

How does Watch Me Grow work?

It's easy and **there's no cost to families!** Just complete three simple steps:

1. **Get a copy** of the screening questionnaire. Visit our website: www.watchmegrownh.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.

WMG will share the results with you as soon as possible. We will also offer you tips, information, and resources to help your child grow and learn. With your permission we will share the results with your child's healthcare provider.

How often should my child be screened?

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

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

Visit: www.cdc.gov/ActEarly



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.



Watch Me Grow
Developmental Screening: Ensuring
Your Child's Brightest Future

For more information visit our
website: www.watchmegrownh.org



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Don't delay! Get Started Today!



What is Watch Me Grow?

Watch Me Grow (WMG) helps NH families track their young children's growth and development. It's New Hampshire's developmental screening, information, and referral system for families of young children ages birth to six years.

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:

1. How children use their hands, bodies and senses (motor skills)
2. How children think and solve problems (cognitive skills)
3. How children use language - speaking, listening and understanding (communication skills)
4. How children express their emotions and relate to others (social and emotional skills)
5. 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, 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:

1. Make sure your child is **on track**
2. Learn about what's **coming next** in your child's development and
3. 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!

"Watch Me Grow helped my family understand development and answered our questions about what milestones our children should be reaching, and when. It also helped us know what questions to ask so we could get on track for early interventions"

-Jenn Pineo