Parents, don't wait — get answers to your questions now!

For more information on how young children develop **and** ideas to help your child learn and grow, visit or call:

HelpMeGrowMN.org

your local health care provider

If you have concerns about your child's development...

and think your child might need extra help to learn or if your child has significant medical or health issues, visit or call:

HelpMeGrowMN.org

1-866-693-GROW (4769)

Photo provided courtesy of 3 Peas Photography

help me GROW

Visit:

HelpMeGrowMN.org

Call:

1-866-693-GROW (4769)

Partners include:

Minnesota Department of Education

MINNESOTA MDH DEPARTMENT OF HEALTH

Minnesota Department of Human Services

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When Parents Know... Children Grow

A child's early years often bring wonder and excitement for families! Children grow and change rapidly from birth to kindergarten entrance, and are learning every day.

some babies and young children need extra help to learn and grow

As parents watch their child grow and develop, they may notice when their child smiles, rolls over, sits up, walks, plays, coos, cries and talks. While all young children grow and change at their own rate, some children experience delays in their development.

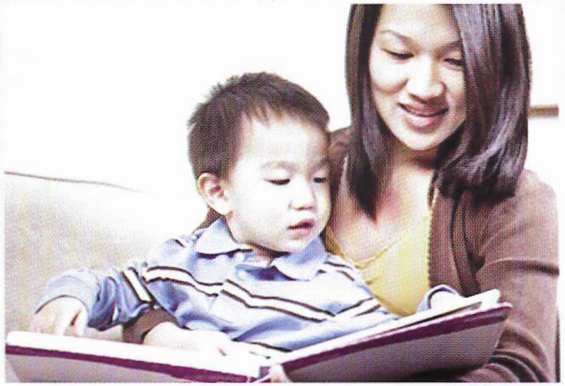
Special health conditions may affect children's development, too. Because parents know their child best, they may be the first to notice that their child is developing differently than other babies or young children.

free help is available

Minnesota children from birth to five-years-old, **who are eligible for early intervention**, can receive services in their home, child care setting or school. These services are **free** regardless of income or immigrant status.

assistance from experts

Early childhood specialists will work with eligible children and families to plan the services and supports they need. These may include:

- Special instruction and other services, including speech, physical and occupational therapy.
- Ways that a family can support their child's development in everyday activities.
- Connections to community services and programs.

Early childhood specialists can help find community resources and early childhood programs for those children not eligible for **early intervention services.**