



Help Me Grow Minnesota Resource Catalog

BROCHURES


**When Parents Know...
Children Grow**




Development resources
for children 0-5

help me
GR  **W**


Hmong
**Thaum Niam Txiv Paub Zoo...
Cov Me Nyuam Thiaj Loj Hlob**




Cov ntaub ntawv uas pab me nyuam uas
muaj hnub nyooq 0-5 xyooj loj hlob zoo

help me
GR  **W**


Somali
**Ka Caawi Canuggaga
inuu Kobco oo uu Koro.**




Warbixino la xiriira Koritaanka
caruurta jirta 0 - 5 sano

help me
GR  **W**


Spanish/Español
**Quando los padres saben...
los niños crecen**




Recursos de desarrollo para niños
de 0 a 5 años de edad

help me
GR  **W**

Karen (ကရင်)
**ဖဲမိၣ်တၢ်ဖၣ်မ့ၢ်သ့ၣ်ညါအါ...မိၣ်သၣ်
တၢ်ဖၣ်မ့ၢ်တၢ်ဖၣ်လီၤ**



တၢ်ဖၣ်မ့ၢ်အါတၢ်ဖၣ်မ့ၢ်လၢမိၣ်သၣ်
လၢအါအါန့ၣ်မိၣ်တၢ်ဖၣ်မ့ၢ်အါ

help me
GR  **W**

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.



Help Me Grow Minnesota Resource Catalog

BROCHURES

Track Your Child's Developmental Milestones



Your child's early development is a journey. Use this map of milestones to know what to look for along the way.
For parents of children from birth to 4 years

Learn the Signs. Act Early.

Centers for Disease Control and Prevention
www.cdc.gov/actearly
1-800-CDC-INFO

Department of Health and Human Services
Centers for Disease Control and Prevention

Raws koj tus menyuam cov theem ntawm nws txoj kev loj hlob



Koj tus menyuam txoj kev loj hlob thaum nws tsaem yau no muaj ntau qib. Siv daim ntawv no taw koj kev txog tej qib no thiab yuav soj ntsum yam twg thiab yuav pab tau koj.

Rau cov niamtxiv musj menyuam yug tshiab mus rau 4 xyooj.

Paub Xyuas. Pab Thaum Ntxov.

Centers for Disease Control and Prevention
www.cdc.gov/actearly
1-800-CDC-INFO

Department of Health and Human Services
Centers for Disease Control and Prevention

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.

La soco Marxaladaha Koboc ee Cunuggaaga



Koboca amminka hore ee cunuggaagu waa geedi-socod. Adeegso khariidadda marxaladaha nolasha, si aad u ogaato waxyaabahaad mar walba eegayso.

habkaan ama nidaamkan sidaad ula socoan laheyd ama ku ogaan laheyd barbaarinta u dhaxeysa 0 to 4yrs

Baro Aslaamaha. Aminin hotena ku Dhaqaaq.

Centers for Disease Control and Prevention
www.cdc.gov/actearly
1-800-CDC-INFO

Department of Health and Human Services
Centers for Disease Control and Prevention

Siga de Cerca los indicadores del Desarrollo de Su Niño



El desarrollo de su niño durante los primeros años es un camino por descubrir. ¡Use esta guía de indicadores para informarse acerca de lo que debe buscar en el camino!

Para padres de niños de 0 a 4 años de edad.

Aprenda los signos. Reaccione pronto.

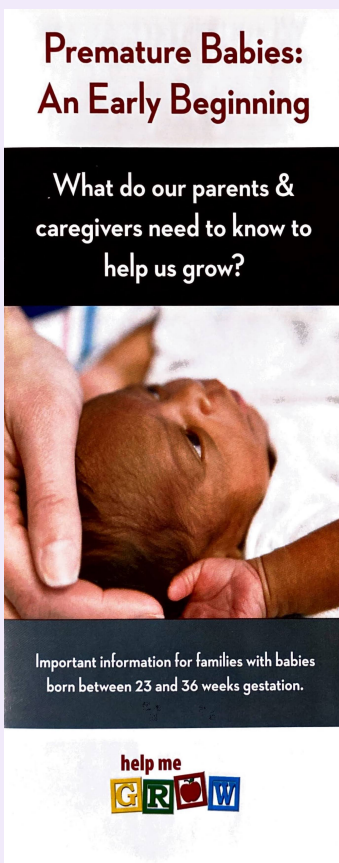
Centros para el Control y la Prevención de Enfermedades
www.cdc.gov/actearly
1-800-CDC-INFO

