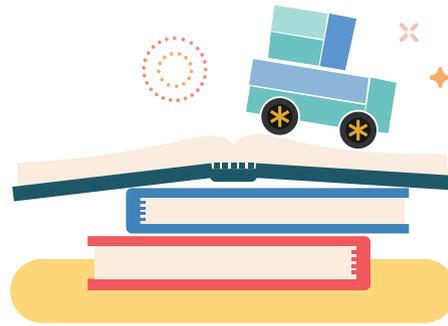


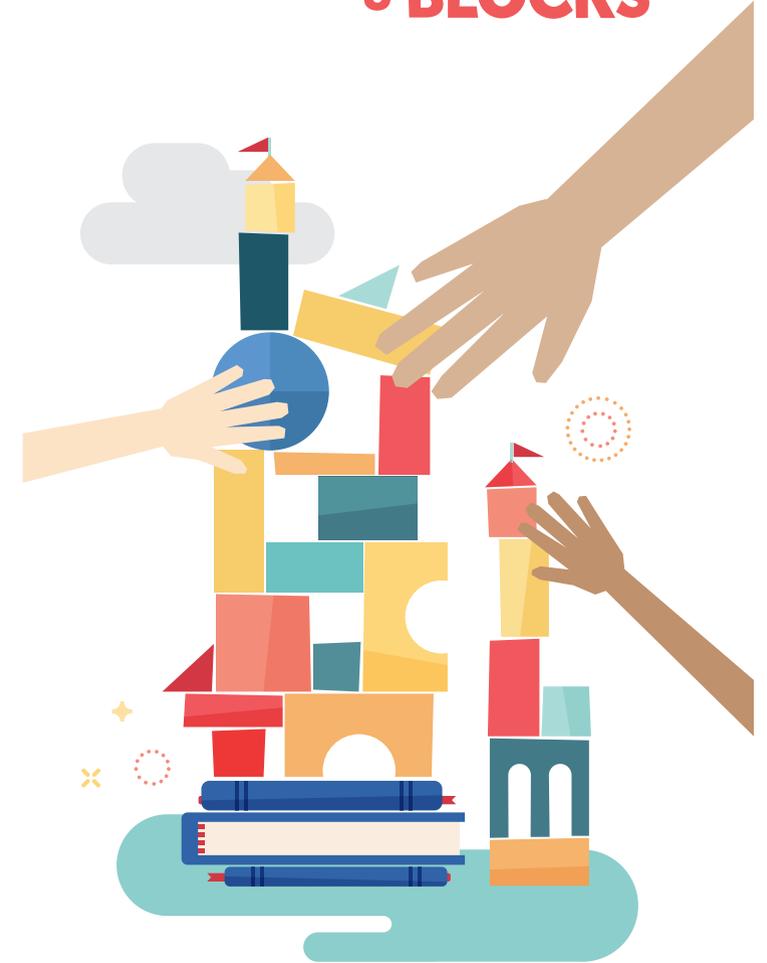
As your child's **nurturer**, you know development affects her growth and abilities. Contact us to complete a **developmental screening** to use as a guide for your child's growth.

As your child's **provider**, you are learning all about what's going on in his world. Ask us your **parenting questions** and get connected to the information you need.

As your child's **protector**, you navigate the outside world for her. Finding the right places takes time. Contact us to gain access to our vast **community resource database** instantly.



GROWING WITH BOOKS, BALLS, & BLOCKS



It's time to see the difference you are making in your child's life.

Find out how by contacting us today.

801 691 5322 helpmegrowutah.org

or follow us on    

LIVE UNITED

A program of  

Help Me Grow Utah supports prenatal parents and families with children through age 8.

Offering services at no cost in both English & Spanish.



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Why Books, Balls, & Blocks?

Books build communication, problem solving and imagination skills. **Balls** provide a foundation of science, including cause and effect. **Blocks** help children become aware of the space around them and provide basic math skills. Simple objects for great growth.

