



A Program of the Office of Early Childhood

The Top Ten Things You Need to Know About Help Me Grow

1. Help Me Grow is an excellent resource for you and the families you serve.
2. You can call Help Me Grow at the Child Development Infoline at 1-800-505-7000 when you have questions about a child's learning, behavior, or development and get the information you need. You can suggest your families do the same.
3. The call is free and confidential, and you (and your families) can call as many times as you like.
4. The care coordinators who answer the phone are bilingual and skilled at providing answers to questions, providing information, and connecting families to supports and services they or their children may need. (Through the Child Development Infoline, a specialized call center of United Way 2-1-1, the care coordinators have access to a database of 47,000 community-based services for children and families.)
5. Help Me Grow's mission is the timely identification of children who are at-risk of developmental and behavioral delay and linking at-risk children to supports and services they need to get ready to succeed in school.
6. Help Me Grow is a safety net for families of children who need help but who are not eligible for birth to three or early childhood special education.
7. Help Me Grow is also a safety net for families who do not have access to developmental screening through their pediatrician or an early care and education program. Families can register to receive the Ages & Stages (ASQ) parent questionnaires at home from Help Me Grow. The ASQ helps families keep an eye on their children's development from birth to five years. Help Me Grow will score the questionnaires and contact the family with information about the results. Help Me Grow will also send helpful fun activities for families to do with their children that will support the next period of development until the next questionnaire arrives.
8. Help Me Grow provides training and consultation to pediatric practices and early care and education settings about developmental screening and linkage to services. Help Me Grow provides free training to providers on utilization of the ASQ-Third Edition and the ASQ-Social Emotional.
9. Help Me Grow offers periodic Community Network Meetings where early care and education, health care, and other human services providers who work with young children and their families can network, share information, hear a relevant speaker, and enjoy a meal together. The meeting schedule is available at <http://www.ct.gov/ctfi/Cal/calendar.asp>.
10. Help Me Grow supports the healthy growth and development of **all** children.

For more information about Help Me Grow or to receive a growth chart or other Help Me Grow materials, contact Deborah Watson, Consultant to Help Me Grow, at deborah.watson@ct.gov or 859-221-4383.