



Help Me Grow

South Carolina

- Have questions about how your child speaks or acts?
 - Are you challenged by your child's behavior?
 - Need help connecting to community resources?
 - Would you like more information on parenting?

Call 1-855-476-9211
or 2-1-1

Help Me Grow connects families and children age birth to 8 with developmental, behavioral or learning concerns to community services and resources. When you call the toll free number, 1-855-476-9211, you will speak to a care coordinator who will listen to your concerns and help you decide which services are appropriate for your family. We'll help you get connected to those services, answer your questions, and follow up.

This is a free service offered through a partnership between





Making the connection

1-855-GROW 211

Call if you are...

- Wondering about how your child plays, learns, speaks or acts.
- Needing support to access community services and programs.
- Assisting a client, family member or friend seek information about developmental services.

The Help Me Grow team will...

- Listen to your concerns and help you decide which programs are right for your child and family.
- Find services that are appropriate and available for referrals.
- Connect you and your child to services
- Follow up to find out if you were connected to a service.
- Assist you in on-going monitoring of your child through routine developmental screening.

Developmental Screening

Help Me Grow staff are available to support primary health care providers wanting to implement routine developmental screenings. We support the use of norm-referenced screening tools at well child visits. After a developmental screening, Help Me Grow can assist in connecting children to appropriate early intervention and developmental services.

Partnering to Build the Network

Through a partnership with United Way Association of South Carolina and its 211 system, the Help Me Grow team uses a shared resource database. By networking with a variety of local and state agencies, we learn about services to add to the resource database. This information is regularly updated and passed on to our families when they call Help Me Grow. If you would like to request to have your organization included in this database, please call and talk to one of our Help Me Grow care coordinators.

Developmental Milestones Chart		
MOTOR	COMMUNICATION	SOCIAL & COGNITIVE
Your 6-month old		
<ul style="list-style-type: none"> • Rolls Over • Picks up a small toy • Moves toy from hand to hand 	<ul style="list-style-type: none"> • Responds to his/her name • Squeals and uses consonants (ba, da, ma) 	<ul style="list-style-type: none"> • Smiles when he/she sees a parent • Looks for a dropped toy
Your 1-year old		
<ul style="list-style-type: none"> • Takes steps alone or with and held • Picks up cheerios with finger and thumb 	<ul style="list-style-type: none"> • Points to show you things • Has begun to say single words 	<ul style="list-style-type: none"> • Finds a toy hidden under a blanket • Follows a simple command (give me___)
Your 2-year old		
<ul style="list-style-type: none"> • Kicks a large ball • Turns board book pages • Stacks 4 blocks 	<ul style="list-style-type: none"> • Follows simple directions • Uses 2-word phrases • Uses 50 words 	<ul style="list-style-type: none"> • Uses pretend items during play (pretends to talk on phone) • Turns over a small plastic bottle to get what is inside
Your 3-year old		
<ul style="list-style-type: none"> • Jumps in place • Draws a circle • Strings large beads 	<ul style="list-style-type: none"> • Tells you what is happening in a picture • Points to 7 different body parts 	<ul style="list-style-type: none"> • Uses words to describe emotions (happy, sad) • Matches color
Your 4-year old		
<ul style="list-style-type: none"> • Hops on one foot • Rides a tricycle • Stacks 10 blocks 	<ul style="list-style-type: none"> • Follows 3 unrelated directions • Uses past tense and plurals • Talks about daily activities 	<ul style="list-style-type: none"> • Engages in fantasy play • Names 2 friends or playmates • Sings familiar songs
Your 5-year old		
<ul style="list-style-type: none"> • Balances on one foot for 5 seconds • Cuts on a line with safety scissors • Prints some letters 	<ul style="list-style-type: none"> • Uses at least 5 word sentences • Names opposites (ice is cold, fire is___) • Identifies colors and shapes 	<ul style="list-style-type: none"> • Plays simple board games • Draws person with head, body, arms and legs • Counts on fingers

This is only a guide, children develop differently. If you have questions, call Help Me Grow.

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