Help Me Grow®
National Center

THE HELP ME GROW DIFFERENCE

A better future starts with Help Me Grow. By supporting our young children today, we promote healthier and more prosperous communities tomorrow.

An Opportunity to Maximize Children's Potential

The early years present incredible opportunity to build a strong foundation as the brain rapidly develops during the first five years of life. All children benefit from an organized system of community resources to help them thrive, like health care, quality early learning experiences, healthy nutrition, and parent support. However, when the system is not well organized, it can be difficult for families to access resources for their children and challenging for service providers to connect families to needed supports. This can have long-lasting consequences on children's health and well-being.

A Solution to Help Young Children Shine

A network of community resources works like a power grid. When the grid functions well, families can plug in to an organized flow of resources and easily access the ones they need. Help Me Grow strengthens the grid by maintaining a current directory of available services and connecting service providers to each other to create an interconnected system. Families benefit as Help Me Grow listens to them, links them to services, and provides ongoing support. Help Me Grow is available to all children, including those whose families may have concerns or simply want to learn more about their child's development.

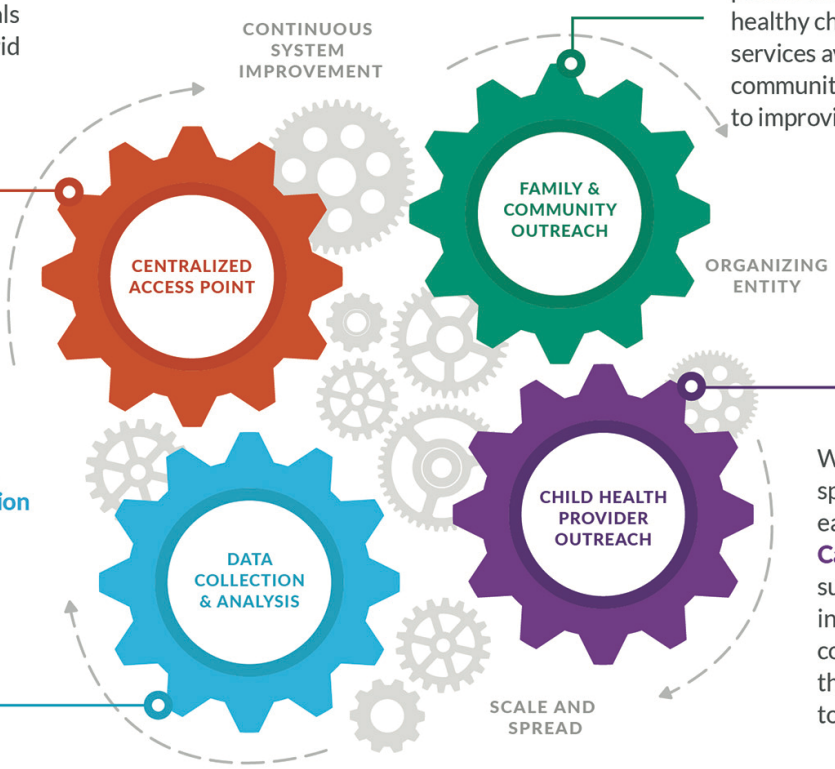
A Vision for a Brighter Future

Thriving communities depend on the well-being of all members. By providing families with equitable access to the resources they need when they need them, Help Me Grow works to ensure we all enjoy more vibrant years ahead.

Four Core Components Make up the Help Me Grow System Model

A **Centralized Access Point** assists families and professionals in connecting children to the grid of community resources that help them thrive.

Family & Community Outreach builds parent and provider understanding of healthy child development, supportive services available to families in the community, and how both are important to improving children's outcomes.



To make sure the resource grid is working effectively, **Data Collection & Analysis** supports evaluation, helps identify systemic gaps, bolsters advocacy efforts, and guides quality improvement.

When potential concerns are spotted early on, they can be easier to address. **Child Health Care Provider Outreach** supports early detection and intervention efforts and connects medical providers to the grid of community resources to best support families.

▲ **It is the cooperation of these four core components that make the Help Me Grow system model work.**

First 5 Fox Valley

Help Me Grow – Fox Valley

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