



Help Me Grow[®] Florida

Help Me Grow Florida promotes healthy development for every child, birth through age eight, in our state.

Help Me Grow Florida promotes early identification of developmental, behavioral or educational concerns, then links children and families to community-based services and supports at no cost to parents and caregivers. Help Me Grow provides:

- ✓ Development and behavioral screenings
- ✓ Information, resources and materials
- ✓ Referrals with follow-up and care coordination
- ✓ Enrollment assistance in community programs
- ✓ Networking opportunities for families, service providers and community partners



Who is eligible for Help Me Grow?

Help Me Grow serves Florida families with young children, birth to age eight. To see if Help Me Grow is active in your community, visit: www.helpmegrowfl.org.

We Connect Families with Community-Based Programs for Developmental, Behavioral, Educational and Health Services



Did you know that skills such as:

- standing up,
- scribbling,
- babbling, and
- pointing to body parts

are **developmental milestones**?

Children reach milestones in how they play, learn, speak, behave, and move!

See back page for a quick glance at developmental milestones.



Florida
Developmental
Disabilities
Council, Inc.

Call 2-1-1
AND ASK FOR **Help Me Grow**

THE NUMBER EVERY PARENT NEEDS TO KNOW

Help Me Grow Florida is an affiliate of the Help Me Grow National Network

OFFICE OF
Early Learning
LEARN EARLY. LEARN FOR LIFE.

Developmental Milestones at a Glance

Your Child's Age	Gross Motor	Fine Motor	Cognitive, Linguistic, and Communication	Social-Emotional
6 Months	Sits up with no support; rolls over	Moves toys between hands; reaches	Turns to voice or rattling sound; squeals	Responds to name; smiles when he/she sees a parent
1 Year	Stands alone; pulls self to stand; takes steps with or without support	Puts block in cup; picks up objects with finger and thumb; points	Imitates vocalizations/ sounds; babbles; says single words	Waves hi or bye-bye; imitates activities; plays pat-a-cake; follows simple commands
2 Years	Throws ball overhand; jumps up; kicks ball; walks up steps	Stacks towers of 4-6 cubes; turns book pages	Says 50 words; names pictures; combines words; follows simple instructions	Put on clothing; removes garments; uses pretend items in play
3 Years	Balances on each foot; jumps on one foot	Wiggles thumb; copies lines and circles; stacks towers of 6-8 cubes; strings large beads	Speaks more clearly; names colors and pictures; names 7 body parts	Names friends; brushes teeth with help; uses words to describe emotions (happy, sad)
4 Years	Hops on one foot; rides a tricycle	Draw a person with 3 parts; stacks towers of 10+ cubes; copies shapes	Speaks more clearly; defines words; describes pictures; uses past tense and plurals	Follows three unrelated directions; talks about activities; sings familiar songs; plays with others
5 Years	Balances on each foot 10 seconds or longer; somersaults; swings	Copies patterns; prints some letters; cuts with safety scissors	Recalls parts of a story; speaks sentences of more than 5 words; names opposites	Wants to please friends; more likely to agree to rules; likes to sing, dance, act
6 - 8 Years	Rides a 2-wheel bicycle; skips; plays jump rope; walks on a straight line	Holds and uses a pencil easily; copies designs, shapes, letters and numbers	Understands more complex grammar and vocabulary; increased reading abilities	Thinks about the future; is concerned for others and his/ her friendships; displays increased independence

Please note that this is only a guide developed from the Center for Disease Control (CDC) Learn the Signs, Act Early campaign. All children develop differently. If you have additional questions, want to complete a developmental screening, or need further information regarding developmental questions, contact your local Help Me Grow initiative.

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Sponsored by the Florida Developmental Disabilities Council, Inc. and The Florida Department of Education, Office of Early Learning.