



**MN Act Early and FAP Professional Development Series:  
Autism and Developmental Delays  
July 8 –Overcoming common barriers and waitlist**

**Links from Webinar**

**Sponsors**

Centers for Disease Control and Prevention (CDC)

- [Learn the Signs, Act Early \(LTSAE\)](#)
- [LTSAE Free Resources](#)

UMN Institute on Community Integration

- [MN-ADDM \(Autism and Developmental Disabilities Monitoring\) Network](#)

Minnesota Department of Health

- [Follow Along Program](#)

**First steps**

MN Autism Portal

- [Autism trainings](#)
- [Healthcare coverage options](#)
- [Basic needs](#)

MN Department of Human Services

- [MnCHOICES assessment and support plan.](#)
- [Telehealth for Early Intervention Services Training](#)
- [DHS CBSM Family Support Grant \(FSG\)](#)
- [Person-centered planning](#)
- [Early Intervention Services \(EIDBI\)](#)
- [Children's Therapeutic Services and Supports \(CTSS\)](#)
- [Child Welfare Targeted Case Management \(CW-TCM\)](#)



## MN Benefits

- [MNBenefits](#)

## Minnesota Autism Portal

- [Minnesota Autism Resource Portal on Facebook](#)
- [Minnesota Autism Resource Portal on Instagram](#)
- [Minnesota Autism Resource Portal Events Calendar](#)
- [Community and Recreation opportunities](#)
- [MN Autism Resource Portal website](#)
- [Strategies and Supports](#)
- [Advocacy organizations](#)
- [Support groups](#)

## Supports while waiting for diagnosis/services

### University of Minnesota TeleOutreach

- [Research study opportunities through the University of MN Tele-outreach center](#)
- [TeleOutreach Center at the Masonic Institute for the Developing Brain](#)

### Disability HUB MN

- [Disability HUB MN](#)

### Minnesota Autism Portal

- [Strategies and supports / Minnesota Autism Portal](#)

### Zero to three

- [Tips to Make the Most of Playtime](#)

### Centers for Disease Control and Prevention (CDC)

- [What to Do While You Wait to See a Developmental Specialist | CDC](#)

### Minnesota Department of Health

- [Follow Along Program](#)



## Autism Speaks

- [First Concern to Action Tool Kit | Autism Speaks](#)

## Pacer

- [Parent Advocacy Coalition for Educational Rights \(PACER\)](#)

## Arc of Minnesota

- [Arc of MN](#)

## Family Voices of Minnesota

- [Family Voices of Minnesota](#)

## Center for Inclusive Child Care

- [References and Resources Supporting Sensory Needs](#)
- Podcasts recorded with the Center for Inclusive Child Care
  - [Resource Library](#)
    - [Autism Diagnosis: One Family's Experience](#)
    - [Minnesota Autism Resource Portal Part 1](#)
    - [Minnesota Autism Resource Portal Part 2](#)
    - [Young Children with Autism--What Does the Label Really Mean: Part 1](#)
    - [Choosing a Setting - What is the Best Option for a Child with Autism: Part Two](#)
    - [A Child who flies "Under the Radar" - When a diagnosis isn't Made: Part 3](#)
    - [MN Autism and Developmental Disabilities Monitoring \(ADDM\) Network](#)

## ADA.gov

- [ADA Rights](#)

## Parent Aware

- [Parent Aware](#)

## Child Care Aware



- [Child Care Aware](#)

Center for Inclusive Child Care

- [CICC](#) coaching support

## **Guidance on Milestones and Early Identification**

Autism Navigator

- [Autism Navigator](#)

Help me Grow

- [Help Me Grow](#)

First Words Project

- [First Words Project](#)

## **Trainings for Providers**

Growing Great Kids Curriculum

- [Growing Great Kids Curriculum](#)

Head Start

- [Head Start Early Childhood Learning & Knowledge Center \(ECLKC\)](#)

## **Additional Resources for Families**

- Southeastern MN resources
  - [Parenting Resource Center](#)
- Head Start
  - [Head Start](#)
- MN Department of Education
  - [Part C and Part B Resources](#)
- MN Department of Health
  - [MN Department of Health](#)

## **Minnesota Autism Portal**



- E-mail: [ASD.DHS@state.mn.us](mailto:ASD.DHS@state.mn.us)
- Visit: <https://mn.gov/autism/>
- Follow us on Facebook: [@MNAutismPortal](https://www.facebook.com/MNAutismPortal)
- Register for [Autism e-list](#)

## Center for Inclusive Child Care

- [Center for Inclusive Child Care](#)
- Call 651 641-8339
- Email [info@inclusivechildcare.org](mailto:info@inclusivechildcare.org)

## Additional Support Strategies for Families; Insights from Survey Results:

Home visits and personal interactions are invaluable for families navigating the system of finding supports and services for their child or children. These personal interactions provide an opportunity to offer encouragement, develop creative solutions tailored to the family's needs, and share valuable resources such as links and handouts. During these interactions, it is essential to emphasize the importance of rehabilitation services like occupational therapy, physical therapy, and speech as needed. Encourage parents to contact multiple providers, join wait lists, and regularly check for openings through cancellations. Families can be referred to county services that align with their needs to support greater access to resources.

School services can be an excellent resource for families seeking support and guidance for their child. Early Childhood Family Education (ECFE) offers opportunities for parents to connect with peers and receive support from parent-educators. These programs help parents learn additional parenting skills and become more involved with local school districts. Schools are adept at identifying unmet milestones and highlighting areas that may need additional attention. Learning effective strategies from other parents with children of similar ages can be beneficial.

Interventions and resources for interim services and supports can be especially useful during the periods when parents notice differences in their child but have not yet received a diagnosis. Providing parents with resources and links can help them begin navigating available services and supports. Additional support for families may include activities for healthy parent-child interactions, visual schedules and aids, and sensory information to manage over-stimulus, support desensitization, or positive stimulation such as brushing, pressure, or joint stimulation.

Parents can also gain support through coaching on parental strategies, joining community groups, and participating in support groups.