Departamento de Salud y Servicios Humanos
Centros para el Control y la Prevención de Enfermedades



Help Me Grow Minnesota Resource Catalog

BROCHURES



Premature Babies:
An Early Beginning

8.5 x 11 trifold
Available in English and Spanish

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.



Help Me Grow Minnesota Resource Catalog

BOOKLET



Plays Well With
Others!

8 pages 8.5 x 11
Available in English and Spanish

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.

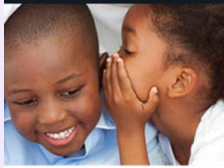


Help Me Grow Minnesota Resource Catalog

BOOKMARK

NTSUAS THAUM MUAJ 3 XYOOS

Kev Ntsuas Me Nyuam Ntxov



Kev ntsuas me nyuam ntxov yog ib txoj kev tshuj ntsuam dawb xyuas seb koj tus me nyuam 3 xyoos loj hlob li cas, xeeb meej li cas thiab kawm li cas.

Kawm txog koj tus me nyuam:

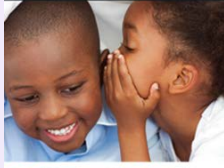
- Qhov muag pom kev
- Qhov ntsej hnov lus
- Qhov siab thiab qhov nyhav
- Cov txuj ci siv cov yas cev loj thiab yas cev me
- Cov txuj ci kev xav, kev kawm lus thiab kev sib tnuas lus
- Kev sib raug zoo thiab kev kaj siab ntwis
- Kev tiv thav nruab ntrog cev (cov koob tshuj txhaj)

Tau ntsuas thiab li cas ntwis: Cheeb Tsam Hl Buj Nong Kev Xeeb Cawm Ntsuas Thaum Ntxov. Sib tnuas hnov ntsuas meej. Tus ib ntwis kev sib raug zoo kev xav thiab li cas ntwis ntwis. Ntwis ntwis tau ntwis kev sib raug zoo kev xav thiab li cas ntwis. Tus ib ntwis kev sib raug zoo kev xav thiab li cas ntwis. Tus ib ntwis kev sib raug zoo kev xav thiab li cas ntwis.



BAARIISTA 3 JIRKA

Baarista Caruurnimada Hore



Baarista caruurnimada hore waa baaris lacag la'aan ah oo ku saabsan sida cunuggaada 3 jirka u koro, sida uu u barbaaro iyo sida uu wax u barto.

Baro waxa ku saabsan cunuggaada:

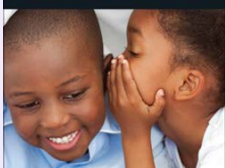
- Aragga
- Maqalka
- Joogga iyo miisaanka
- Dhaqaaqa murqaha waaweyn iyo kuwa yar yar
- Fakarka, luqadda iyo xirfadaha isgaarsinta
- Koriimada bulshada iyo caadifadda
- Xaaladda talaalka (cirbadaha)

Muujinta: Gadiiga Faransiiska Hore ee ka Dhererey Wadaadaha Gobolka II. Qorbaabaan waxa soo baxay heshiis dhowr mayy wadaadaha Wadaad Wadaadaha Minnesota ka Midka ESCU, waxaana la sameeyay muujinta hore timaada CFDA numberka 04.181 Dooqda Wadaadaha Dhaqaha ee la aayid Dhaqanka iyo Qorbaabaan hadda Dherer.



SCREEN AT 3

Early Childhood Screening



Early childhood screening is a free check of how your 3-year-old is growing, developing and learning.

