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.

HelpMeGrowKern.org

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

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.

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

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.

First 5 HMG can help you keep them on track!

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

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

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.

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

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

24/30 MONTHS
- Points to things or pictures when named
- Says sentences with 2 to 4 words
- Likes to be hugged or cuddled

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

Child’s Name

First Dentist Appointment

First 5 California
Help Me Grow California
Help Me Grow Kern County

DEVELOPMENTAL MILESTONE CONTENT ADAPTED FROM THE U.S. CENTERS FOR DISEASE CONTROL AND PREVENTION, “LEARN THE SIGNS, ACT EARLY”