Find more activity ideas at helpmegrowutah.org

HOW MANY HIGH AM I? Stand a doll or stuffed animal up. Ask your child to guess how many blocks it would take to reach that height. Together, stack as many blocks as the item is tall. How close was he to the number it took? Now have your child measure himself or you in blocks.

HOME BOWLING Using empty water or soda bottles, set up a small grouping of at least five bottles. Standing a few feet away, have your child roll a ball to the bottles and see how many he can knock down. Make it a game with other people.

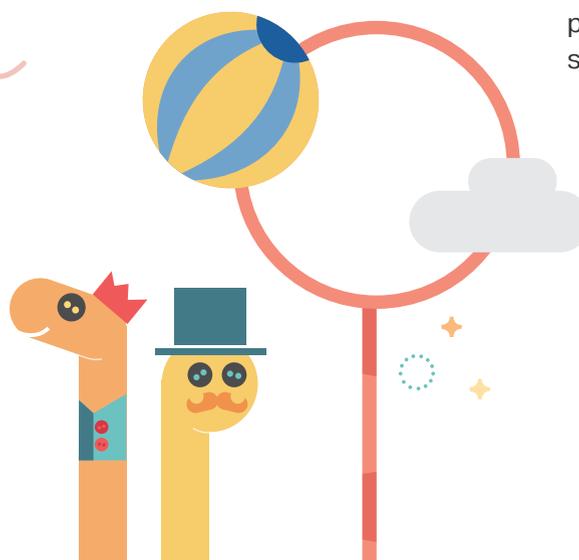
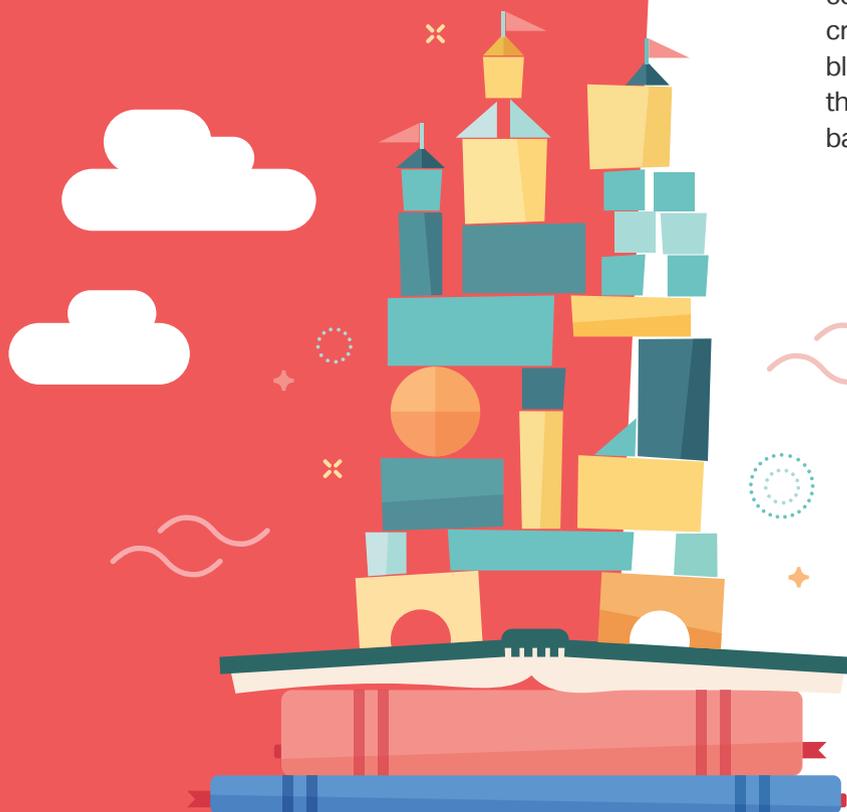
BALLS IN THE AIR Hold the corners of a small blanket with your child to create a parachute. Place balls on the blanket and throw them up, trying to catch them on the blanket. Try different sized balls to add variation.



ISPY Lay out a variety of blocks on the floor. Increase your child's observational skills by encouraging her to pick out a block as you describe its shape, color, or location. Now let her describe a block and you pick it out.

