



**Help Me Grow**  
ORANGE COUNTY

**Are you interested in your child's development?**

**Would you like resources on parenting?**

**Are you challenged by your child's behavior?**

## **Contact Help Me Grow**

Help Me Grow connects families with young children to resources in the community to enhance their child's development. By calling the toll free number, 1.866.GROW.025, or visiting the website, [helpmegrowoc.org](http://helpmegrowoc.org), parents and professionals have access to developmental services for young children living in Orange County.

Connecting families to resources for:

- Behavior
- Parenting
- Child Development
- Speech and Language
- Developmental Screening
- Support Groups
- Early Literacy
- Education

**Call 1.866.GROW.025  
(1.866.476.9025)**

**[www.helpmegrowoc.org](http://www.helpmegrowoc.org)**

## Call 1.866.GROW.025

Help Me Grow connects children and families to developmental services to enhance the behavior and development of children birth through five years living in Orange County.

### Call if you are...

- Wondering about your child's development, behavior or learning
- Needing support to access developmental services
- Assisting a client, family member or friend seek information about developmental services
- Requesting to have your organization included in the developmental services database used for referrals

### The Help Me Grow team will....

- Listen to your concerns to help you decide which referrals are right for the needs of your family
- Find services that are appropriate and available for referrals
- Connect you and your child to services
- Follow up to find out if you were connected to a service

### Partnering to Build the Network

Through a partnership with 2-1-1 Orange County, the Help Me Grow team uses a shared resource database. By networking with the community, we learn about current developmental services for entry into the resource database. This information is then passed on to our families when they call the toll free # 1.866.GROW.025.

### Developmental Surveillance and Screening

Help Me Grow staff are available to offer training and support to primary health care providers wanting to implement routine developmental screenings. We support the use of norm-referenced screening tools at well child visits. After a developmental screening, Help Me Grow will connect children to necessary early developmental services.

Connecting Families to  
Developmental Services

## DEVELOPMENTAL MILESTONES CHART

| MOTOR  | COMMUNICATION  | SOCIAL & COGNITIVE  |
|--|--|---|
| <b>Your 6-month old</b>  |  |   |
| <ul style="list-style-type: none"> <li>• Rolls over</li> <li>• Picks up a small toy</li> <li>• Moves toy from hand to hand</li> </ul>                                | <ul style="list-style-type: none"> <li>• Responds to his/her name</li> <li>• Squeals and uses consonants (ba, da, ma)</li> </ul>   | <ul style="list-style-type: none"> <li>• Smiles when he/she sees a parent</li> <li>• Looks for a dropped toy</li> </ul>   |
| <b>Your 1-year old</b>   |  |   |
| <ul style="list-style-type: none"> <li>• Takes steps alone or with hands held</li> <li>• Picks up cheerios with finger and thumb</li> </ul>                          | <ul style="list-style-type: none"> <li>• Points to show you things</li> <li>• Has begun to say single words</li> </ul>   | <ul style="list-style-type: none"> <li>• Finds a toy hidden under a blanket</li> <li>• Follows a simple command (give me ___)</li> </ul>  |
| <b>Your 2-year old</b>   |  |   |
| <ul style="list-style-type: none"> <li>• Kicks a large ball</li> <li>• Turns board book pages</li> <li>• Stacks 4 blocks</li> </ul>                                  | <ul style="list-style-type: none"> <li>• Follows simple directions</li> <li>• Uses 2-word phrases</li> <li>• Uses 50 words</li> </ul>  | <ul style="list-style-type: none"> <li>• Uses pretend items during play (pretends to talk on phone)</li> <li>• Turns over a small plastic bottle to get what is inside</li> </ul> |
| <b>Your 3-year old</b>   |  |   |
| <ul style="list-style-type: none"> <li>• Jumps in place</li> <li>• Draws a circle</li> <li>• Strings large beads</li> </ul>  | <ul style="list-style-type: none"> <li>• Tells you what is happening in a picture</li> <li>• Points to 7 different body parts</li> </ul>   | <ul style="list-style-type: none"> <li>• Uses words to describe emotions (happy, sad)</li> <li>• Matches colors</li> </ul>  |
| <b>Your 4-year old</b>   |  |   |
| <ul style="list-style-type: none"> <li>• Hops on one foot</li> <li>• Rides a tricycle</li> <li>• Stacks 10 blocks</li> </ul>   | <ul style="list-style-type: none"> <li>• Follows 3 unrelated directions</li> <li>• Uses past tense and plurals</li> <li>• Talks about daily activities</li> </ul>                | <ul style="list-style-type: none"> <li>• Engages in fantasy play</li> <li>• Names 2 friends or playmates</li> <li>• Sings familiar songs</li> </ul>                               |
| <b>Your 5-year old</b>   |  |   |
| <ul style="list-style-type: none"> <li>• Balances on one foot for 5 seconds</li> <li>• Cuts on a line with safety scissors</li> <li>• Prints some letters</li> </ul> | <ul style="list-style-type: none"> <li>• Uses at least 5 word sentences</li> <li>• Names opposites (ice is cold, fire is ___)</li> <li>• Identifies colors and shapes</li> </ul> | <ul style="list-style-type: none"> <li>• Plays simple board games</li> <li>• Draws person with head, body, arms and legs</li> <li>• Counts on fingers</li> </ul>                  |



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