



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

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

 **TEXT**  
HMGSHASTA to 8.9.8.2.1.1

 **EMAIL**  
HelpMeGrow@shastacoe.org

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

 **VISIT**  
HelpMeGrowShasta.com



## 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.

Contact HMG Shasta to complete a free developmental screening so you can get a snapshot of your child's developmental milestones for communication, gross and fine motor, problem solving, and personal-social skills. You will also get free and fun activities to support your child's development.

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!

