



Are you interested  
in your child's  
development?



Are you challenged  
by your child's  
behavior?



Would you like  
resources on  
parenting?



For more information about  
your child's development &  
behavior contact us:



**TEXT**  
HMGSHASTA to 8.9.8.2.1.1



**EMAIL**  
[HelpMeGrow@shastacoe.org](mailto:HelpMeGrow@shastacoe.org)



**CALL 2-1-1**  
Ask for Help Me Grow  
or call (530) 605-2645



**VISIT**  
[HelpMeGrowShasta.com](http://HelpMeGrowShasta.com)



All parents  
have questions.  
**Help Me Grow**  
has answers!



Your child's early years include many developmental milestones.

Not reaching these milestones, or reaching them much later than other children, could be a sign of a developmental delay.

## Your Child's Development.

As a parent, you can give your child the best start in life by making sure their development is on track. You can check your child's development with the Ages & Stages Questionnaire.

Text HMG Shasta to get a snapshot of your child's developmental milestones for communication, gross and fine motor, problem solving, and personal-social skills. Get free and fun activities to support your child's development.

## Contact Help Me Grow Shasta

Help Me Grow Shasta connects families with young children ages 0-8 to resources in the community to enhance their child's development.

### Contact us for help with:

- Behavior
- Parenting
- Child Development
- Speech and Language
- Developmental Screening
- Support Groups
- School Readiness
- Education....and more!

