

# Developmental Milestones

Here are a few milestones to look out for!

- 4 months** Does your baby make high pitched squeals?
- 18 months** Does your child make a mark on the paper with the tip of a crayon when trying to draw?
- 36 months** Without using anything for support, does your child kick a ball by swinging his/her leg forward?
- 48 months** Does your child enjoy telling stories and playing with others?

## Additional developmental questions that Help Me Grow can answer:

- Is my baby eating the right amount of the right foods?
- Should my child be sleeping more?
- When should my baby start crawling?
- Are these tantrums normal at this stage?





**Dial 2-1-1**  
Ask for  
Help Me Grow!

**Help Me Grow main office:**  
Alabama Partnership for Children  
2529 Bell Road, Montgomery, AL 36117  
1-866-711-4025  
[www.helpmegrowalabama.org](http://www.helpmegrowalabama.org)

## Help Me Grow has Care Coordinators in 9 regions across the state that:

- Are consistently resourceful, caring, and patient.
- Have been specially trained to work with families.
- Through teleinterpreters, can work with families in many languages.
- Will find appropriate services and support for children and families.
- Will stay in touch until families are successfully connected to those services and supports.



Help Me Grow Alabama is funded by the Alabama Department of Early Childhood Education through the Preschool Development Grant, the Alabama Department of Human Resources, and the Alabama Department of Mental Health through a Project LAUNCH Grant from the Substance Abuse and Mental Health Services Association.



# Help Me Grow<sup>®</sup> Alabama

AN AFFILIATE OF THE NATIONAL NETWORK &  
A PROGRAM OF THE ALABAMA PARTNERSHIP FOR CHILDREN

## A TOOL FOR PARENTS



## What is Help Me Grow?

Help Me Grow connects families to health and developmental resources so children (birth to age eight) can start school healthy and ready to succeed.



Help Me Grow connects children to services and resources that lead to the best outcomes.



Help Me Grow is a free information line that utilizes 2-1-1 Connects Alabama and offers services in English and Spanish.

### Why should I call 2-1-1?

- To discuss questions about your child's development, behavior, health or learning.
- To speak with a child development specialist who will help you find community resources appropriate for your child.
- To learn more about your child through an easy-to-use, free developmental questionnaire.
- To discuss ways to talk with your child's doctor so you can spend time on the questions that matter most.
- To get activities you can do with your child at home that will help their development.

## What happens when I call 2-1-1 and ask for Help Me Grow?

A child development specialist will help you understand your child's unique needs, whether it be providing resources in the community or providing you with tools to see how your child is growing. We are here to help!

### Why developmental screening?

**Screening is a snapshot of a child's development at a single point in time. It complements ongoing observation. One doesn't replace the other.**

- Help Me Grow utilizes a short questionnaire that measures how your child plays, learns, speaks, behaves, and moves.
- We keep track of your child's milestones such as smiling, waving, babbling, talking, and walking.
- Your answers can help show your child's strengths or any areas in which your child may need support or more practice in the classroom or at home.
- When a screening identifies concerns, Help Me Grow is here to be the follow up that ensures that you get the help you need.

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## Why the early years?

The earliest years in your child's life matter!



Nearly **85%** of brain development occurs in the first few years of life before entering kindergarten.



Nearly **80%** of the brain is wired for learning by age three. The earlier you help children, the more they can be prepared to succeed in school and in life.



Just as it is important to take your child to the doctor for routine check ups, it is also important to monitor speech, movement, and behavior.

**“Together,  
we focus on your  
child's development,  
so you can focus on  
their future.”**