

All parents have **questions**

Does she cry too much?

Should she be talking more?

Where can I get help?



Help Me Grow *has answers*

Call for information, support, and referrals to early childhood resources.

Call 1-888-510-1211

Monday – Friday, 9am – 5pm.



Help Me Grow
Alameda County



All parents have **questions**

When should he start walking?

Where can I find playgroups?

How do I prepare him for school?



Alameda **KIDS**.org **has answers**

Find county resources, family events, and information about your child's development.



Help Me Grow
Alameda County

