



Child care providers can find in-depth resources about early childhood development on the Help Me Grow website

Help Me Grow is a Minnesota initiative that connects children who have developmental delays and disabilities and their families to free early intervention services. Its updated and expanded website, helpmegrowmn.org, provides parents and early childhood professionals with a one-stop resource on early childhood development.

The website includes specific information for child care providers to use and share with parents, including information in Hmong, Somali and Spanish. You can find details about developmental milestones for children ages birth to 5 years old, to help track a child's development. Other resources ideal for child care providers include:



- **Ideas to encourage healthy development:** Parents, caregivers and child care providers can actively encourage a child's healthy early development. The Help Me Grow website offers ideas to support growth for children birth to 5 years old across the four areas of development – physical/motor (moving), communication and language (talking, listening and understanding), social and emotional (interacting), and cognitive (thinking and processing).
- **Strategies to discuss concerns:** If you have concerns about a child's development, it can be difficult to start a conversation with the child's parents or guardians. The website details how to have this conversation and express concern in an emotionally supportive way.
- **Videos about developmental milestones:** Watch videos or download audio about age-specific developmental milestones, stages of development and supporting healthy development. Videos and audio are available in English, Hmong, Somali and Spanish.
- **Forms to refer a child:** If you or a parent has concerns about a child's development, it's easy to refer the child through the Help Me Grow website. Visit helpmegrowmn.org and click the "Refer a Child" badge on the home page to access the professionals' referral form or the parents' referral form. We encourage you to work with the parent to fill out the form if you have a concern.
- **Resources request:** You can easily order materials to share with parents, including handouts, brochures and an interactive developmental wheel, all available in a number of languages. To access these resources, [click here](#).

For more information about Help Me Grow, visit helpmegrowmn.org.

Portions of this content, developed by Help Me Grow Minnesota, may have previously appeared elsewhere.