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?

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

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.
Online Resources for Parents of Children Ages 0-5

8.5 x 7.25 bifold
Available in English

This bi-fold brochure provides a listing of websites, social media and apps that give an abundance of information on growth and learning for parents of children ages 0-5.
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.
ESC (Early Childhood Screening) Bookmark

2.5 x 8 2 sided card
Available in English, Hmong, Somali, Spanish, and Karen

This 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 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.
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!
Help Me Grow Magnet

3.5 x 2

With HMG Logo, referral website and phone number.

Black background with primary color Help Me Grow blocks.

The size of a business card.
Help Me Grow
Minnesota Resource Catalog

STENCIL

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 – Grow Up Healthy!

39” 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

COMPLETE PACKET

Help Me Grow Outreach Packet

Available in English

Contains ALL items listed on previous pages.

To order additional resources
use the "Resource Request Form" at the back of this packet
or contact: Kathy McKay
kathy.mckay@metroecsu.org
661-728-0400
Metro ECSU, 2 Pine Tree Drive, Arden Hills, MN 55112

This initiative is made possible through an interagency agreement from the Minnesota Department of Education using federal funding under CFDA number 84.151. Special Education Grants for Infants and Toddlers with Disabilities.
Baby Bib

8 x 11

With HMG Logo and referral website.

The bibs are made from a baby soft terry 65-35 polyester and cotton blend with a snap closure for added safety. Cream color with red print and light yellow binding. CPSIA compliant for 3+ months.
Bag

17 x 15

Bag with crawling baby silhouette, HMG Logo, referral website and phone number. Woven fabric bags made from 98% recycled material, durable construction: color-matched 28" handles. Three colors - red with yellow/gold print, blue with yellow/gold print and green with navy blue print.
“Do You Have Concerns?”
Laminated 8.5” x 11”

Track These Milestones
Laminated 11” x 16.5”
Help Me Grow Retractable Banner

84” H x 24” W
Available in English, Hmong, Somali, and Spanish.
Help Me Grow
Minnesota Resource Catalog

LAMINATED CARDS

Display Board

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

Early Intervention
If your child shows a delay in language skills or does not interact with others, contact us immediately.
Early intervention makes a difference.
Refer a child for screening or evaluation at HelpMeGrowMN.org or 1-888-693-4709

Developmental Milestones
Babies, toddlers, and young children grow, learn, and change all the time. There are certain things they should be doing by certain ages. These are called developmental milestones. Keep track of the care things your little ones do, and the milestones they reach.

Extra Help
Some young children need extra help to learn and grow. Free services are available to support development. Eligible Minnesota children under age 5 can receive services in their home, child care, or school. These services are free regardless of income or immigrant status.

Do you think your child might need help?
HelpMeGrowMN.org
1-888-693-4709
If you have concerns about your child’s growth, development or behavior and think they might need extra help to learn, contact your child’s health care provider, school district or another child or family support resource or evaluator.

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