

# everyone has QUESTIONS when caring for a young child

NOW YOU CAN  
**DIAL 2-1-1!**

## GET ANSWERS

to questions about a child's  
development and behavior

## GET CONNECTED

to resources in your community

When you call **2-1-1**, you can speak  
with trained **Help Me Grow Vermont**  
**Child Development Specialists.**

Specialists are here for you 9 a.m. to 6 p.m.,  
Monday through Friday.

After hours, you can leave a **confidential**  
**message for the Child Development**  
**Specialists.** 2-1-1 is open 24 hours a day,  
7 days a week, 365 days a year.  
Messages are returned ASAP.

Interpretation services are available.  
All 2-1-1 services are confidential.

Find more info at [www.helpmegrowvt.org](http://www.helpmegrowvt.org).



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