



# Help Me Grow

Alameda County

Help Me Grow promotes the development, learning and social-emotional health of children ages birth to 5. Join us in helping children grow!

Call 888-510-1211 for:

## Child Development Assistance

For information and support, call or refer a family to our toll-free phone line. The phone line is staffed by multi-lingual Care Coordinators who answer questions, offer support, and provide referrals for children's development, learning, and behavior. The phone line is open M - F from 9am - 5pm.

**Call or Refer a Family to the Phone Line**

## Care Coordination

When there is a concern about a child's development, learning or behavior, Care Coordinators can help. Care Coordinators partner with families to problem-solve, find their best options for support, and get connected to services. Care Coordinators also keep providers up-to-date on referrals.

**Refer a Family for Care Coordination**

## Family Navigators

If a family wants more help, family navigators provide in-person care coordination. Family Navigators are parent professionals. They offer home visits, interpretation assistance, and peer support. They help families problem-solve, navigate systems, and enroll in services for their child and family.

**Ask about Family Navigators**

## Developmental Screening Program

If a family would like to track their child's development, the screening program is a great resource. Families regularly receive the Ages and Stages Questionnaire (ASQ) through their child's 5th birthday. Staff share results, provide tips, and help address concerns. With permission, results are shared with provider(s).

**Help Families Enroll in the Screening Program**

"I know that Help Me Grow will link my patients to services and supports in the community - saving me time and easing the burden on my practice." — Dr. Kelley Meade, Associate Director of Primary Care, Children's Hospital and Research Center Oakland

## Supporting Providers

### **AlamedaKids.org**

A dynamic new website dedicated to supporting our county's children ages birth to 5 years. Designed for families and providers, the site seamlessly integrates friendly and credible information, answers to common questions, and access to local resources.

### **Alameda Kids Resource Directory**

Featured on AlamedaKids.org, it is the first searchable directory of early childhood and family resources in the county. Users can find supports and services by type of service, age of children served, languages spoken, and more. *Not sure your program is in our resource directory? Email [Resourcedirectory@first5alameda.org](mailto:Resourcedirectory@first5alameda.org).*

### **Connection Café**

To stay informed and connected, attend our Connection Cafés. Cafés are opportunities for early childhood providers to network, learn about new resources, share information, and hear from speakers on various relevant topics. Cafés are offered every other month.

### **Listserve**

To stay up-to-date on local resources, join the listserve. It's a fast and informative way of receiving information on early childhood programs, events, and trainings in Alameda County. Partners can also post to the listserve to promote programs and events. The listserve is distributed twice a month.

Visit and Share  
[alamedakids.org](http://alamedakids.org)

Search the Alameda Kids  
Resource Directory

Attend a Connection Café

Join the Listserve

To learn more, contact us



Email [helpmegrow@first5alameda.org](mailto:helpmegrow@first5alameda.org)

Since 2009, Help Me Grow has helped over 3,500 families get connected to resources such as

- Regional Center of the East Bay
- School District Services
- Developmental Playgroups
- Parent Support Groups
- Infant & Child Mental Health Services



Help Me Grow Alameda County is supported by First 5 Alameda County and is a member of the Help Me Grow National Network.