



Tip Sheets

Help Me Grow: When Parents Know, Children Grow



Some babies and young children need extra help to learn and grow.

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. Accessing early intervention services as early as possible will ensure the best developmental outcomes for these children.

Help Me Grow: Infant and Toddler Intervention

are special services and supports for children birth through age two and their families with developmental delays or with certain diagnosed physical or mental condition or disorder that may result in a delay.

Help Me Grow: Preschool Special Education

is for children ages three to five years who meet state eligibility criteria for developmental delay or other disability, and who are experiencing challenges in their learning and development. Children may be eligible if they are not able to learn, speak or play like other children who are the same age.

After a referral is made to Help Me Grow, local early intervention or preschool special education staff will set up an appointment with the family to determine if the child is eligible for services through an evaluation process.

Eligible children can receive services in their home, child care setting or school. These services are **free** to eligible families, regardless of income or immigrant status.

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, such as speech, physical and occupational therapy;
- Ways that a family can support their child's development at home; and
- Connections to community services and programs.

To refer a child to Help Me Grow, visit www.parentsknow.state.mn.us to complete an online referral (select "refer a child to Help Me Grow" in the upper right corner) or call 1-866-693-GROW (4769).

For more information on sharing concerns with families, visit www.inclusivechildcare.org.

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