Learn about your child's:

- Vision
- Hearing
- Height and weight
- Large and fine muscle skills
- Thinking, language and communication skills
- Social and emotional development
- Immunization (shots) status

Funded by: The Region 11 Interagency Early Intervention Committee. This initiative is made possible through an interagency agreement between the Minnesota Department of Education and the Metro ESCU using federal funding under CFDA number 04.181 Special Education Grants for Infant and Families with Disabilities.



EVALUACIÓN A LOS 3 AÑOS DE EDAD

Evaluación de la infancia temprana



La evaluación de la infancia temprana es un examen gratuito que muestra los niveles de crecimiento, desarrollo y aprendizaje de su hijo a los 3 años de edad.

Infórmese de los siguientes aspectos de la salud de su hijo:

- Vista
- Oído
- Estatura y peso
- Habilidades motrices gruesas y finas
- Habilidades de pensamiento, lenguaje y comunicación
- Desarrollo social y emocional
- Estado de vacunación

Financiado por: el Comité Interagencial de Intervención Temprana de la Región 11. Esta iniciativa es posible gracias a un acuerdo entre agencias del Departamento de Educación de Minnesota para la Metro ESCU utilizando fondos federales bajo el CFDA número 04.181 de Subvenciones de Educación Especial para Niños Propietarios y Familias con Discapacidades.



တီဒီသုဒါနီဂါ (၃)

ဖိသည့်ဆိုင်ခွင့်လိပ်သီတီဒီသုဒါနီဂါ



ဖိသည့်ဆိုင်ခွင့်လိပ်သီတီဒီသုဒါနီဂါ ဆိုသည်မှာ တီဒီသုဒါနီဂါအား နှစ်သုံးနှစ်အတွက် စစ်ဆေးခြင်းဖြစ်ပြီး သားနှင့် သမီးတို့၏ ဖွံ့ဖြိုးတိုးတက်မှုကို စစ်ဆေးခြင်းဖြစ်သည်။

ဖတ်တိုင်းသင့်သည့်အရာများ...

- တံဆိပ်
- တံခွန်
- ဆန္ဒချစ်စိတ်လုံခြုံရေးအသေးစိတ်
- လှုပ်နှံမှုနှင့်စိတ်လုံခြုံရေးအသေးစိတ်
- တံဆိပ်ကိုင်ခြင်း၊ ဆက်တိုက်ကိုင်ခြင်း
- ဆက်တိုက်ကိုင်ခြင်းအသေးစိတ်
- ဆက်တိုက်ကိုင်ခြင်းအသေးစိတ်
- မိမိတို့၏လမ်းညွှန်လမ်းညွှန်
- ဆက်တိုက်ကိုင်ခြင်းအသေးစိတ် (ဆက်တိုက်)
- ဆက်တိုက်ကိုင်ခြင်း

Financiado por: el Comité Interagencial de Intervención Temprana de la Región 11. Esta iniciativa es posible gracias a un acuerdo entre agencias del Departamento de Educación de Minnesota para la Metro ESCU utilizando fondos federales bajo el CFDA número 04.181 de Subvenciones de Educación Especial para Niños Propietarios y Familias con Discapacidades.



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.



Help Me Grow Minnesota Resource Catalog

BOOKMARK



help me GROW

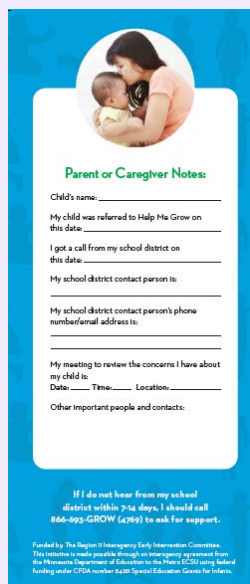
What happens after your child is referred through Help Me Grow MN?

Your child's local school district will contact you to set up a meeting. The meeting will review your concerns and what level of support you and your child might need.

If more information is needed, a free developmental evaluation may be completed. The evaluation will review your child's learning, moving, playing, and talking skills.

