IMPROVING CARE AND OUTCOMES FOR 0-TO-5 YEAR OLDS AND THEIR FAMILIES

About 90% of brain development happens in the first five years. What happens during this critical developmental window—prenatal through pre-K—can determine a child’s future health, opportunities, and chance at success for their entire life.

Children thrive when their families are informed and supported. Help Me Grow Long Island (HMGLI) gives the adults in childrens’ lives, tools, resources, and access to high-quality, whole-child care and an ecosystem of child-rearing services from the beginning.

Community partners, pediatric practitioners, and childcare providers like you play a major part in making sure our children thrive.

How We Help New York’s Youngest Grow

Based on a national model, Help Me Grow Long Island sees greater strength—and efficiency—when we all work towards the same goal: high quality, whole-child care to help kids meet (or exceed) 0-to-5 developmental milestones and thrive their whole lives.

Docs for Tots recognizes the challenges that practitioners and caregivers face, as well as the systemic disparities that impact families. Hence, HMGLI’s multi-pronged approach.
Become a Help Me Grow Long Island Partner

As an HMGLI partner, you can help all of New York’s tots reach their full potential. Together, we will create a partner collaboration plan and provide ongoing implementation support to make the screening or referral plan a success.

Get information, request training, and find resources and support for the families you serve.

FOR PROVIDERS
Email info@hmgli.org to request screening training or discuss the referral and feedback process.

FOR FAMILIES
Parents, guardians, or caregivers of a child/children under five years old can access free resources—for both them and their young one.

info@hmgli.org 516-548-8924

helpmegrowny.org/long-island

A strong first five can create a strong forever. We can make sure New York’s youngest have the high-quality care they deserve. Together.

EMPOWER FAMILIES
HMGLI expands access and connects families to resources they need.
HMGLI provides free, virtual, personalized support for each family that is expecting or has children under five and connects them with resources and support they need to best meet their young ones’ needs—from basics, such as food and diapers, to developmental and educational support services.

OPTIMIZE CHILDCARE
HMGLI enables whole-child caregiving by building provider skills and improving services.
Standardized screening tools capture up to 80% of developmental delays versus 30% of delays caught by observation alone. HMGLI gives childcare providers the tools, training, and ongoing support to make developmental screenings standard operating procedure. HMGLI covers the cost of training and screening tools so you can offer this service to the children you care for.

ELEVATE PEDIATRIC CARE
HMGLI coordinates with pediatric providers to support the families you refer.
We work with practices providing care to 0-to-5 year olds to create a referral and feedback protocol: when you refer families to HMGLI for coordinated care, we report back to you about our interactions with them. This way, there’s a loop of continual, coordinated, whole-child care comprising all the important players in a child’s developmental journey.

GALVANIZE PARTNERSHIPS
HMGLI’s partner network improves quality, increases efficiency, and expands access.
HMGLI isn’t an agency. HMGLI brings together partners from across different sectors and the people engaged in a child’s life—from parents to providers to policymakers—helping build health equity and access for families. Through collaboration, this network of partners can more efficiently and effectively reach families and providers with resources and support they actually need to raise healthy 0-to-5 year olds.

Help Me Grow Long Island is convened by Docs for Tots, New York’s only pediatrician-led organization taking a wrap-around, whole-child approach—building provider skills, strengthening systems, and enacting solid policies—to early childhood development. We improve how caregivers and early childhood professionals build brain architecture during a child’s first five years so every child has the chance to thrive for a lifetime. www.docsfortots.org