

How to Talk About Help Me Grow with Families

How To Approach Families:

Start by asking:

- 🌸 Do you have children in your household aged 5 or under?
- 🌸 Do you have any questions about how your child is growing up?
- 🌸 Have you ever wondered if your child is on track for school?
- 🌸 Would you like to learn more about the resources in the community that could help your family?

Things you can say:

- 🌸 Babies don't come with instructions
- 🌸 All parents have questions about activities to do with their child
- 🌸 All parents can benefit from extra support
- 🌸 It is hard and time-consuming to find and access the best service to help you and your family

“You may be interested to know”

“Help Me Grow is a FREE service connecting families to community resources and child development information.” (see description for further points)

Quote from one of our Moms after receiving help from our Resource Specialist:

“Thank you so much, you are like an angel in my life!”

How To Describe Help Me Grow:

Help Me Grow - Long Island is FREE to use and provides:

- 🌸 **Developmental questionnaires and activities:** Ages and Stages Questionnaire (ASQ), for children ages 0-65 months (currently available in English and Spanish)
- 🌸 **Referrals** to community resources (such as diapers, early childhood programs, parenting workshops, etc.)
- 🌸 **Ongoing help** via phone, text, or email in to make sure your needs are met

Who should contact Help Me Grow?

- 🌸 Families who are expecting or have a child in the house between birth and 5
- 🌸 Families with concerns about their child's well-being or behaviors
- 🌸 Families that need baby items or other help for their young child

NOTE:

Stay away from words like *test, assessment, evaluation, diagnose, delay, disability* when referring to the ASQ

Instead can say things like “Would you like to know more about your child reaching their developmental milestones?”

Or “Parenting doesn't come with a manual. Would you like to see if your child is on track?”

Contact Help Me Grow – Long Island!:

- 🌸 Call 516-548-8924 OR dial 2-1-1, select your language, and press 7
- 🌸 Complete a developmental screen at helpmegrownny.org
- 🌸 We speak English, Spanish, and Haitian Creole!

To Contact Help Me Grow – Long Island Directly:

Call: 516-548-8924

Visit: www.helpmegrownny.org

Email: info@hmgli.org