

Join an Action Team!

Help Me Grow Washington: A Solution to Connect Families to Resources

From birth to age 5 a child's brain develops faster than at any other time in life, building the foundation for future learning, behavior and health. And yet, families with young children struggle to connect with resources to help their children thrive. Parents and caregivers want an easy way to learn about and connect to community support available for their family, ensuring they reach the most appropriate services.

Help Me Grow is a dependable and interconnected system that puts families first – making sure resources are accessible to every child and every community. Through Help Me Grow, parents and caregivers can easily access the resources they need, when they need them.

Get Involved!

For Help Me Grow to work for all families and providers, it must also be designed by you! Parents, caregivers, community members and professionals are invited to design the expansion of a unified Help Me Grow Washington. Together, we will build an efficient system that works for all families of children prenatal through age 5.



We are currently recruiting Help Me Grow Washington Action Team members. Action Teams will be created in the following areas: Child Health Care Provider Outreach, Family & Community Outreach, Coordinated Access Point, Data Collection & Analysis, Equity, and Advocacy. Action Teams will be centered on values of racial equity and inclusion, with the goal of creating an anti-racist system that serves all children prenatal to 5, with a focus on those children furthest from opportunity. Travel and child care stipends, translation, interpretive services and technology assistance is available for Action Team members.

For those interested in serving on one of the HMG Action Teams, please:

1. Watch the Building the Help Me Grow Washington System [webinar](#).
2. Fill out the [online interest form](#).

Please email HMGWA@withinreachwa.org with any questions. Thank you!