



 Help Me Grow
North Texas

Help Me Grow North Texas

What if?

“What if our goal for child health services is not ‘merely’ to treat or even prevent childhood diseases and disorders, but is also to promote children’s optimal healthy development?”

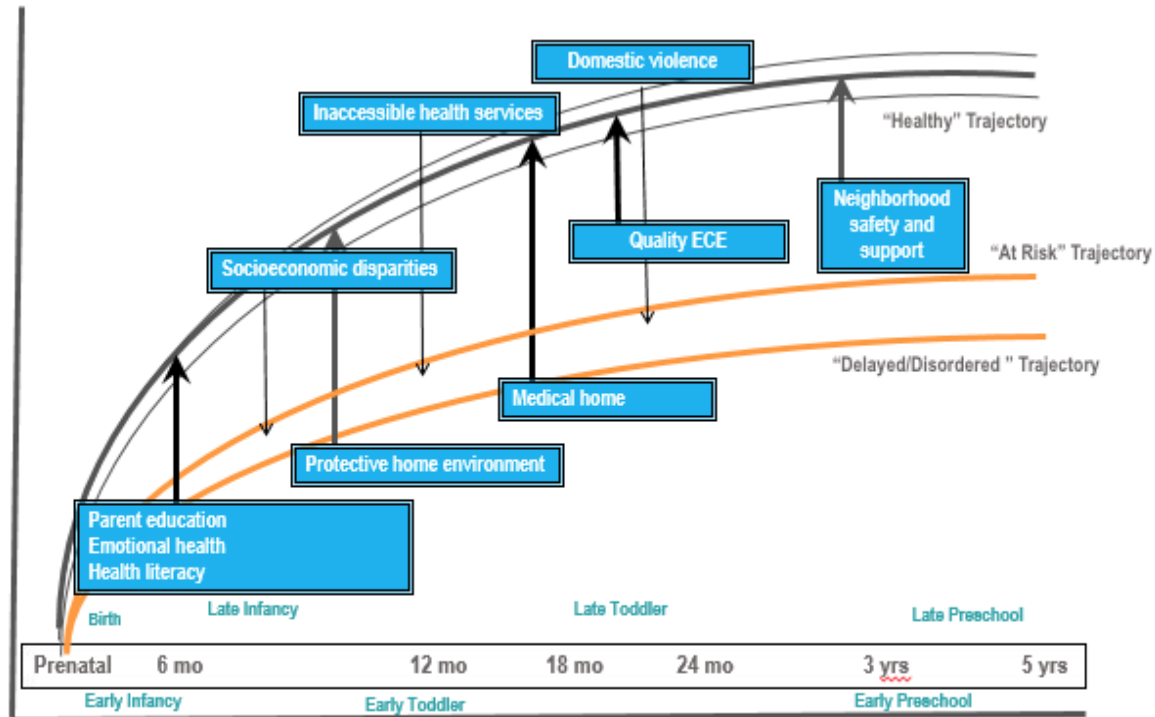
- Dr. Paul Dworkin, MD, Founding Director of the Help Me Grow National Center

Brain Science



- A child's brain undergoes an amazing period of development from birth to three-- producing more than a million neural connections each second.
- The development of the brain is influenced by many factors, including a child's relationships, experiences, and environment.

Developmental Trajectories



Graphic Concept Adapted from Neal Halfon, UCLA Center for Healthier Children, Families, and Communities

Introducing Help Me Grow North Texas!



The Help Me Grow Call Center: 3 Key Functions

844-NTX-KIDS



Navigation with Connection

Linking families to
community resources and
supports based on their
unique needs



Answers to Questions

Help parents in
answering pregnancy,
parenting, and child
development questions



Developmental Screenings

Free developmental
screenings for every
child ages 0 to 6

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.

