

## Developmental Milestones

### 3 Months

- Smiles at caregivers' faces and voices
- Lifts head when on tummy
- Makes cooing sounds

### 6 Months

- Babbles
- Rolls from back to belly
- Passes toys from hand to hand
- Shows interest in people & things

### 9 Months

- Sits well alone
- Says simple sounds like "ma", "da"
- Plays games such as "peek-a-boo"
- Gets upset when away from parent

### 12 Months

- Walks with assistance
- Says 2-3 words
- Finger feeds self well



### 15-18 Months

- Walks alone well
- Builds a tower of 2-3 cubes
- Uses 4-7 words
- Rolls a ball to an adult

### 24 Months (2 years)

- Runs
- Kicks and throws a ball
- Dresses self
- Shows interest in the potty
- Says 3-4 words together clearly

### 36 Months (3 years)

- Climbs stairs
- Feeds self
- Dresses self
- Shows interest in the potty

## How Do I Find Out More About Help Me Grow?

Call the Central  
Coordination Line at  
**(740) 852-7189 TODAY**



Funded by the Ohio Department of Health, BEIS, and the Help Me Grow Program.

HMG is an initiative through the Madison County Family and Children First Council.

COLLABORATING AGENCIES:

## Madison County



**Serving Pregnant  
Women and Families  
with Children ages  
Birth-Three**



Every Child Needs a Good Start

We Can Help!!

**(740) 852-7189**

## What is Help Me Grow Home Visitation?

Home Visitation Program Services Provide:

- ◆ Information on activities that help infants and toddlers grow and learn
- ◆ Connections for caregivers to community resources
- ◆ Support to caregivers in developing their parenting skills

Who is Eligible?

- ◆ First time pregnant women
  - ◆ First time parent with a child less than 6 months of age
- (The above groups must meet Help Me Grow income guidelines of 200% or less than the federal poverty level)*

### Program Goals

- ◆ Increase healthy pregnancies
- ◆ Improve parenting confidence and competence
- ◆ Increase family connectedness to community and social support
- ◆ Improve child health, development, and school readiness

## Help Me Grow is:

- A program at **no cost** to you
- A **family-friendly** system that helps children, birth through age two, reach their potential
- A **resource** during the first years of development that helps prepare children for school

### Help Me Grow Offers Two different programs for children birth to three:

- ▶ Home Visiting
- ▶ Part C/Early Intervention Services

## What can Help Me Grow do for you?

-Answer any questions or concerns you may have about your child's development

-Provide support and education for you and your family

-Increase your understanding about your child's behavior

***Our services are confidential and tailored to meet your family's needs***

## What is Help Me Grow Part C/Early Intervention?

Help Me Grow-Part C Early Intervention Services Provide:

- ◆ Developmental assessments and evaluations
- ◆ Assistance in locating community resources
- ◆ Assistance in locating services for your child with special needs

Who is Eligible?

- ◆ Children with a diagnosed medical condition
- ◆ Children with an identified developmental delay



Help Me Grow provides services that promote children's growth and development and support families during the important early years of a child's life.