

What is Help Me Grow?

Some young children need extra help to learn and grow. Help Me Grow provides resources for families to look at developmental milestones, to learn if there are concerns, and to take the lead in seeking additional support or in referring their child for a comprehensive, confidential screening or evaluation at no cost.

(Minnesota children from birth to five-years-old, if found eligible, can receive services in their home, child care setting or school. These services are free regardless of income or immigrant status.)

Help Me Grow is an interagency initiative of the State of Minnesota (Department of Education, Department of Health and Department of Human Services) partnering with all local service agencies.

Child Growth & Development (free videos)

<http://helpmegrowmn.org/HMG/index.htm>

Length of each video:

12 months- 5:39

18 months- 5:54

2 years- 7:14

3 years- 5:06

4 years- 5:27

5 years- 5:44

Early Childhood Development: Milestones to Age 5 (Brochure)

<http://helpmegrowmn.org/cs/fragments/hmgheader/images/milestones-infographic.jpg>