



Watch Me Grow

Developmental Screening: Ensuring Your Child's Brightest Future



What is Watch Me Grow?

Watch Me Grow (WGM) helps ensure high quality, accessible and coordinated developmental screening, information, and referrals to local agencies and/or child health providers so that all NH families and their children (birth through 5 years) receive the appropriate services and supports to grow, learn and to reach their maximum potential.

How Does Watch Me Grow Work?

It's easy and **there's no cost to families!**

- 1. Get a copy** of the screening questionnaire. Contact **NH Family Voices** (603) 271-4525 nhfamilyvoices@nhfv.org or your local **Family Resources Center** <https://www.fsnh.org/>
- 2. Complete the questionnaire** on your own or with help from the organization that gave it to you.
- 3. Return the completed questionnaire** to the address listed on the form.

WGM will share the results with you as soon as possible. WGM will also offer you tips, information, and resources to help your child grow and learn.



What is Developmental Screening?

Like a yardstick for measuring height, developmental screening is a tool that helps families measure their children's development through the early years, including:

- ★ How children use their hands, bodies and senses (motor).
- ★ How children think and solve problems (cognitive).
- ★ How children use language - speaking, listening and understanding (communication).
- ★ How children express their emotions and relate to others (social and emotional).
- ★ How children help take care of their own needs, like feeding and dressing (personal).

Ask your child's healthcare provider about additional screenings such as oral health, behavioral health, nutrition, vision and hearing that help determine if your child is on track in these important health areas.

Why is Developmental Screening Important?

Developmental Screening is important for all young children! We know that children grow and learn at their own rates, but it's still important to assure that they are developing as expected. You can both track and promote your child's development with fast and fun screening activities that help you:

- ★ Make sure your child is **on track**
- ★ Learn about what's **coming next** in your child's development and
- ★ Discover new ways to **help your child grow and learn.**

Screening your child regularly is also the best way to catch any concerns early when the right information at the right time makes all the difference!

We want **all New Hampshire children to have bright futures**, and that means ensuring a **strong foundation early in life** for all the growth and development that follows.

How Often Should My Child Be Screened?

All young children should be screened early and often beginning in infancy and through age five, or whenever you have a concern.

To track your young child's development between screenings, learn the signs and act early.

www.cdc.gov/ncbddd/actearly



New Hampshire
FAMILY VOICES®



Centralized Access Point
at NH Family Voices
(603) 271-4525
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