

**T**he first five years are full of important milestones for your child. Use this chart to track your child's development and learn what to expect as they grow.

### All parents have questions

It's normal to have questions about how your child is growing and developing. You may wonder if your child is developing on track. You may worry about your child's behavior. You may want to know how to prepare your child for school.

### Help Me Grow has answers

Call Help Me Grow. We answer parents' everyday questions about early childhood development (birth to 5 years). Parents get tips, support, and referrals to local resources.

*"She listened and made me feel comfortable. Thanks to Help Me Grow, we found speech services for my son."* - Parent

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

☎ 888-510-1211

Monday - Friday, 9am - 5pm

Alameda **KIDS**.org

We provide information and referrals for families with children ages birth to 5. Services are free and confidential. We speak English, Spanish, Mandarin, and Cantonese and offer interpretation for other languages.

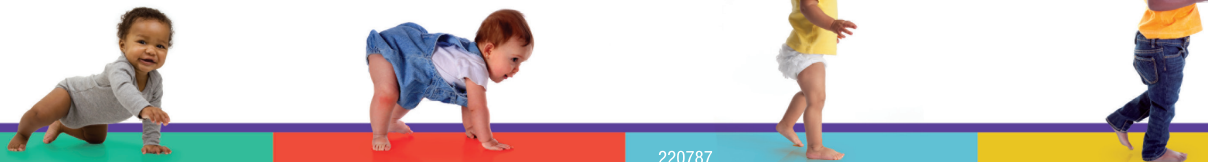


### Call to talk about

- Children's learning, development & behavior
- Developmental screening
- Community resources for children & families
- Parenting challenges
- Developmental supports & services for children

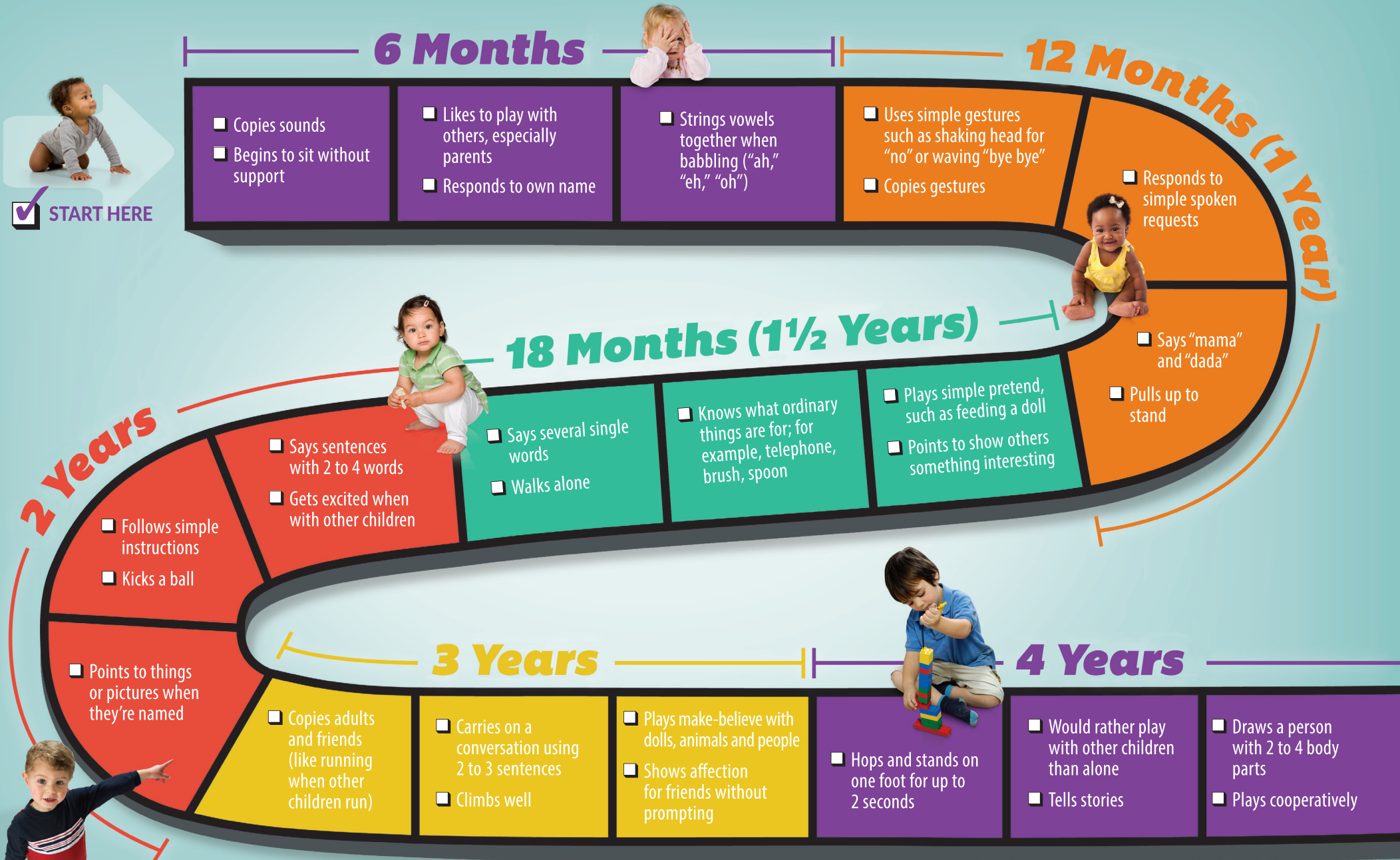


Children rely on parents to help them grow.  
Parents can rely on us for information and support for their child's development.



# Your child's development is a journey

Check off the milestones your child has reached and share your child's progress with your doctor at every visit.



These are just a few of many important milestones to look for.

For more milestones go to [Alamedakids.org](http://Alamedakids.org) or call **Help Me Grow** at 1-800-510-1211.



Adapted from the Centers for Disease Control and Prevention (CDC) "Learn the Signs Act Early" program.