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 visit 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.

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