The most robust brain development happens before a child turns three.



of a child's brain development happens before age 3

By age three we should also know whether or not a child is emotionally and cognitively on track to succeed in kindergarten. Help Me Grow Kern utilizes the Ages and Stages Questionnaires to assess a child's developmental and behavioral progress. This can help identify potential delays and link families to intervention. Parents are then empowered to make the best choices about what their child needs to thrive.



The American Academy of Pediatrics recommends all children be screened three times before age three. Early intervention is often less expensive, more effective, and yields greater long-term outcomes compared to intervention received later in life.

First 5's HMG supports success for all children by:

Ensuring ALL children with developmental delays are identified and linked to appropriate resources

Providing outreach and education about available community resources

Helping families and professionals navigate resources and referrals through a centralized system

Collecting and evaluating data to improve systems that support young children and their families



- Facilitates family access to early childhood information, resources, and services
- Ensures hard-to-reach communities are connected to resources
- Educates on the importance of developmental milestones
- Helps guide informed decisions about early intervention
- Connects families with medical professionals and specialists



ways for parents to screen their children:

- 1. HelpMeGrowKern.org
- 2. Call 2-1-1 Kern County



Your child's early development is a journey!



HelpMeGrowKern.org







Help Me Grow Kern is a partnership with Kern Behavioral Health & Recovery Services, a grant from the Mental Health Services Act, and 2–1–1 Kern County

Your Child's Early Development is a Journey

Check off the milestones your child has reached and share your child's progress with the doctor at every visit.

Child's Name

Does your baby have any teeth yet?

To promote dental health, your child should see a pediatric dentist when the first tooth appears, or by the 1st birthday

First Dentist Appointment

BIRTH-4MOS

- Coos, makes gurgling sounds ☐ Looks at you and
- seems to listen ☐ Babbles with
 - expression
- ☐ Likes to be picked up and held

6 MONTHS

It's never

too early to alk, read, and sing

to a child!

- ☐ Responds to name ☐ Begins to say sounds such as "m" and "b"
- ☐ Smiles at you and other family members



9 MONTHS

- □ Understands "no" ☐ Shows interest in things such as people, toys
 - and foods
- 9mo Screening Date on track
- follow up

12 MONTHS

- ☐ Uses simple gestures like waving "bye-bye" ☐Pulls up to
- stand
- ☐ Likes to play games such as peekaboo

4 YEARS

- ☐ Tells stories ☐ Draws a person
- with 2 to 4 body parts
- feelings

5 YEARS

- ☐ Speaks clearly ☐ Savs name
- and address ☐ Takes turns when playing
- ☐ Shows concern for other people's

24/30 MONTHS

Points to things or pictures when named

3 YEARS

☐ Climbs well

with others

☐ Plays well

☐ Follows instructions

with 2 to 3 steps

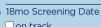
- ☐ Savs sentences with 2 to 4 words
- Likes to be hugged or cuddled



24/30mo Screening Date □ on track □ follow up

18 MONTHS

- ☐ Says several single words
- ☐ Follows simple directions
- ☐ Points to show something interesting



on track follow up



Is your child on track?

Developmental Screenings at 9, 18 and 24/30 months help vou and vour doctor monitor your child's development

These are just a few of the milestones to look for!

For further developmental information and assistance contact your local Help Me Grow or visit

helpmegrowkern.org







