



HELP ME CALIFORNIA Grow

SHASTA COUNTY

An ASQ Helps You, Your Child, and Your Doctor



By Deborah Peel for First 5 Shasta

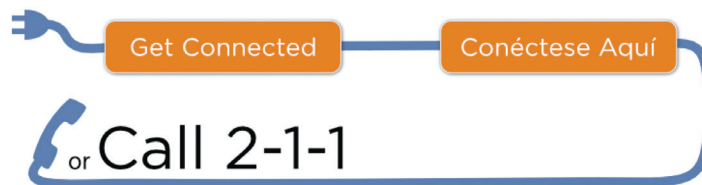
What's an ASQ? It's an Ages & Stages Questionnaire offered by Help Me Grow Shasta, a children's developmental screening questionnaire that you can have fun doing at home. By making a quick phone call to 2-1-1, you can get assistance from a Help Me Grow Shasta Care Coordinator and request an ASQ to match your child's current age. It's an easy, smart way to check your child's development, especially if you feel uncertain about how your child is progressing. You can find out if your child is a developmental rock star, right on track, or get going quickly to address a concern.

Who Gets The Results?

The great thing about an ASQ is that the developmental screening results can be made available to you and to your child's medical provider. The ASQ is matched to age intervals from 2 months to age 5 and even adjusts to the correct interval for children born prematurely. Sharing the ASQ with your child's doctor helps put everybody on the same page.

How Do I Get Started?

1. Call 2-1-1 or visit www.HelpMeGrowShasta.com (click "Get Connected") and request an ASQ.
2. You will be contacted by a Help Me Grow Care Coordinator.
3. A link to the right ASQ for your child's age will be sent to your phone or email.
4. Copy and paste the link into your browser to access your questionnaire.



The ASQ is available in English and Spanish. It covers five areas of development including physical, cognitive, communication, social/emotional, and adaptive. It's not a diagnosis, but it helps you understand your child's ages and stages. Do you wonder if your child is on track for talking, walking, or more? At the end of the day, you know your child best. If you want to check his/her development, why not do an ASQ?

HELP ME GROW SHASTA PARTNERS



Call **2-1-1** or visit www.HelpMeGrowShasta.com