



Welcome  Baby



utah county health department
"creating healthy communities"



United Way of Utah County

November 2010 A Newsletter for "Welcome Baby" and "Parents as Teachers" Families



What is Help Me Grow?

Help Me Grow is a prevention program for Utah children and their families who experience the developmental challenges that go hand-in-hand with growing up. Children who are facing behavioral, learning, and other developmental difficulties are connected to local programs and services through Help Me Grow. At the core of the service is a group of highly trained care coordinators who use telephone contacts to help families connect with other programs and services in the community.

Help Me Grow originally started in Connecticut by Dr. Paul Dworkin, Vice President and Chief Medical Officer of Connecticut Children's Medical Center. He says:

"Children with developmental problems are eluding early detection. Programs exist to help them, but too often we fail to link these children with the resources they need. Help Me Grow is that link."

Help Me Grow has been successfully implemented over the last six years in Connecticut and is among the best practices based upon the improved outcomes of connecting families to services and increasing the surveillance of developmental delays within the communities they serve. This program is being

replicated throughout the country, including here in Utah County.

Track Your Child's Progress

One of the main tools that Help Me Grow uses is the Ages and Stages Questionnaire (ASQ). The ASQ is a screening tool used to identify developmental delays in infants and young children during the first 5 years of life. Parents complete a 30 item questionnaire which asks about a child's progress in five key developmental areas – communication, gross motor, fine motor, problem solving, and personal-social skills. The questionnaire takes about 10 to 20 minutes to complete.

Help Me Grow uses these questionnaires to see where the child is compared to where they should be developmentally. Once the parents sign up with Help Me Grow, we encourage them to use the questionnaires as a way to track the child's development. We also encourage pediatricians and doctors to use these in their offices. They are a great way to look over the child's developmental progress without taking a lot of time.

Help Me Grow has found that these questionnaires are a great way to learn where the child is developmentally. By having the parents fill it out, they feel that they are doing what they can to understand their child even more. Also, it prepares them well for well baby checks so they are asking more specific questions and making the time with the doctor more beneficial.



How do I join?

All you need to do is call 2-1-1 and ask for Help Me Grow or fill out the Enrollment form online at www.helpmegrowutah.org/join_now_form.html. Once we receive your information, we will input it into our database and send you the first screening questionnaire. Once you have completed the questionnaire, you can send it back to us. We will then score the questionnaire and call you about the results.

Benefits to JOINING the Help Me Grow Family:

- Connects you, your pediatrician, and the resources you need at key developmental milestones of your child.
- Gain access to an easy-to-use questionnaire, a tool which guides you through your child's development.
- Find the resources you need with just one call.

Join Help Me Grow Today!



Check Out Our Blog!

Helpmegrowutah.blogspot.com

Check Us Out on Facebook!

Help Me Grow is now on facebook! Check us out! By "liking" our page, you will be updated on future events, be aware of all the wonderful things we are doing, and look at pictures from our events!

For more information about Help Me Grow, visit our website at:

www.helpmegrowutah.org

Success Story

A family was concerned about their 9 month old daughter. After completing the ASQ for her, the results were very low in all areas. The mother said, "I worry about everything." Often parents score their children low on every area when they are very worried. Because of this, we sent out a Welcome Baby home visitor to help the parent complete the ASQ. The results showed abnormalities in communication and the personal-social area. Help Me Grow connected the child to early intervention. Early intervention assessed her and found that the daughter would benefit from speech and physical therapy. Help Me Grow then connected the daughter and family to other resources that would help. Thanks to Help Me Grow, this family was able to discover this developmental delay and get their daughter the help that she needed early on.

Community Events

- **Ready to Learn—"Media Literacy"**—Nov. 17th at the Utah County Health Dept (UCHD), Rm. 2500 from 12-1 p.m. This is a basic workshop that helps parents and childcare providers with awareness concerning media and how to use quality television, literacy and activities to support learning. Receive a complimentary book.
- **Provo City Library—**
 - ☞ "Book Babies" every Friday from 10-10:30 a.m. for infants 0-12 mos.
 - ☞ "Mother Goose Time" every Friday from 11-12pm for 1 year olds.
- **Orem City Library—**
 - ☞ "Laptime" every Tuesday, Wednesday, & Thursday at 10am in Hogwarts' Corner. A 20 min. program for babies, toddlers & their caregivers.
 - ☞ "Story time" every Tuesday, Wednesday, & Thursday at 10:30am in the Storytelling Wing. A 30 min. program for preschoolers & young school age children.