If your child qualifies for additional support with their development, you will work with the school's early childhood team. Together, you will write a plan for free early intervention services for your child.

Help Me Grow is a referral source for children birth - age 5.
HelpMeGrowMN.org



Parent or Caregiver Notes:

Child's name: _____

My child was referred to Help Me Grow on this date: _____

I got a call from my school district on this date: _____

My school district contact person is: _____

My school district contact person's phone number/email address is: _____

My meeting to review the concerns I have about my child is:
Date: _____ Time: _____ Location: _____

Other important people and contacts: _____

If I do not hear from my school district within 7-14 days, I should call 866-695-GROW (4769) to ask for support.

Funded by The Region 11 Emergency Early Intervention Committee. This initiative is made possible through an inter-agency agreement from the Minnesota Department of Education to the Hennepin County Area School Funding under CFDA number 84.015 Special Education Grants for Infants.

What Happens after a Child is Referred through Help Me Grow MN?

Dimensions are 8 1/2 x 3 1/2.
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.



help me GROW

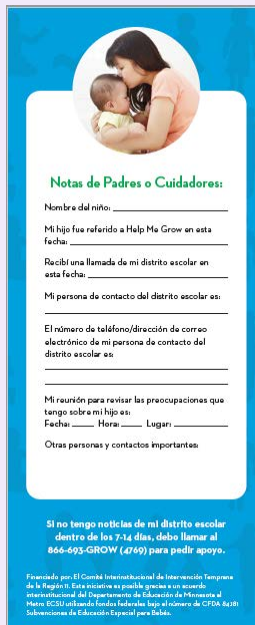
¿Qué sucede después de que su hijo es referido a través de Help Me Grow (Ayúdame a Crecer) MN?

El distrito escolar local de su hijo se comunicará con usted para establecer una reunión. La reunión revisará sus inquietudes y qué tipo de apoyo podrían necesitar usted y su hijo.

Si se necesita más información, se puede completar una evaluación de desarrollo gratuita. La evaluación revisará las habilidades de aprendizaje, movimiento, juego y conversación de su hijo.

Si su hijo califica para recibir apoyo adicional con su desarrollo, usted trabajará con el equipo de la primera infancia de la escuela. Juntos, escribirán un plan de servicios gratuitos de intervención temprana para su hijo.

Recursos de apoyo para niños de 0 a 5 años de edad.
HelpMeGrowMN.org/HMG/Espanol



Notas de Padres o Cuidadores:

Nombre del niño: _____

Mi hijo fue referido a Help Me Grow en esta fecha: _____

Recibí una llamada de mi distrito escolar en esta fecha: _____

Mi persona de contacto del distrito escolar es: _____

El número de teléfono/dirección de correo electrónico de mi persona de contacto del distrito escolar es: _____

Mi reunión para revisar las preocupaciones que tengo sobre mi hijo es:
Fecha: _____ Hora: _____ Lugar: _____

Otras personas y contactos importantes: _____

Si no tengo noticias de mi distrito escolar dentro de los 7-14 días, debo llamar al 866-695-GROW (4769) para pedir apoyo.

Fundado por El Comité Interdistrital de Intervención Temprana de la Región 11. Esta iniciativa es posible gracias a un acuerdo interdistrital con el Departamento de Educación de Minnesota y Hennepin County del Área de Financiación de Escuelas bajo el número de CFDA 84.015 Subvenciones de Educación Especial para Bebés.



Help Me Grow Minnesota Resource Catalog

BOOKMARK

mn
DEPARTMENT
OF HEALTH

Learn more about your
child with Minnesota's

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.

For questions about the program or to have an enrollment form mailed to you, call 1-800-728-5420 or email health.cyshn@state.mn.us.



