



From Tantrums to Talking

No questions too big or too small.
Help Me Grow Contra Costa
can answer the questions parents have
about their kids ages 0 to 5.

No-cost information and referral helpline for the babies 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 Contra Costa can answer parents' everyday questions about development from age 0 to 5.

**Just call 211 or
text "hmgcoco" to 898211**



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.
For more information, call 211 or text "hmgcoco" to 898211
and ask for a Help Me Grow specialist.

We're here to answer all your baby questions.

We also offer free developmental screening for children under age 5 to check how they are growing and developing.



Help Me Grow
Contra Costa



FIRST 5
CONTRA COSTA

**Always free. Always confidential.
Just call 211 or text “hmgcoco” to 898211**

helpmegrowcoco.org

