

## WHAT IS HELP ME GROW?



Your child's center is participating in an exciting program which helps to monitor your child's development and ensures that your child has access to the support and services that he or she may need. The program includes the completion of developmental screening tools (questionnaire), discussing the results of the questionnaires with your child's teacher(s), and referrals to additional services and community

resources when needed. The project is part of your child's overall education and you will be guided and involved through each step of the process.

## WHY IS DEVELOPMENTAL SCREENING IMPORTANT FOR MY CHILD?

**A child begins learning the moment they are born, if not sooner, and you are your child's first teacher.** You may have worries or questions, or want additional information about how your child is developing, behaving, learning and growing. Completing the Ages & Stages Questionnaire (ASQ) for a child aged 0-5 is a great way for you and your child's teacher to learn about your child's development, and for you to receive support for your child when necessary.

Here is a brief description of the five developmental areas that the ASQ questionnaire will ask you about:

- **Communication:** Your child's language skills, both what your child understands and what he/she can say.
- **Gross Motor:** How your child uses his or her arms and legs and other large muscles for sitting, crawling, walking, running, and other activities
- **Fine Motor:** your child's hand and finger movement and coordination
- **Problem Solving:** How your child plays with toys and solves problems
- **Personal-Social:** Your child's self-help skills and interactions with others

In addition, the Ages and Stages Questionnaire-Social/Emotional (ASQ-SE) asks you questions about your child's ability to self-regulate (eating, sleeping and toileting habits), respond to new environments and learning opportunities, interactions with others, and ability to follow routines in both school and home settings.

Answer the questions the best you can, but don't hesitate to ask questions of your child's teacher.

*A screening is just a quick check of your child's development. It is not a formal evaluation.*

### WHAT SHOULD I DO AFTER I HAVE FILLED OUT THE QUESTIONNAIRES?

Once you complete the questionnaire, please return it to your child's teacher. The teacher will review your responses to determine where your child is doing well and where they may need some additional support to prepare them for success in school and life. Your teacher will schedule a parent meeting with you during a time that is convenient for you. These meetings are held in private settings where the results of the tool are confidential and only shared with you. Your child's teacher will guide you in understanding the results of the questionnaire.

### A REFERRAL TO HELP ME GROW



**Always feel free to talk to your child's teacher about any of your concerns.** Sometimes, your answers on the questionnaire show that your child may benefit from extra help in an area of his or her development, or you and/or your child's teacher may have concerns about your child's development, learning or behavior. If this is the case, your child's teacher will talk to you about the possibility of making a referral, with your permission, to a referral resource called the Help Me Grow (HMG) Linkage Line. Staff from the HMG Linkage Line will contact you by phone to provide additional information and work with you on any next steps.

**HMG Linkage Line: 888-510-1211**