



# Help your families

by hosting a **FREE** baseline developmental screening event provided by Help Me Grow!

**We make it easy.** Screenings help families identify their child's strengths, as well as areas where they may benefit from additional support. Plus, since most families choose to share screening results with their child care provider, you'll be able to plan activities that best meet each child's needs.

A screening event takes just a few hours. We take care of everything from providing promotional materials to helping families fill out screening forms and providing results.

**Want to host a screening event?**

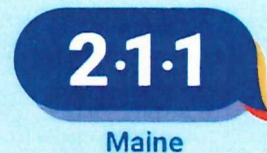
Scan the QR Code or email us at [helpmegrow@maine.gov](mailto:helpmegrow@maine.gov) with "Screening Event" in the subject line.







# Help Me Grow Maine



## A Solution to Help Young Children Shine



Help Me Grow is a central access point designed to connect families to information and services about child development and community resources.

In partnership with 2-1-1 Maine caregivers and providers can contact Help Me Grow for additional support. Help Me Grow will listen, link families to services, and provide follow-up to both caregivers and referral sources.

## How It Works:

### Eligibility

We are available at no cost to all Maine children, birth to eight, and their families/caregivers. Parents can also call for assistance during pregnancy.

### Centralized Access Point

We assist caregivers and child health providers in connecting children to the grid of existing community and State resources that can help them thrive, through a "warm hand-off" from families to resources.

### Resources

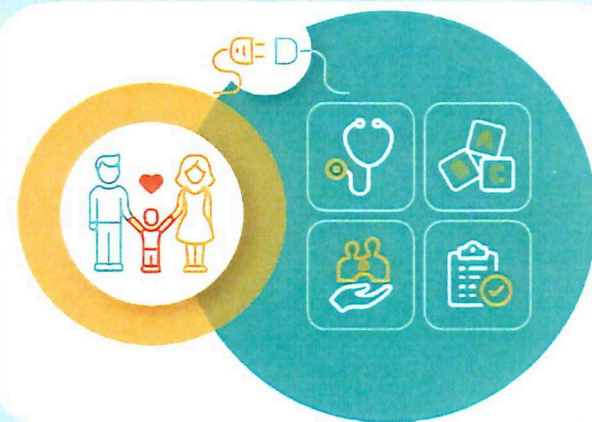
We help support a network of connected service providers, that can effectively serve families in Maine who have a variety of needs.

### Developmental Screening

We promote working with families to recognize developmental milestones and utilize the Ages & Stages Questionnaires® (ASQ) to assess development. If concerns are identified in the screening process, we work with families to connect to early intervention professionals for further assessment.

## Consider Referring A Family When:

- You are unsure what services a family might be eligible for, but know they need support.
- A family needs additional support navigating next steps in accessing resources (CDS, WIC, etc.).
- A screening needs to be completed, or family needs support completing an online ASQ®.



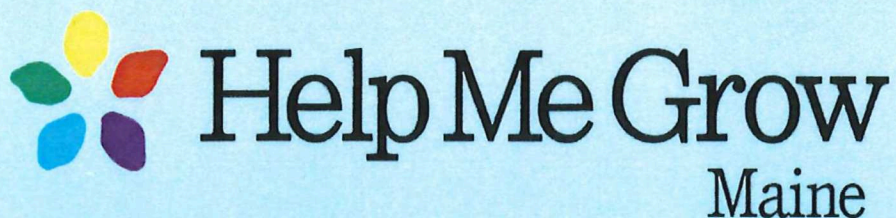
Scan QR Code to the right  
to learn more



### Non-Discrimination Notice

The Department of Health and Human Services does not discriminate.





# A Family's Journey



## STEP ONE

Contact Help Me Grow Maine through our website, calling 211 (option 5), or calling the program directly at 1-833-714-7969.



## STEP TWO

During this call, a Family Support Specialist will provide information and resources, and offer a developmental screening. If needed, the Family Support Specialist will refer the child to appropriate services.

If we missed your call, a Family Support Specialist will reach out within 24 business hours.



## STEP THREE

After initial support is provided, the Family Support Specialist will follow up with the family 5, 25, and 60 days later to ensure their needs are being met.



## STEP FOUR

The outcome of referrals will be provided to the referral source, as well as other providers of parent's choice.

