Help Me Grow Florida promotes healthy development for every child, birth through age eight, in our state.

Help Me Grow Florida promotes early identification of developmental, behavioral or educational concerns, then links children and families to community-based services and supports at no cost to parents and caregivers. Help Me Grow provides:

- Development and behavioral screenings
- Information, resources and materials
- Referrals with follow-up and care coordination
- Enrollment assistance in community programs
- Networking opportunities for families, service providers and community partners

Who is eligible for Help Me Grow?
Help Me Grow serves Florida families with young children, birth to age eight. To see if Help Me Grow is active in your community, visit: www.helpmegrowfl.org.

We Connect Families with Community-Based Programs for Developmental, Behavioral, Educational and Health Services

Did you know that skills such as:

- standing up,
- scribbling,
- babbling, and
- pointing to body parts

are developmental milestones?

Children reach milestones in how they play, learn, speak, behave, and move!

See back page for a quick glance at developmental milestones.
## Developmental Milestones at a Glance

<table>
<thead>
<tr>
<th>Your Child's Age</th>
<th>Gross Motor</th>
<th>Fine Motor</th>
<th>Cognitive, Linguistic, and Communication</th>
<th>Social-Emotional</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 Months</td>
<td>Sits up with no support; rolls over</td>
<td>Moves toys between hands; reaches</td>
<td>Turns to voice or rattling sound; squeals</td>
<td>Responds to name; smiles when he/she sees a parent</td>
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<tr>
<td>1 Year</td>
<td>Stands alone; pulls self to stand; takes steps with or without support</td>
<td>Puts block in cup; picks up objects with finger and thumb; points</td>
<td>Imitates vocalizations/ sounds; babbles; says single words</td>
<td>Waves hi or bye-bye; imitates activities; plays pat-a-cake; follows simple commands</td>
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<tr>
<td>2 Years</td>
<td>Throws ball overhand; jumps up; kicks ball; walks up steps</td>
<td>Stacks towers of 4-6 cubes; turns book pages</td>
<td>Says 50 words; names pictures; combines words; follows simple instructions</td>
<td>Put on clothing; removes garments; uses pretend items in play</td>
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<tr>
<td>3 Years</td>
<td>Balances on each foot; jumps on one foot</td>
<td>Wiggles thumb; copies lines and circles; stacks towers of 6-8 cubes; strings large beads</td>
<td>Speaks more clearly; names colors and pictures; names 7 body parts</td>
<td>Names friends; brushes teeth with help; uses words to describe emotions (happy, sad)</td>
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<tr>
<td>4 Years</td>
<td>Hops on one foot; rides a tricycle</td>
<td>Draw a person with 3 parts; stacks towers of 10+ cubes; copies shapes</td>
<td>Speaks more clearly; defines words; describes pictures; uses past tense and plurals</td>
<td>Follows three unrelated directions; talks about activities; sings familiar songs; plays with others</td>
</tr>
<tr>
<td>5 Years</td>
<td>Balances on each foot 10 seconds or longer; somersaults; swings</td>
<td>Copies patterns; prints some letters; cuts with safety scissors</td>
<td>Recalls parts of a story; speaks sentences of more than 5 words; names opposites</td>
<td>Wants to please friends; more likely to agree to rules; likes to sing, dance, act</td>
</tr>
<tr>
<td>6 - 8 Years</td>
<td>Rides a 2-wheel bicycle; skips; plays jump rope; walks on a straight line</td>
<td>Holds and uses a pencil easily; copies designs, shapes, letters and numbers</td>
<td>Understands more complex grammar and vocabulary; increased reading abilities</td>
<td>Thinks about the future; is concerned for others and his/her friendships; displays increased independence</td>
</tr>
</tbody>
</table>

Please note that this is only a guide developed from the Center for Disease Control (CDC) Learn the Signs, Act Early campaign. All children develop differently. If you have additional questions, want to complete a developmental screening, or need further information regarding developmental questions, contact your local Help Me Grow initiative.

**Call 2-1-1**

AND ASK FOR Help Me Grow

THE NUMBER EVERY PARENT NEEDS TO KNOW

www.helpmegrowfl.org

Sponsored by the Florida Developmental Disabilities Council, Inc. and The Florida Department of Education, Office of Early Learning.