



We all worry about our children.

At Help Me Grow, we partner with families to support children's development, learning and behavior. If you have a question or concern, we can help.

"Should he be walking by now?"

"The school told me she is aggressive with other children and has tantrums."

"I told my doctor that he cries all the time. I don't think he is getting better."

"My mother said I didn't talk until I was 2 years old, so I thought she would be ok."

"Why doesn't my son like to hug or look at me?"

 **CALL**
Help Me Grow
888.510.1211

Monday - Friday
from 9am - 5pm

We speak English, Spanish,
Cantonese and Mandarin

Interpretation is available
for other languages

All services are
FREE and CONFIDENTIAL

For Information and Resources, visit

Alameda **KIDS**.org

Help Me Grow Alameda County is supported by
First 5 Alameda County and is a member of the
National Help Me Grow Network



Help Me Grow
Alameda County



**Support and resources for the
development, learning and
behavior of children ages 0-5**



The first 5 years are an important time for your child's development.



Your child will learn skills like talking, skipping, and counting.



Your child will also learn to manage emotions and build relationships.



If you have questions or concerns about your child's development, learning or behavior, it's important to act early.



Getting help early is one of the best things you can do to help ensure your child reaches their best potential.

At Help Me Grow, we partner with families to support children's development. Call us today.

Information and Referrals

All parents need help sometimes. Our trained Care Coordinators are available for support, information and resources. They will

- Listen to your questions and concerns
- Help you understand and support your child's development, learning and behavior
- Refer and connect you to local supports and services
- Coordinate your child's services

"I was concerned about my daughter's speech. Thanks to Help Me Grow, I got connected to an evaluation."



Family Navigators

Family Navigators are parent professionals. They have a child who received support and understand how programs work. Family Navigators will

- Meet with you in person
- Explain different services and help you get enrolled
- Coordinate your child's services
- Partner with you to advocate for your child's needs

"Help Me Grow helped me find services for my son. Now that he is receiving therapy, he is better and my family is better."

