

## WHAT IS HELP ME GROW?

Help Me Grow (HMG) is a countywide system to promote the development, learning, and social-emotional health of children ages birth to 5. We partner with families and providers to meet children's developmental needs so they can get the best start in life.

Help Me Grow has a number of free family services to promote child development and increase early identification of developmental delays and disabilities. A phone line offers personal support for families who have concerns about their child's development or need to get connected to evaluation or developmental services. A Developmental Screening Program helps parents track their child's development at home using a standardized screening tool.

Help Me Grow is currently looking for volunteers to support its administrative and programmatic needs, particularly the Developmental Screening Program.

## WHAT DO VOLUNTEERS DO?

### Volunteers work with staff to:

- Prepare materials for families and providers
- Score questionnaires and enter data into an online tracking system
- Follow up with families who have not completed developmental questionnaires
- Send questionnaire results to families, physicians, and child care providers
- Participate in community outreach through health fairs, community events, and networking "cafés"
- Conduct research to find events, stories, articles, resources, and other content that is relevant to Alameda County families
- Assist in program evaluation tasks such as conducting focus groups, collecting survey data, analyzing data, and drafting conclusions

## VOLUNTEERS SHOULD HAVE

- Basic computer skills and phone skills
- Attention to detail
- The ability to meet deadlines and to take direction

### While not necessary, Help Me Grow encourages volunteers who have skills or experience with:

- Bi-lingual or multi-lingual
- Working with diverse communities
- Raising or caring for young children (0 to 5 years of age)
- Familiarity with Alameda County community resources



## WHERE, WHEN, HOW

- Help Me Grow is located in the First 5 Alameda County offices at 1115 Atlantic Avenue, Alameda, 94501
- Volunteer times are available weekdays Tuesday to Friday, 10am to 4pm, with occasional community events that are held on weekends or in the evening.
- Volunteers should commit to a consistent schedule, a minimum of 3 hours per week, for at least 6 months.

If you are interested, please send an email to Daneen Cline at [Daneen.Cline@First5Alameda.org](mailto:Daneen.Cline@First5Alameda.org), or call 510-227-6956.