Sign up online today! It's Free!
www.health.state.mn.us/mnfap

**Obtenga más información
acerca del
Programa
Follow Along**

- Cada pocos meses recibirá un formulario en el que se le preguntará cómo juega, habla, crece, se mueve y se comporta su hijo/a.
- Rellene el formulario y envíenoslo de vuelta.
- Recibirá los resultados con actividades divertidas para que usted y su hijo/a las hagan juntos.
- Si tiene alguna inquietud, nos pondremos en contacto con usted y trabajaremos juntos en los próximos pasos.

Para preguntas acerca del programa o para recibir por correo postal un formulario de inscripción, llame al 1-800-728-5420 o envíe un correo electrónico a health.cyshn@state.mn.us. También puede ponerse en contacto con su programa local en:

¡Inscribese en línea hoy! ¡Es GRATIS!
www.health.state.mn.us/mnfap

Follow Along Program

Dimensions are 8.5"H x 3.75"W double sided. One side in English and the other side in Spanish.

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.



Help Me Grow Minnesota Resource Catalog

BOOKMARK

help me **CONNECT**

Pregnant or have children 8 years old or younger?
Get connected with programs and services in your community.

-  Pregnant and Expecting Families
-  Healthy Development and Screening
-  Developmental and Behavior Concerns
-  Disability Services and Resources
-  Early Learning and Child Care
-  Family Well-Being and Mental Health
-  American Indian Families
-  Caregiving and Community Support
-  Dental and Health Care
-  Basic Needs
-  Legal Services



HelpMeConnectMN.org
m MINNESOTA

help me **CONNECT**

¿Está usted embarazada o tiene hijos de hasta 8 años de edad?
Conéctese con programas y servicios en su comunidad.

-  Embarazadas y familias que esperan la llegada de un hijo
-  Desarrollo saludable y Evaluación
-  Problemas de desarrollo y comportamiento
-  Servicios y recursos para personas con discapacidad
-  Aprendizaje temprano y cuidado infantil
-  Bienestar familiar y salud mental
-  Familias indígenas estadounidenses
-  Cuidado y apoyo comunitario
-  Atención dental y médica
-  Necesidades básicas
-  Servicios legales



HelpMeConnectMN.org
m MINNESOTA

Help Me Connect

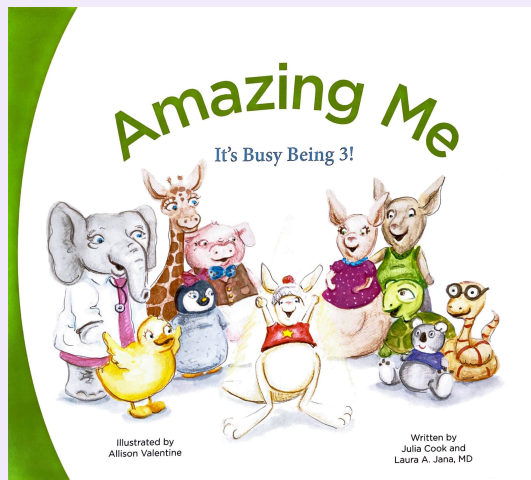
Dimensions are 3.5 in x 8.5 in; double sided. English on one side, Spanish on the other with a brief description of the intended audience, the eleven category titles with corresponding logos, the URL and QR code.

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.



Help Me Grow Minnesota Resource Catalog

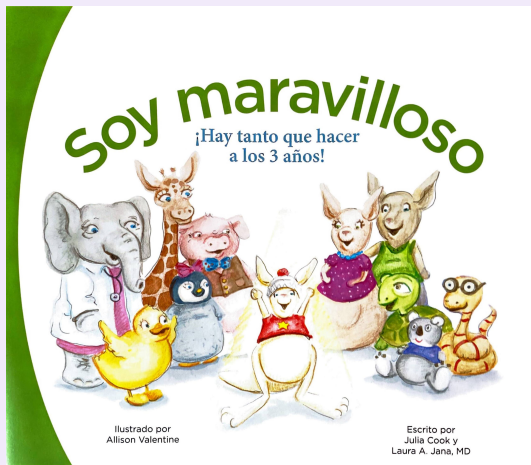
BOOKS



Amazing Me: It's Busy Being 3!

