



## **Pab Kuv Loj Hlob: Thaum Niam Txiv Paub, Me Nyuam Loj Hlob**

Tej co me nyuam mos thiab me nyuam yaus yuav tsum tau kev pab me ntsis ntxiv kom thiaj li kawm thiab loj hlob tau. Txawm tias tag nrho cov me nyuam me nyias loj hlob thiab hloov raws li nyias lub peev xwm los, qee cov me nyuam loj hlob qeeb. Tej co mob tshwj xeeb tej zaum yuav muaj feem cuam tshuam hauv cov me nyuam txoj kev loj hlob thiab. Qhov tau cov kev pab thaum ntxov li ntxov tau yuav ua rau kom cov me nyuam no loj hlob tau zoo tshaj plaws.

**Pab Kuv Loj Hlob: Kev Pab Me Nyuam Mos Liab thiab Me Nyuam Me** mas yog cov kev pab tshwj xeeb thiab kev txhawb nqa rau cov tsev neeg uas muaj cov me nyuam hnuv nyoog yug txog 2 xyos uas loj hlob qeeb los sis muaj tej yam mob ntawm lub cev los sis saum hlwb los sis tej yam mob uas ua rau nws loj hlob qeeb.

**Pab Kuv Loj Hlob: Kev Kawm Ntawv Tshwj Xeeb Rau Cov Me Nyuam Yuav Pib Mus Kawm Ntawv (Preschool)** yog rau cov me nyuam muaj hnuv nyoog 3 txog 5 xyos uas muaj raws li xeev tus qauv tsim nyog rau kev loj hlob qeeb los sis lwm yam kev tsis taus, thiab lawv muaj teeb meem hauv lawv txoj kev kawm thiab kev loj hlob. Tej zaum cov me nyuam yuav tsim nyog yog tias lawv kawm tsis tau, hais tsis tau lus los sis ua si tsis tau li lwm cov me nyuam uas muaj hnuv nyoog ib yam li lawv.

Tom qab muaj neeg xa tus me nyuam tuaj rau ntawm Pab Kuv Loj Hlob, ib tug neeg ua hauj lwm hauv kev pab thaum ntxov los sis kev kawm ntawv tshwj xeeb rau cov me nyuam yuav pib mus kawm ntawv yuav hu rau tsev neeg los xyuas seb puas yuav tau ua ib qho kev soj ntsuam kom ntxaws los xyuas seb puas tsim nyog.

### **Muaj peb them yooj yim los xa ib tug me nyuam hauv online tuaj:**

1. Mus xyuas ntawm [HelpMeGrowMN.org](http://HelpMeGrowMN.org).
2. Nias rau lub pob "Xa Ib Tug Me Nyuam".
3. Teb daim ntawv thiab nias rau qhov "Xa Qhov Kev Xa No."

Yog xav siv xov tooj xa ib tug me nyuam tuaj, hu rau (866) 693-GROW (4769).

Cov me nyuam uas tsim nyog yuav tau txais cov kev pab nyob rau hauv lawv lub tsev, hauv chaw zov me nyuam los sis hauv tsev kawm ntawv. Cov kev pab no yog pab **dawb** rau cov me nyuam uas tsim nyog, tsis hais seb tau nyiaj npaum li cas los sis muaj ntawv nyob teb chaws li cas.

Cov kws pab tshwj xeeb rau me nyuam yaus yav ntxov yuav ua hauj lwm nrog cov me nyuam uas tsim nyog thiab cov tsev neeg los npaj cov kev pab thiab cov kev txhawb nqa uas lawv xav tau. Cov kev pab tej zaum yuav muaj xws li:

- Kev qhia ntawv tshwj xeeb thiab lwm cov kev pab, xws li kev pab qhia hais lus, kev pab kom lub cev ua hauj lwm thiab kev pab kom rov ua tau hauj lwm;
- Cov kev uas ib tse neeg yuav txhawb nqa tau lawv tus me nyuam tom tsev; thiab
- Txuas lawv rau cov kev pab hauv lub zej zos.



## 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 2 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 3 to 5 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:**

4. Visit [HelpMeGrowMN.org](http://HelpMeGrowMN.org).
5. Click "Refer a Child" button.
6. 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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