



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 families with children ages birth through two who have developmental delay(s) or certain diagnosed physical or mental conditions or disorders 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(s) 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 contact the family to determine whether a comprehensive screening or evaluation is needed to determine eligibility.

There are three simple steps to refer a child online:

1. Visit HelpMeGrowMN.org.
2. Click "Refer a Child" button.
3. Fill out form and click "Send this Referral."

To refer a child by phone, call (866) 693-GROW (4769).

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

Early childhood specialists will work with eligible children and families to plan the services and supports they need. Services 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.

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