PUPPET SHOW Make sock or brown lunch bag puppets of characters from your child's favorite story and then act it out. Have your child create his own story with the characters.

WHOLE SELF Children learn best when they use all of their senses as they play. Get sound, sight, hearing, touch, smelling and taste involved!



WHY DEVELOPMENTAL SCREENINGS?

Knowing the developmental milestones children go through makes parenting easier. Developmental screenings help you, as a parent, identify your children's milestones—strengths and areas where they may need support. Doing a screening is as simple as playing with your child.

WHERE CAN I DO A SCREENING?

At Help Me Grow Utah, we offer a developmental screening for all children through age five. Once returned a personal Care Coordinator will share the results and provide resources, activities and information to support the goals you have for your child.

To learn more & access our developmental screening, text **"SCREENING"** to **77948**



Invest in your child's future by understanding development from the beginning.

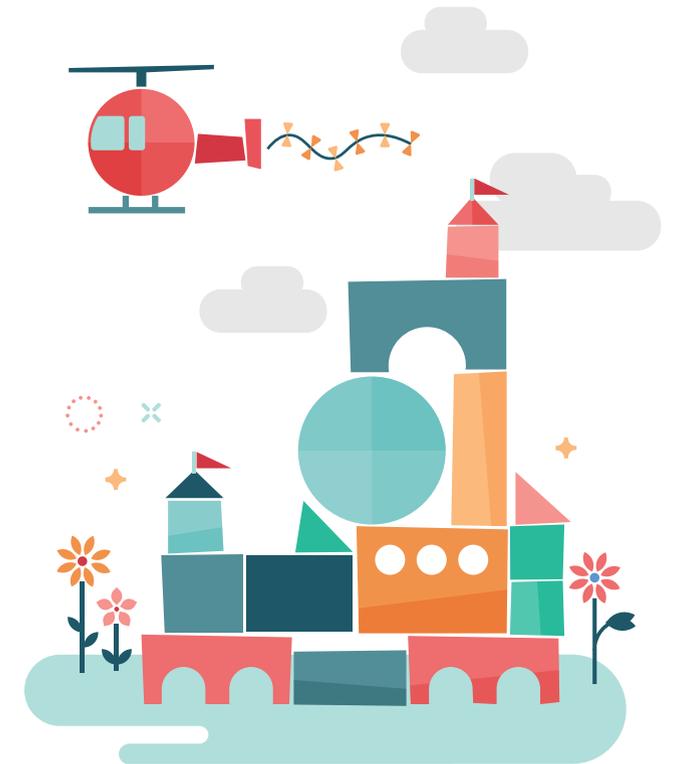
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PLAY IS THE PATH OF DEVELOPMENT



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Types of Play

UNOCCUPIED While lying down, a child appears to be making random movements with no obvious purpose. This type of play is common in infants.

PARALLEL Children play near each other, even doing the same activity, but don't interact with one another. This type of play is common in infants to preschoolers.

SOLITARY Children are completely focused on what they are doing in their own play, not noticing others. This type of play is common in toddlers.

ONLOOKER A child will watch others playing, but may not get involved. They will use what they observed in their own play later. This type of play is common in younger children.

ASSOCIATIVE A child will lead and direct the play of others. This is more about social interaction than the proper use of toys (e.g. blocks become swords). This type of play is common in preschoolers.

COOPERATIVE Children play together to accomplish some sort of goal using team work and organizational skills. This type of play is common in preschoolers and school-aged children.

INDEPENDENT A child plays alone, which teaches independence and emotional satisfaction. This type of play is seen in all ages.

Play is how children learn about the world around them. Through **play**, they develop imagination, finger movement, physical strength, emotional understanding, and communication skills. **Play** helps children build relationships and helps children know that others care for them and that they matter. **Play** also offers parents the opportunity to see into their child's world and gain an understanding of their view.

Sources: American Academy of Pediatrics (www.aap.org/pressroom/playfinal.pdf) and Parten, M. (1933). Social play among preschool children. *Journal of Abnormal and Social Psychology*, 28, 136–147.

There are many ways to play. Learn more at helpmegrowutah.org.



