

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



85%

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.

70%

of children with delays go undetected until Kindergarten

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



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



Providing **outreach** and **education** about available community resources



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



Help Me Grow  
Kern County

- 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](https://www.HelpMeGrowKern.org)
2. Call 2-1-1 Kern County



Help Me Grow  
Kern County

Your **child's** early development is a **journey!**

Help Me Grow can help you keep them on track!



[HelpMeGrowKern.org](https://www.HelpMeGrowKern.org)



Sponsored by First 5 Kern.

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BEHAVIORAL  
HEALTH & RECOVERY  
SERVICES



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

- ☐ 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

### 12 MONTHS

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



### 3 YEARS

- ☐ Follows instructions with 2 to 3 steps
- ☐ Climbs well
- ☐ Plays well with others

### 4 YEARS

- ☐ Tells stories
- ☐ Draws a person with 2 to 4 body parts
- ☐ Shows concern for other people's feelings

### 5 YEARS

- ☐ Speaks clearly
- ☐ Says name and address
- ☐ Takes turns when playing

### 24/30 MONTHS

- ☐ Points to things or pictures when named
- ☐ Says 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



18mo Screening Date \_\_\_\_\_

☐ on track ☐ follow up



## Is your child on track?

Developmental Screenings at 9, 18 and 24/30 months help you and your 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](http://helpmegrowkern.org)



It's never too early to talk, read, and sing to a child!

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ASSOCIATION OF CALIFORNIA

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