



Celebrate Your Child.

Do you have questions about how your child plays, acts, speaks, and learns?

Help Me Grow at Child Development Infoline can help you get the answers you need and connect you to programs, services, information, and more.






Milestones matter!

Track your child's developmental milestones from age 2 months to 5 years with CDC's (Centers for Disease Control and Prevention) easy-to-use illustrated checklists; get tips from CDC for encouraging your child's development; and find out what to do if you are ever concerned about how your child is developing.

Photos and videos in the app illustrate each milestone and make tracking them for your child easy and fun!



CDC's FREE Milestone Tracker App

-  Track Milestones
-  Share a Summary
-  Get Tips & Activities

Available on the  App Store  Google Play



The love and care you give your child will strengthen his/her heart, mind, and body.

You're the most important person in your child's life. What you give to your children, he or she will give to others.

Keep track of your child's development with Ages & Stages Questionnaires (ASQ)[®] Third Edition (ASQ-3[™], ASQ-SE)

One way you can support your child's healthy growth and development is to use the Ages and Stages Questionnaires made for families and **FREE** from Help Me Grow.



It's easy to enroll in ASQ!

Enroll online

To register to receive the **FREE** online ASQ questionnaires by email, go to cdi.211ct.org/asq/

Enroll by mail

To sign up to receive your **FREE** ASQ questionnaires in the mail, complete and return the attached enrollment form. **2-1-1 Child Development Infoline** will mail you a questionnaire every few months. After you return each questionnaire, we'll share information with you about the completed questionnaire, send you some fun activities, and may also connect you to programs to support your child's development. If you have questions about your child's learning, behavior, or development, talk with your pediatrician or your early care provider and education provider. Or, contact **2-1-1 Child Development Infoline** to get connected to community services related to child health, behavior, development, and learning.

2-1-1 Child Development Infoline is here for you!
Call 2-1-1 or 1-800-505-7000 or visit cdi.211ct.org

You're there for them.
We're here for you.



ASQ Enrollment Form

Please sign me up to receive ASQ questionnaires!

By filling out the enrollment form and sending it to **Help Me Grow at 2-1-1 Child Development Infoline**, you are signing up to receive ASQ questionnaires to keep track of your child's development.

Child's Name _____

Date of Birth _____ Male Female

Weeks Premature _____ Use "0" if your child was not premature

Parent/Guardian Name _____

Address _____

City/Town _____ CT Zip _____

Phone _____

Do you wish to receive ASQ questionnaires in:
 English or Spanish (Please check one)

How did you hear about Help Me Grow?

Optional

Please send my child's ASQ results to his/her primary health care provider listed below. **Parent signature required.**

Primary Health Care Provider Name/Practice

Address _____

City/Town _____ CT Zip _____

Phone _____

Parent/Guardian Signature _____

Date _____

You can also fax this form to 860-571-6853, or register online at cdi.211ct.org/asq/

Mail the completed enrollment form to:

Help Me Grow at
2-1-1 Child Development Infoline
1344 Silas Deane Highway
Rocky Hill, CT 06067-1350

If you have questions, call 1-800-505-7000.