Help Me Grow
Minnesota Resource Catalog

BROCHURES

Help Me Grow Brochure

8.5 x 11 trifold
Available in English, Hmong, Somali, Spanish, and Karen

This tri-fold brochure includes development resources for children 0-5. Some babies and young children need extra help to learn and grow; information is provided on what to do if there are concerns, how to make a referral for support, and what happens next to provide support for the child and family.

Track Your Child’s Developmental Milestones

8.5 x 11 trifold
Available in English, Hmong, Somali, and Spanish

This trifold brochure includes key milestones from 6 months to 4 years of age in a game board design. It also includes a message for parents about the importance of tracking their child’s milestones and provides information about what to do and who to contact if they are concerned about their child’s development.
Premature Babies: An Early Beginning

What do our parents & caregivers need to know to help us grow?

Bebés prematuros: Un comienzo temprano

¿Qué necesitan saber nuestros padres y cuidadores para ayudarnos a crecer?

Important information for families with babies born between 23 and 36 weeks gestation.

Información importante para familias con bebés nacidos entre las 23 y las 36 semanas de gestación.

This tri-fold brochure provides important information for families with babies born between 23 to 36 weeks gestation. Great tips to help your premature baby grow and develop in the first months at home with additional resources specific to premature babies.
A guide to the social/emotional development of young children. The information in this booklet is a guide to typical development and what behaviors might be worth asking about. If a behavior seems unusual, happens over and over, or goes on for a long time, this may mean your child needs extra help. Accessing services at an early age can help a child reach the best outcomes possible. This booklet helps you learn about typical behaviors at different ages (6 months to 5 years), behavior concerns, and tips on how you can help.
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ESC (Early Childhood Screening) Bookmark

2.5 x 8 2 sided card Available in English, Hmong, Somali, Spanish, and Karen is bookmark provides parent-friendly information on early childhood screening which is a free check provided by your local school district of how your 3-year-old is growing, developing and learning. Includes information on what to expect at screening and what to bring to the screening appointment.
What Happens after a Child is Referred through Help Me Grow MN?

Dimensions are 8 1/2 x 3 ½. Available in English and Spanish.

This bookmark provides parent friendly information on what to expect when a child is referred through Help Me Grow MN. The backside of this card offers a space where parents and caregivers can write notes as reminders throughout the process.
Follow Along Program

- Every few months, you will get a form asking how your child is playing, talking, growing, moving and acting.
- Fill out the form and send it back to us.
- You will get the results with fun activities for you and your child to do together.
- If there are any concerns, we'll get in touch with you and work together on next steps.

This Bookmark includes a description of the Follow Along Program and what families can expect when participating. It includes a QR code and email to sign up online. A phone number and email is included to contact someone for questions about the program.

Dimensions are 8.5”H x 3.75”W double sided. One side in English and the other side in Spanish.
Help Me Connect

Dimensions are 3.5 in x 8.5 in; double sided. English on one side, Spanish on the other with a brief description of the intended audience, the eleven category titles with corresponding logos, the URL and QR code.

Help Me Connect is an electronic navigator that connects pregnant and expectant families, families with children birth to 8 years of age, and providers serving these families to early childhood development and family well-being programs in their local communities.
Meet Joey, an amazing 3-year-old kangaroo who is very excited about all he can do now that he is three. Joey doesn’t know it, but these amazing things are called developmental milestones, and they’re a very important part of each child’s growth. Parents, this book for children ages 2-3 will show you what to look for as your child grows and develops. Whether you read this story to your child online or have a hard copy of the book, ask your child to find the koala bears. Each page with a koala bear also has a star and milestone at the bottom just for you. See if your 3-year-old is able to do some of the same things as Joey.
“Where is Bear?” is a terrific tale for 2-year-old children and their parents! This interactive book encourages children to help Tiger and his forest friends in their search to find Bear. Parents, with each turn of the page, your child will get closer to finding him and you will learn about many important milestones to look for in your child. Look for the leaf at the bottom of each page and your own 2-year-old’s milestone moment.
Meet Baby, a one-year-old puppy who is having a very busy day! Follow along as Mom, Dad, and Sis engage Baby throughout his day while encouraging his development along the way! As you read this fun story with your little one, keep an eye out for the paw prints to learn what one-year-old milestones to look for in your baby’s development, and the hearts for tips on how you can help!
Kid Stencils

5 ⅞ x 3 ⅝ rectangle

With HMG Logo, referral website and phone number
Mini poly stencil made of durable 23 gauge poly and features basic shapes in assorted colors. This is perfect for drawing shapes to help you with artwork or school assignments.
Early Childhood Development Wheel: Birth to age 5

(2 sided) 8.5 inches round. Available in English, Hmong, Somali, Spanish, and Karen.

The wheel spins to reveal:

On one side of wheel – Find the developmental milestones we can expect for children ages 3 months through 5 years of age.

On the other side of the wheel – Find ideas caregivers can try to encourage development when spending time with young children ages 3 months through 5 years of age.
GROWTH CHART

Growth Chart – Grow Up Healthy!

48” x 11”
Available in English.

This colorful growth chart includes recommended childhood immunizations by age, can be used to record a child’s height, and lists a sampling of milestones from 1 to 5 years of age.
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TOTE BAG

Bag

14.5” x 13.5”

“Bag with crawling baby silhouette, HMG Logo, QR code, referral website and phone number. Reusable non-woven bag with hemmed opening and reinforced stitching, reinforced straps. Three colors - red with yellow print, blue with yellow print and green with navy blue print.”
Do you have questions about how your child learns and grows?

You can connect to support services for children ages 0-8 through Help Me Grow Minnesota.

“Do You Have Questions?”
Laminated 8.5” x 11”

Track These Milestones
Laminated 11” x 16.5”

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POSTERS

Do you have questions about how your child learns and grows?

“Do You Have Questions?”
Laminated 8.5” x 11”

Track These Milestones
Laminated 11” x 16.5”

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POSTERS
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BANNER

Help Me Grow Retractable Banner
(Special Order Only)

84” H x 24” W
Available in English, Hmong, Somali, and Spanish.
LAMINATED CARDS

Display Board
(Special Order Only)

Set of 6 cards for a tri-fold display board.
One 20”W x 6”H card and five 20”W x 15”H cards

To order HMG resources use this QR code or go to this link: