

# Your Child's Early Development is a Journey

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

Child's Name \_\_\_\_\_



It's never too early to talk, read, and sing to a child!

## Does your baby have any teeth yet?

To promote dental health, your child should see a pediatric dentist when the first tooth appears, or by the 1st birthday

First Dentist Appointment \_\_\_\_\_

### BIRTH-4MOS

- Coos, makes gurgling sounds
- Looks at you and seems to listen
- Babbles with expression
- Likes to be picked up and held

### 6 MONTHS

- Responds to name
- Begins to say sounds such as "m" and "b"
- Smiles at you and other family members

### 9 MONTHS

- Understands "no"
- Shows interest in things such as people, toys and foods

### 12 MONTHS

- Uses simple gestures like waving "bye-bye"
- Pulls up to stand
- Likes to play games such as peekaboo

9mo Screening Date \_\_\_\_\_

- on track
- follow up



### 3 YEARS

- Follows instructions with 2 to 3 steps
- Climbs well
- Plays well with others

### 24/30 MONTHS

- Points to things or pictures when named
- Says sentences with 2 to 4 words
- Likes to be hugged or cuddled



24/30mo Screening Date \_\_\_\_\_

- on track
- follow up

### 18 MONTHS

- Says several single words
- Follows simple directions
- Points to show something interesting



18mo Screening Date \_\_\_\_\_

- on track
- follow up



- ### 4 YEARS
- Tells stories
  - Draws a person with 2 to 4 body parts
  - Shows concern for other people's feelings

- ### 5 YEARS
- Speaks clearly
  - Says name and address
  - Takes turns when playing



**Is your child on track?**  
Developmental Screenings at 9, 18 and 24/30 months help you and your doctor monitor your child's development

These are just a few of the milestones to look for!

For further developmental information and assistance, contact Help Me Grow Kern County at **877-77-HMGKC** or visit [helpmegrowkern.org](http://helpmegrowkern.org)



**FREE developmental screenings!**



# How does Help Me Grow Kern County screen kids?

Help Me Grow Kern County uses TWO screening tools through the Ages & Stages Questionnaire (ASQ).

## Ages & Stages Questionnaire Developmental tool (ASQ-3)

Administration Time: 10-15 minutes  
Languages: English and Spanish

### Areas screened:

- Communication
- Gross motor
- Fine motor
- Problem solving
- Personal-social

## Ages & Stages Questionnaire Social-Emotional tool (ASQ:SE-2)

Administration Time: 10-15 minutes  
Languages: English and Spanish

### Areas screened:

- Self-regulation
- Compliance
- Social-communication
- Adaptive functioning
- Autonomy
- Affect
- Interaction with people

*Help Me Grow Kern is a partnership with Kern County Behavioral Health & Recovery Services and Community Action Partnership of Kern, with a grant from the Mental Health Services Act.*



Available to ALL Kern County Children 0-5 years of age!

## How to access FREE screenings

1. [HelpMeGrowKern.org](https://www.HelpMeGrowKern.org)
2. Call 877-77-HMGKC  
877-774-6452



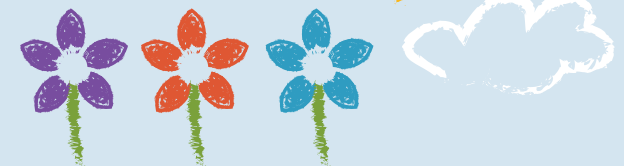
## Why use Help Me Grow Kern County?

- 1 Facilitates family access to early childhood information, resources, and services
- 2 Promotes the importance of developmental and behavioral milestones
- 3 Helps guide informed decisions about early intervention
- 4 Connects families with medical professionals and specialists



Your child's early development is a journey!

Help Me Grow can help you keep them on track!



[HelpMeGrowKern.org](https://www.HelpMeGrowKern.org)

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