32 pages 9.5 x 8
Available in English and Spanish

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.



Help Me Grow Minnesota Resource Catalog

BOOKS



Where is Bear? A Terrific Tale for 2-Year-Olds

20 pages 9.5 x 8 Available in English and Spanish

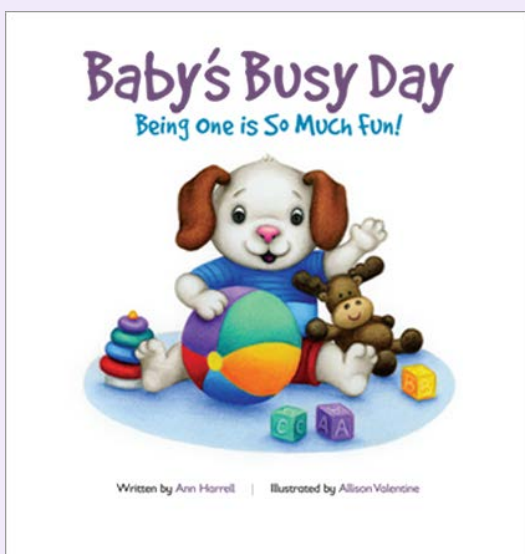


“Where is Bear?” is a terrific tale for 2-year-old children and their parents! This interactive book encourages children to help Tiger and his forest friends in their search to find Bear. Parents, with each turn of the page, your child will get closer to finding him and you will learn about many important 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.



Help Me Grow Minnesota Resource Catalog

BOOKS



Baby's Busy Day: Being One is So Much Fun!

9 pages 5.5 x 5.5 x .5
Available in English
and Spanish



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!



Help Me Grow Minnesota Resource Catalog

STENCIL



Kid Stencils

5 7/8 x 3 5/8 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.



Help Me Grow Minnesota Resource Catalog

WHEEL



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.



Help Me Grow Minnesota Resource Catalog

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.



Help Me Grow Minnesota Resource Catalog

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.”



Help Me Grow Minnesota Resource Catalog

POSTERS

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

¿Tiene usted preguntas sobre la manera en que su hijo aprende y crece?
Miyad ka qabtas waa'alo ku saaban sida ilmahaagu wax u barto ee uu u korayo?
Koj puas muag las nug' toog koj tun mayuam toq' kav kawm thab' kav lej' Mob?

Moving? **Talking?** **Playing?** **Acting?**
Cal jinnawag? Cal fagag? Cal jinnawag? Cal jinnawag?
U' needag? U' hawag? U' hawag? U' hawag?
Taw' moa' toa' laa? Thaw' laa? U' hawag? U' hawag?

You can connect to support services for children ages 0-5 through Help Me Grow Minnesota.

Visit the website or call if you have questions or concerns about a child's development. Resources and support services are available through your local school district at no cost and regardless of immigration status.

HelpMeGrowMN.org
1-866-693-GROW

help me GROW

“Do You Have Questions?”

Laminated 8.5" x 11"

Track These Milestones

Laminated 11" x 16.5"

Early Childhood Development

Milestones by age 5

Every child is unique. No two children develop, grow and learn at exactly the same pace. And not all children develop in the same order. Some children may reach some milestones earlier than others. Babies and toddlers are growing, learning and changing all the time. It's fun to watch the progress you have made of the new things they do and the milestones they reach. If you are concerned about your child's growth, development or learning, we encourage you to contact us at helpmegrowmn.org or 1-866-693-6769.

Track These Milestones

Congratulations!

12 months **18 months** **24 months** **30 months** **36 months** **48 months** **5 years**

We recommend immediate referral, if your little one seems to be losing language skills or social skills.

Refer a child for screening or evaluation at HelpMeGrowMN.org or by calling 1-866-693-6769.



Help Me Grow Minnesota Resource Catalog

BANNER



Help Me Grow
Retractable Banner
(Special Order Only)

84" H x 24" W
Available in English, Hmong,
Somali, and Spanish.



Help Me Grow Minnesota Resource Catalog

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



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