



Resource List

- [Autism Navigator](#) web-based resource for families and professionals including a developmental chart of [16 gestures by 16 months](#).
- [Autism Society of Minnesota](#) a resource that offers training, information for families, and supports for individuals with autism.
- [Autism Speaks](#) a resource that supports families to help them connect with a community and gain resources and supports.
- [Autism Speaks Toolkits](#) a variety of toolkits to help support a variety of common needs for children with autism. There are toolkits on practical topics such as the "100 Day Toolkit for Newly Diagnosed Families" and "Challenging Behaviors Toolkit" and many more.
- **ADDM network resources:**
 - [Local Advocacy and Information Providers](#)
 - [Diagnosis and Assessment](#)
 - [ASD Info](#)
 - [MN DHS Autism Videos](#)
- [ADDM Community Report on Autism](#) provides data on 4-, 8-, and 16-year-olds that were diagnosed with autism in select communities across the United States.
- [CDC developmental milestones, handouts, social communication, and growth charts](#) 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.
- [CDC Milestone tracker app](#) is a popular app that helps parents track their child's development and lets them know about helpful ways to promote learning and development in their child and track their development.
- [CDC Watch Me Online Training](#) is a continuing education course for early childhood educators learn to identify typical milestones and monitor



children for developmental concerns and talk with families about their child's development and delays.

- [Follow Along Program \(Minnesota FAP\)](#) a FREE resource for MN families to support their child's development throughout early childhood. The FAP sends questionnaires to families at periodic developmental milestones with resources to promote healthy development.
- [First Words project](#) is a resource that provides information about social and communication development of infants and toddlers during the ages that most children begin to learn ways to communicate.
- [Free "Learn the Signs. Act Early. Materials"](#) 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. The tip sheet offers great examples for what to say when communicating with parents about concerns.
- [Learn the Signs. Act Early](#) 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).
- [Milestone Moments booklet](#) in-depth information to keep track of child's milestones.
- [MDH Autism Spectrum Disorder](#) contains links to and overview of autism, reports about prevalence, information for parents, and autism resources.
- [Minnesota Autism Resource Website](#) resources in MN aimed at increasing access to supports for people with autism and their families.
- [Minnesota-Autism and Developmental Disabilities Monitoring Network \(MN-ADDM\)](#) is a surveillance project determines the prevalence rates of autism in select areas of the United States
- [Zero to Three Website](#) provides information about resources to understand early development (0-3) and work with exposure to toxic stress and trauma.