



1-866-KIDS-HMG
1-866-543-7464

We're here to answer all your questions about your growing child. We also offer free developmental screenings for children under age 5 to check how they are growing and developing.

Always free. Always confidential.
visit helpmegrow.fcoe.org
email hmg@fcoe.org



From Tantrums to Talking

No questions too big or too small. Help Me Grow can answer the questions parents have about their young children.

No-cost information and referral helpline for the young children you love.

We can help you find a playgroup, find out when your baby will start walking (or stop crying!) or help you prepare your child for school.

We can either answer your questions or point you to a professional who can.

Help Me Grow can answer parents' everyday questions about development of young children you love.

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



6
Months

- Copies sounds
- Begins to sit without support
- Likes to play with others, especially parents
- Responds to own name
- Strings vowels together when babbling ("ah," "eh," "oh")



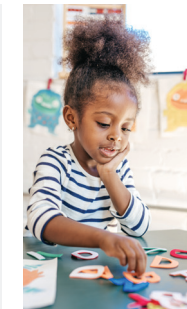
2
Years

- Says sentences with 2 to 4 words
- Gets excited when with other children
- Follows simple instructions
- Kicks a ball
- Points to things or pictures when they're named



12
Months

- Uses simple gestures such as shaking head for "no" or waving "bye bye"
- Copies gestures
- Responds to simple spoken requests
- Says "mama" and "dada"
- Pulls up to stand



3
Years

- Copies adults and friends (like running when other children run)
- Carries on a conversation using 2 to 3 sentences
- Climbs well
- Plays make-believe with dolls, animals and people
- Shows affection for friends without prompting



18
Months

- Says several single words
- Walks alone
- Knows what ordinary things are for; for example, telephone, brush, spoon
- Plays simple pretend, such as feeding a doll
- Points to show others something interesting



4
Years

- Hops and stands on one foot for up to 2 seconds
- Would rather play with other children than alone
- Tells stories
- Draws a person with 2 to 4 body parts
- Plays cooperatively

These are just a few of many important milestones to look for.

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