



SLO County Help Me Grow is a county-wide system that supports children and their families by providing free developmental screenings and linkages with community services to promote healthy growth and development for all children from birth to age five. Help Me Grow brings together families, pediatricians, early care and education, and human service providers to ensure that San Luis Obispo County's children reach their optimal potential.

SEPTEMBER'S HERO

Dr. Grace X. Lim
MD, MPH, Pediatrician

Dr. Grace X. Lim is a Champion for Children, bringing compassionate pediatric care, and a dedication to developmental screening as a critical way to ensure that children facing early challenges are identified and able to access support.

Dr. Lim has been conducting developmental screenings ever since her pediatric residency in 2013, and most recently as a team member at Central Coast Pediatrics. She places a particular focus on vulnerable populations, evaluating and treating children who have experienced adverse events or are negatively impacted by social determinants of health. It's the kind of work that Dr. Lim is deeply connected to, as she knows what it feels like to be a sibling of a child with a lot of needs. Dr. Lim's younger brother had a neurological disorder growing up; being part of his journey is what led her to become a pediatrician—one with a special interest in developmental issues. She now takes great joy and pride in helping families who are facing similar circumstances.

Colleagues say Dr. Lim's motivation and dedication have helped to bridge a considerable gap within pediatrics—the mental health side of things. Beyond the impact of her brother's disorder, Dr. Lim's family experienced the loss of a loved one to suicide, a hardship and healing process that have enabled her to better understand the emotional—not just physical—manifestations of major

life events. Dr. Lim tells her families that she is there for them no matter what; if she can't be available in person, she is quick to point them to valuable resources. She says she loves working with such great community partners in the overall effort to give children the support they need early on, so that they can achieve their goals and feel supported through it all.

Dr. Lim is currently transitioning to another local practice, but she wants her patients and the community at large to know she can be found on Facebook or Instagram at @drgracexlim for updates. Regardless of where she's providing care, we can celebrate the fact that having access to heart-centered, early childhood professionals like Dr. Lim allows our kids and families to thrive—and, in turn, we all benefit.

**Thank you, Dr. Lim.
You are a true Hands-On Hero.**