protect.

United Way 
United Way
of the Bluegrass

 **Help Me Grow**
Kentucky
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*Help Me Grow Kentucky is a member
of the Help Me Grow National Network.
For more information, please visit
helpmegrownational.org*

REQUEST FORM FOR AGES & STAGES QUESTIONNAIRE

Please use this easy tear-off mailer, or if you prefer, place it in an envelope with a postage stamp.
All information provided by you will be kept confidential.

Yes, I would like my child to participate in Ages & Stages questionnaires.
Check one: English Spanish

Child's Name (First and Last) _____

Your Name (First and Last) _____

Relationship to Child _____ Child's Sex _____

Child's Date of Birth _____ If applicable, # of weeks premature _____

Phone Number _____ E-Mail Address _____

Street Address _____

City _____ County _____ State _____ ZIP _____

Parent or Guardian Signature _____

Doctor's Office _____



Did You Know?

Some babies and children need extra help to learn and grow.

Do You Know the Ways to Measure Your Child's Growth?

The most common way to measure your child's growth is by writing down his height and weight. It is just as important to watch how your child PLAYS, LEARNS, SPEAKS, BEHAVES, and MOVES.

When your child takes his first steps, smiles for the first time, or waves "bye-bye," he is showing skills known as developmental milestones. When a child doesn't reach his developmental milestones by a certain age, it could mean that he is not developing properly.

How Can I Help My Child's Development?

As a parent, you know your child's growth and development best. You may notice that she seems to be developing slower than other children her age.

During your child's health exams, the doctor may ask you some questions and interact with her to see how she PLAYS, LEARNS, SPEAKS, BEHAVES, and MOVES. The doctor may also conduct a developmental screening to see if your child is learning basic skills or has some delays.

If you are worried about your child's development, don't be afraid to talk with the doctor.

What is Help Me Grow?

Help Me Grow connects families and children, birth to age 8, with community services and resources to help with developmental, behavior or learning concerns that you may have about your child. Many children, who do not meet their developmental milestones, often aren't identified until they begin school.

Help Me Grow helps families and caregivers identify children at an early age who are not meeting their developmental milestones. Help Me Grow connects them to programs that can help!

How Can Help Me Grow Help You?

Help Me Grow offers FREE help for parents or caregivers. You can call the 211 line to talk with an Early Childhood Care Coordinator.

The Care Coordinator may use a screening called Ages and Stages Questionnaire to see how your child is developing. She may also link you to other services your child may need.

How Does It Work?

Help Me Grow makes it easy for you to find help answering the questions you may have about your child's development. Choose a way that works best for you!

✓ THREE STEP MAIL PROCESS

1. Fill out the questionnaire request, and drop it in the mail. Help Me Grow, P.O. Box 2130, Corbin, KY 40702
2. You will be mailed an Ages and Stages Questionnaire (available in English or Spanish) to complete.
3. After completing the questionnaire, return it to Help Me Grow, for results.

✓ ONE STEP CALL PROCESS

Call 211 and complete the Ages and Stages Questionnaire with an Early Childhood Care Coordinator and receive the results while on the phone.