Oh, pregnancy. Very few times in life bring the variety of emotions you're experiencing now. One thing is sure: big changes are coming your way! Whether this is your first or you've been here before, each pregnancy and child is different.

Help Me Grow Utah would like to be a part of the preparations you're making for your baby. We can help by:

- Providing you with pregnancy and parenting information.
- Helping you connect to useful resources in your community.
- Making your pregnancy and transition to parenthood easier.



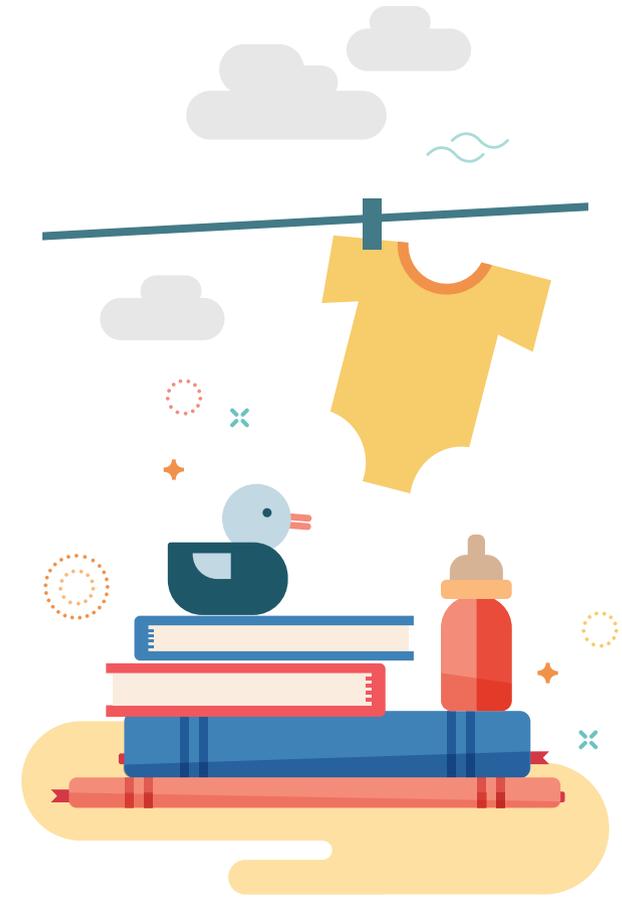
Now is the time to start parenting right.

Find out how by contacting us today.

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PREGNANCY: YOUR BABY PREP TIME



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Bonding Begins Now

With all that goes on in your womb, it's no surprise that a relationship with your baby has already started. Pregnancy is a great time to learn more about your little one. She will respond to your emotions, worries and cares. Respond to her by taking time to relax and notice what she does as she moves around—when is she more active? What can you say or do to your belly that creates a reaction? Your baby might not be in your arms, but you are creating a bond now that will continue for the rest of your lives.



WHAT DO I NEED? For being so little, babies sure seem to need a lot of stuff. Don't overwhelm yourself. Begin by writing a list of what you feel is essential. Work through it slowly during your pregnancy.

LOVING THE BELLY Babies recognize the voices they hear the most. Let her get to know you better by singing, talking, reading and interacting with her through your belly. Get your partner involved too.

RESTING WORKOUT Later in pregnancy your baby seems to become more active when you're resting. Encourage his movement by touching your belly in different spots and ways to see how he responds. What are you learning about your baby?

STRESS RELIEF Pregnancy brings all kinds of emotions and your baby feels them with you. To help relieve stress, find a sturdy balloon and some corn starch. Fill the balloon with the starch through a funnel. Tie it off. You now have a homemade stress ball, which you can knead in your hands to release stress.



BIRTHING PLAN Your baby makes his grand entrance during delivery. Decide how you'd like labor and delivery to go before the time comes. Talk to your doctor about your wishes. Everyone will be more comfortable with your plan as a guide.

RECORDING MEMORIES Whether for your own sanity or to share your thoughts about becoming a parent with your little one, a journal is a good way to keep memories and record all that is happening during pregnancy.

