



**HELP ME
GROW**

ONONDAGA

THE EARLY YEARS MATTER MOST



IS MY CHILD'S GROWTH ON-TRACK?

IS THIS BEHAVIOR NORMAL?

WHERE CAN I GET FORMULA?

WHAT RESOURCES ARE AVAILABLE?

EVERY PARENT HAS QUESTIONS

Help Me Grow Onondaga Has Answers

Contact Help Me Grow for free, confidential information, support and referrals for your child birth through age five.

- Developmental milestones
- Parenting skills and support groups
- Early childhood learning opportunities
- Early intervention and special education
- Community resources and service providers

Call 2-1-1

AND ASK FOR **HELP ME GROW**

OR VISIT US ONLINE AT
HELPMEGROWN.Y.O.R.G

