



Have You Asked These Questions?

Is this behavior normal at my child's age?

Should my child be sleeping more?

When should my baby start crawling?

I'm pregnant, where can I call?



We support the
wellbeing of
DC pregnant moms
and children.



We connect
DC families to resources
needed to give children
their best start.



We help
caregivers get
linked to the best
support services.

Call >> 1-800-MOM-BABY

Help Me Grow DC (HMG DC) is for pregnant moms and families with children living in the District of Columbia ages 0-5 years old.

Contact HMG DC if you...

- Have prenatal questions or concerns
- Have questions about your child's development, behavior or learning
- Want more information about developmental and behavioral services for a child
- Need help finding or accessing developmental and behavioral resources

The HMG DC Team will...

- Listen to your concerns
- Find services in the District of Columbia that are available and appropriate for your needs
- Give you contact information and tips on how to connect to these services
- Provide direct referrals when appropriate
- Follow up to find out if you were connected to a service or if you need more help

Why is Prenatal Health Important?

Getting early and regular prenatal care improves the chances of a healthy pregnancy. Regular prenatal visits are vital for both infant and mother. Women who suspect they may be pregnant should schedule a visit to their health care provider to begin prenatal care. Prenatal visits to a health care provider usually include a physical exam, weight checks, and providing a urine sample.

What are Developmental Services?

A child's development includes his or her physical, mental, communication, social and emotional growth. Developmental services help infants and young children grow and develop in whatever area is needed.

Developmental Screenings

All children should have regular developmental screenings to see if they are meeting the milestones for their age. Your child's doctor should follow his or her development and do a screening using an evidence-based tool at 9, 18 and 24 or 36 months. Ask your doctor about a screening at your child's well visit. If you are unsure about whether your child is developing like they should, Help Me Grow DC can also help with a screening – just ask!

Partnering to Build the Network

Help Me Grow DC has a directory of partnering organizations in the District of Columbia— all focused on helping pregnant moms, children and families. We are continuously out in the community learning about new programs and updating our database so that the information we give you is accurate and up-to-date. We pass this information on to you when you call the toll free number

1.800.MOM.BABY.

Developmental Milestones Chart

| MOTOR SKILLS | COMMUNICATION | SOCIAL&THINKING |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Your 6-month old | | |
| <ul style="list-style-type: none"> • Rolls over • Picks up a small toy • Moves toy from hand to hand | <ul style="list-style-type: none"> • Responds to his/her name • Squeals and uses consonants (ba, da, ma) | <ul style="list-style-type: none"> • Smiles when he/she sees a parent • Looks for a dropped toy |
| Your 1-year old | | |
| <ul style="list-style-type: none"> • Takes steps alone or with hands held • Picks up Cheerios with finger and thumb | <ul style="list-style-type: none"> • Points to show you things • Has begun to say single words | <ul style="list-style-type: none"> • Finds a toy hidden under a blanket • Follows a simple command (give me...) |
| Your 2-year old | | |
| <ul style="list-style-type: none"> • Kicks a large ball • Turns board book pages • Stacks 4 blocks | <ul style="list-style-type: none"> • Follows simple directions • Uses 2-word phrases • Uses at least 50 words | <ul style="list-style-type: none"> • Uses pretend items during play (pretends to talk on phone) • Turns over a small plastic bottle to get what is inside |
| Your 3-year old | | |
| <ul style="list-style-type: none"> • Jumps in place • Draws a circle • Strings large beads | <ul style="list-style-type: none"> • Tells you what is happening in a picture • Points to 7 different body parts | <ul style="list-style-type: none"> • Uses words to describe emotions (happy, sad) • Matches colors |
| Your 4-year old | | |
| <ul style="list-style-type: none"> • Hops on one foot • Rides a tricycle • Stacks 10 blocks | <ul style="list-style-type: none"> • Follows 3 unrelated directions • Uses past tense and plurals • Talks about daily activities | <ul style="list-style-type: none"> • Engages in fantasy play • Names 2 friends or playmates • Sings familiar songs |
| Your 5-year old | | |
| <ul style="list-style-type: none"> • Balances on one foot for 5 seconds • Cuts on a line with safety scissors • Prints some letters | <ul style="list-style-type: none"> • Uses at least 5 word sentences • Names opposites (ice is cold, fire is _____) • Identifies colors and shapes | <ul style="list-style-type: none"> • Plays simple board games • Draws person with head, body, arms and legs • Counts on fingers |

1.800.MOM.BABY
(1.800.666.2229)

DC | HEALTH
GOVERNMENT OF THE DISTRICT OF COLUMBIA