



Help Me Grow Maine

Lolenge Nini Help Me Grow Ekoki Kosunga yo na Mosala na yo?

Lokola mosalisi ya kolongono, oyebi ntina ya kotalela noki mpe kosalisa litungisi oyo mobeli ozali kosunga azali na yango. Help Me Grow ekosunga yo olandela babeli malamumu na lisungi oyo ekopesa:

- ▶ Etalelo ya bokoli ya bana na Mibu & Baetape ya Mituna®
- ▶ Maloba mpona baboti ya ndenge nini kobokola bana, makambo ya kosala mpe maloba misusu ya ntina
- ▶ Kotinda makambo bisika misusu mpe na bisika misusu na engumba mpona kozwa lisungi
- ▶ Elandelo na mabota mpona komona soki bana bazali kozwa lisungi esengeli
- ▶ Kokabola makambo ebimi na bolukiluki ya bobateli na biso mpona kolendisa bozalani na yo na mobeli oyo ozali kosunga



Lolenge nini Help Me Grow Maine etambolaka?

Mosali akotinda libota na HMG Maine.

HMG ekopesa maloba ya koyeba makambo ya kokola ya mwana mpe lisungi esengeli.

HMG ekotinda mabota na esika ya kolandela mpe kosalela bokoli ya bana kati na engumba.

HMG ekolanda libota mpona koyeba soki bazwi lisalisi mpe ekosala bango etalelo mosusu.

Soki esengeli, HMG ekotinda bango bisika misusu.

Oyebi ete?

91% ya bana ya Maine bazwaki etalelo ya kosukisa kobela na mbula oyo eleki, koleka oyo ya leta ya 82%.

Emonani ete mwana 1 kati na 4 na Maine azali na bamposa ya lisalisi ya bobosono.

Emonani ete bana 2 kati na 3 na Maine ya basanza 9 ti mibu 3 bazwaki telisungi ya etalelo bokoli.



211 Maine

Telephone ya Biro: 1-833-714-7969

HelpMeGrow@maine.gov

<https://www.maine.gov/dhhs/ocfs/support-for-families/child-development>



Help Me Grow Maine

Mosala na yo ezali kopusa Esosoli ya Bokoli mpe Elandelo ya Bokoli?

Yeba Bilembo. Sala Noki Nini Esengeli. Mokanda ya nini esengeli komona ekomisaka kolanda bokoli elandeli ezali pete:

- ▶ Na oyo Akademi ya Banganga na Amerik (AAP) bamoni
- ▶ Kosunga yo olanda malamumu bokoli lokola AAP elobi
- ▶ Ezali bomoko na bitalelo ya kolongono mpona bana ya mibu ya basanza 2 ti mibu 5
- ▶ Esalemi na baboti, kobongisa bango mpona eyano ya malamumu ya etaleli ya bokoli

Your baby at 6 months

Milestones matter! How your baby plays, learns, speaks, acts, and moves offers important clues about his or her development. Check the milestones your baby has reached by 6 months. Take this with you and talk with your baby's doctor at every well-child visit about the milestones your baby has reached and what to expect next.

What most babies do by this age:

<p>Social/Emotional Milestones</p> <ul style="list-style-type: none"> <input type="checkbox"/> Knows familiar people <input type="checkbox"/> Likes to look at himself in a mirror <input type="checkbox"/> Laughs <p>Language/Communication Milestones</p> <ul style="list-style-type: none"> <input type="checkbox"/> Takes turns making sounds with you <input type="checkbox"/> Shows "vocalizers" (bleats, tongue out and blows) <input type="checkbox"/> Makes squeaking noises 	<p>Cognitive Milestones (learning, thinking, problem-solving)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Plays things in her mouth to explore them <input type="checkbox"/> Reaches to grab a toy he wants <input type="checkbox"/> Chooses toys to show she doesn't want more food <p>Movement/Physical Development Milestones</p> <ul style="list-style-type: none"> <input type="checkbox"/> Rolls from tummy to back <input type="checkbox"/> Pushes up with straight arms when on tummy <input type="checkbox"/> Leans on hands to support himself when sitting
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Other important things to share with the doctor...

- What are some things you and your baby do together?
- What are some things your baby likes to do?
- Is there anything your baby does or does not do that concerns you?
- Has your baby had any sickle incidents lately?
- Does your baby have any special healthcare needs or was he/she born prematurely?

You know your baby best. Don't wait. If your baby is not meeting one or more milestones, has lost skills he or she once had, or you have other concerns, act early. Talk with your baby's doctor, share your concerns, and ask about developmental screening. If you or the doctor are still concerned:

1. Ask for a referral to a specialist who can evaluate your baby more; and
2. Call your state or territory's early intervention program to find out if your baby can get services to help. Learn more and find the number at cdc.gov/IDEI.

For more on how to help your baby, visit cdc.gov/Concerned.

Act Early Maine | CDC | 211 | Help Me Grow Maine

Mosala na yo ezali kopesa Esosolami ya Bokoli?

Ee!

Help Me Grow Maine ekoki kosunga na:

- Elandeli ya bosungi kati na mabota
- Kotia makambo na mikanda ya kotinda bato esika mosusu mpe koti bango contact na misala misusu ya lisungi
- Kotia nkombo ya baboti mpona kozwa lisungi
- Makambo ya lolenge nini kobokola bana, makambo nini kosala, mpe makambo ya maloba misusu ya ntina
- Fomatyo ya basali mpona koyeba kolandela/kotala bokoli

Naino te!

Help me Grow Maine ekoki kosunga na makambo nyonso elobami, MPE:

- Kosala etalelo ya makambo nini kosala

Lolenge nini okoki kosala ete babeli na yo bayeba Help Me Grow Maine?

SENGA libota abenga 211 / Help Me Grow liboso to nsima ya etalelo ya mwana.

NTINDA bango mpe tia nkombo na bango na mokanda ezali na siteweb na biso.

BENGA 211 mpe senga kosolola na Help Me Grow. Nsima, Mosali na biso akobenga libota.

Departema ya Kolongono mpe ya Kosunga Bato (DHHS) ezali na bokabwani ya koponapona bato te.

- Kotinda:**
- Maloba oyo mpe makomi oyo ezali ya Help Me Grow Florida. Mwa makambo mike ebongisami mpona kosunga Help Me Grow Maine.
 - Titre V Lisungi ya Basi ya Zemi mpe Kolongono ya Bana na Block Grant: Esosolami ya bamposa mpe makoki ya 2020 na Maine Departema ya Kolongono mpe ya Kosunga Bato CDC.