6 MONTHS

- Turns his head when you call his name
- Smiles back at you
- Responds to sound by making sounds
- Sits without support for a short time
- Likes social play (games like peek-a-boo)
- Uses simple gestures such as shaking head for "no" or waving "bye-bye"
- Pulls up to stand

12 MONTHS (1 YEAR)

- Copies you during play (like clapping when you clap)
- Responds when told "no"
- Says "mama" and "dada"

18 MONTHS (1½ YEARS)

- Plays pretend (like talking on a toy phone)
- Points to interesting things
- Uses several single words to get what she wants
- Walks without help
- Looks at something when you point to it and say "look!"

2 YEARS

- Follows simple instructions
- Kicks a ball
- Shows more interest in other children
- Uses 2- to 4-word phrases

3 YEARS

- Shows affection for playmates
- Does 4- to 5-word sentences
- Copies adults and playmates (like running when other children run)
- Climbs well
- Plays make-believe with dolls, animals, and people (like feeding a teddy bear)

4 YEARS

- Hops and can stand on one foot for up to five seconds
- Uses 5- to 6-word sentences
- Shares and takes turns with other children
- Draws circles and squares
- Follows 3-step commands (like "get dressed, comb your hair, and wash your face")

These are just a few of many important milestones to look for. For more complete checklists by age visit www.cdc.gov/ActEarly or call 1-800-CDC-INFO.

Milestone Moments

Learn the Signs. Act Early.

You can follow your child's development by watching how he or she plays, learns, speaks, acts, and moves.

Look inside for milestones to watch for in your child and how you can help your child learn and grow.

Learn the Signs. Act Early.
Centers for Disease Control and Prevention
www.cdc.gov/ActEarly
1-800-CDC-INFO

Track Your Child's Developmental Milestones

Your child's early development is a journey. Use this map of milestones to know what to look for along the way.

For parents of children from birth to 4 years.

Learn the Signs. Act Early.
Centers for Disease Control and Prevention
www.cdc.gov/ActEarly
1-800-CDC-INFO

Download on the App Store
GET IT ON Google Play

Download CDC's FREE Milestone Tracker App

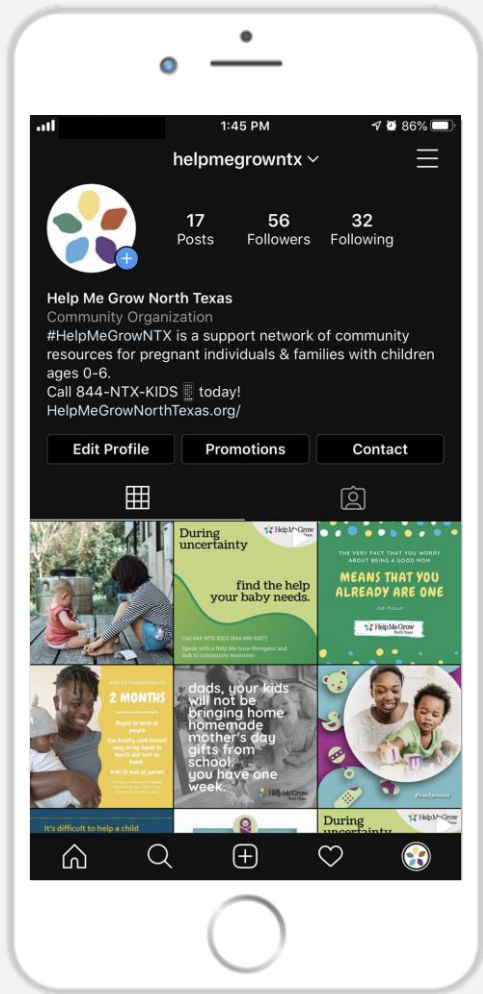
- Track Milestones
- Share a Summary
- Get Tips & Activities

Learn more at cdc.gov/MilestoneTracker

Q & A



Connect
with us



HelpMeGrowNorthTexas.org



@HelpMeGrowNTX
#HelpMeGrowNTX