

Minnesota

help me



information and special services for you and your child



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 the 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 **Help Me Grow**, can receive services in their home, child care setting or school. These services are **free to eligible families** 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 at home
- Connections to community services and programs.

Early childhood specialists can help find other community resources and early childhood programs for those children not eligible for **Help Me Grow**.

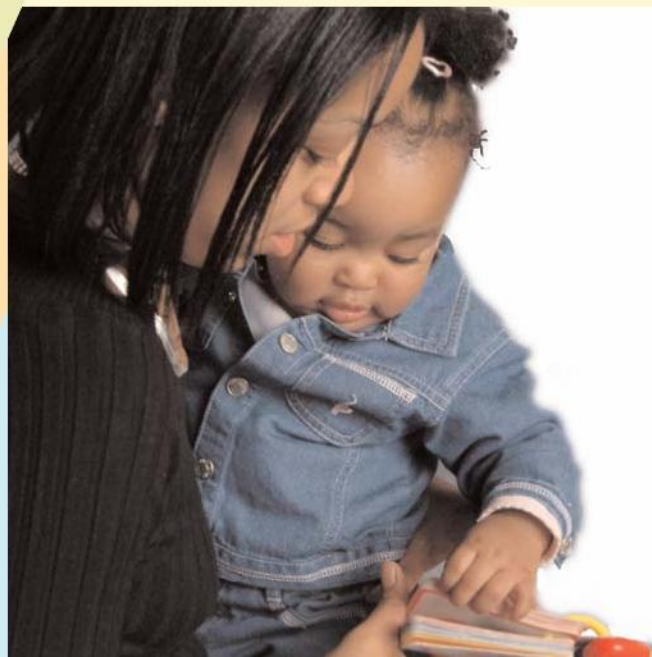


Visit www.MNParentsKnow.info

for more information on how young children develop plus ideas to help your child learn and grow.

Call **1-866-693-GROW (4769)**

if you have questions about your child's development or if you think your child might need extra help to learn.



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

Request a FREE evaluation for your child from Minnesota's **Help Me Grow** at:

Norman Mahnomen Public Health
16 E 3rd Ave N Rm. 107
Ada MN 56510

Contact Person: Ann Zidon
Phone: 218-784-5425



Photo provided courtesy of 3 Peas Photography

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Partners include:

