



Resource List:

Centers for Disease Control and Prevention (CDC)

- [CDC developmental milestones](#), [Milestone Moments booklet](#), [Milestone Moments Tracker App](#), handouts, social communication, and growth charts are a resource for families with information about how to track children's development through the early years, and it provides families with information to promote healthy development as well as understanding when to seek help.
- [Learn the Signs, Act Early \(LTSAE\)](#) offers information on early signs of delays as well as training and resources to help families, healthcare providers, early educators, WIC staff, and home visitors support child development (birth-5).
 - [LTSAE Free Resources](#) includes free resources including free children's books available to increase communication with families about understanding development and providing resources to families about developmental concerns.

MN Department of Health

- [Follow Along Program \(Minnesota FAP\)](#) is a FREE resource for MN families to support their child's early development. The FAP sends questionnaires to families at periodic developmental milestones with resources to promote healthy development.
 - [Family Home Visiting program](#)
 - [Minnesota EHDI Program Early Hearing Detection and Intervention Program \(EHDI\)](#)
 - [Birth Defects Information System](#)

Help Me Connect

- [Help Me Connect](#) connects families to resources in their communities outside of the education system.
 - [What's Included in Help Me Connect Table of Contents PDF](#)
 - [HMC Family Support Questionnaire](#)

MN Department of Education (MDE)

- [Early Childhood Family Education \(ECFE\)](#) is a family education program that is available for families with children from birth to age 5 and provides education and support to empower families to provide supportive learning environments in their homes.



- [Early Childhood Special Education \(ECSE\)](#) is a program that supports families with children who have a disability through kindergarten.
- [Minnesota's Part C Central Directory](#) is a federally required Part C Central Resource Directory for infants, toddlers, and preschoolers with disabilities and their families.
- [Preschool Development Grant](#) is designed to support the coordination of education and care systems statewide.

Help Me Grow

- [Help Me Grow MN](#) is a program in partnership with the Department of Education, MN Department of Health, and MN Department of Human Services with resources for parents to understand typical development. 1-866-693-GROW (4769)
 - [Help Me Grow MN Helpful Resources](#)
 - [Facebook Help Me Grow](#)
 - [When to Refer a Child for Early Intervention Services | Help Me Grow MN](#)

MN Department of Human Services

- [Early Intensive Developmental and Behavioral Intervention \(EIDBI\)](#) benefit offers services and supports to people under the age of 21 with autism or related conditions.
- [MnCHOICES](#) is Minnesota's assessment and support planning system used by counties, tribal nations, and managed care organizations.

University of Minnesota

- [MN-ADDM\(Autism and Developmental Disabilities Monitoring\) Network](#)
- [MN Act Early is the University of Minnesota's Website for LTSAE](#)

Southeastern Minnesota

- [The Parenting Resource Center](#) serves people in southeastern Minnesota intending to provide resources, services, and education to support families' health.



Helpful information compiled through the survey:

In addition to these resources compiled through the survey and from the May 6th Help Me Grow, Early Intervention and Help Me Connect webinar, many helpful ideas come in about things that you do to help support people to connect with services and resources.

Many of you said you provide resources to families verbally, written, and sometimes in person through links, saved resource lists, and hard copies of resources. The needs are first assessed and then addressed based on their priority, and several people mentioned that they offer to help them fill out forms and be present while they work through the resources. Some of these resources were specific to organizations that provide testing, find help with housing, homeless shelters, financial assistance, sliding fee options, food assistance, childcare, well-child checkups, legal assistance, developmental pediatricians, interpreters, and cultural liaisons. Many of you are in the role of helping people make phone calls, exploring websites, discussing options, and providing referrals.

People surveyed responded that they did early childhood screenings using tools like the ASQ:SE-2, referred for services and supports as needed, keeping families updated about their child's development, and offered post-screening visits. These resources are given as they apply for services and include local resources. Some people are in positions to offer referrals to medical evaluations, mental health referrals, educational services, and early childhood connect meetings. Partners/colleagues are reached out to as needed and connections are often facilitated for families.

Many of these resources and services are connected and aim to help people find the appropriate needed services. There is a relationship between them that allows them to collaborate for the good of the people they support, and they are often housed in the same building. Collaboration between colleagues and even other resources offers families the best opportunities for quality services and long-term supports. One tip offered was to keep a spreadsheet of the shared resources linked by domain and need.