



Are you interested in
your child's
development?



Are you looking for
childcare or
preschool?



Would you like
resources on pregnancy
& parenting?



Let's Connect



Call
530-605-2645



Email
Helpmegrow@shastacoe.org



Text
HMGSHASTA to 898211



Visit
HelpMeGrowShasta.com



All parents
have questions.
Help Me Grow
has answers!



About Us

From pregnancy to infancy, early childhood to elementary school, and everything in between, Help Me Grow Shasta is here for your parenting journey. Get connected to supports tailored to the unique needs of your family by contacting Help Me Grow!

Your Child's Development

Understanding your child's development is one way to identify the supports your child may need. You can check your child's development with the **Ages & Stages Questionnaire**.

Get a snapshot of your child's developmental milestones for communication, gross and fine motor, problem-solving, and personal-social skills.

**Connect to
Developmental Screenings**



Contact Help Me Grow

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

Contact us for help with:

- Behavior
- Pregnancy Support
- Parenting
- Child Development
- Speech and Language
- Developmental Screening
- Support Groups
- School Readiness
- Childcare
- Home-Based Support

