

Early intervention “Help Me Grow” information for Autism Task Force

Contact Information

1. Phone 1-866-693-GROW (4769)
2. Website www.MNParentsKnow.Info

To make a referral, select the age range of the child you are concerned about (newborn, age 1-2, age 3-5, etc.); select “your child with special needs;” and you will be directed to all of the Help Me Grow information, including a link to the on-line referral process.

Program Overview (B-2)

You can call 1-866-693-GROW (4769) if you have concerns about your child's development. Once a referral is made to the local early intervention program where you reside, you will be contacted to arrange for a screening or an evaluation to determine if your child is eligible for Help Me Grow: Infant and Toddler Intervention services.

A team of qualified professionals who have training and experience in the areas of child development will observe and interact with your child to determine your child's eligibility. Often someone will visit you and your child at home to talk with you about your concerns and to observe your baby doing the things she or he normally does at home (such as, eating, talking, bathing, moving about, playing with toys). The evaluation will also involve a review of other information, including screening results, evaluations and records related to your child's education, health and medical history. Evaluation is provided at no cost to you.

The team will identify unique strengths and needs of your child related to the developmental areas. They will also work with you to identify your family priorities and concerns regarding your baby's growth and development.

Once your child is found to be eligible for Infant and Toddler Intervention services, you will meet with the team to develop an Individualized Family Service Plan (IFSP). An IFSP documents the ways in which effective early intervention services will be provided for you and your child.

The IFSP includes information on service coordination and other early intervention services that are necessary to facilitate your baby's development and help you enhance your child's development. These services may include one or more of the following: special instructions, speech and language, audiology, assistive technology, occupational

therapy, physical therapy, etc. Depending your baby's and family's individual needs, you and your baby can receive these services at home or at child care. (info courtesy of MNParentsKnow website)

Program Overview (3-K)

If you have concerns about your child's development, please call 1-866-693-GROW (4769). A referral will be made to your public school on behalf of you and your child. You will be contacted by an early childhood teacher or other professional to discuss the concerns you have for your child. You may arrange for a screening or an evaluation to determine if your child is eligible for preschool special education services.

If an evaluation is scheduled, a team of qualified professionals who have training and experience in the areas of child development will observe and interact with your child. As the parent, you will play an active role. After all, you know your child best. You will be asked to share information about your child's development, health and medical history. You will assist the team in identifying your child's unique strengths and the needs of your child as they relate to specific developmental areas and functional skills. The evaluation is provided at no cost to you.

If your child is eligible for preschool special education services, you become part of an Individualized Education Program (IEP) team. An IEP includes goals for your child, specific services to achieve those goals and the setting in which services will be provided. Services are provided in regular early childhood programs such as child care, Head Start, School Readiness or other community-based preschool programs whenever possible.

If your child is not eligible for preschool special education services, your district team may share information about other early childhood programs in your community. (info courtesy of MNParentsKnow website)

New Outreach Materials:

1. Help Me Grow Developmental Milestones DVD

The Help Me Grow Developmental Milestones DVD includes the 12 five-minute videos of each of the milestone videos posted on the new Help Me Grow section of the state of Minnesota parent Website - www.MNParentsKnow.info. The videos feature milestones in each of the developmental domains, parent strategies in supporting child development, and information about where parents can go for help and support. There is a bonus video on maternal depression following the two-month-video that you will find very useful as well.

2. Help Me Grow Communications Toolkit. DVD

The Help Me Grow Communications Toolkit DVD (Toolkit) includes marketing and promotional materials you can use locally for your public awareness and child find efforts. The following materials are included in the toolkit:

** Help Me Grow brochure - an updated camera-ready electronic version of the full-color brochure is available in English, Hmong, Somali and Spanish. The brochure is designed as a triple-fold and you will see a blank space on the middle panel of the second page where you may insert local contact information. The information on the brochure describes services for birth - age five years. The brochure has the new toll-free number for referral for those parents, grandparents, caregivers, professionals and others for children with developmental concerns. Also included is the MNParentsKnow.info Website address. The PDF includes specifications for printing. Local programs can work with their printers on various paper options.*

** Help Me Grow poster - a camera-ready version of a full-color 11"x 22" poster is available in English, Hmong, Somali and Spanish. There is space near the bottom for you to insert local contact information. Included on the PDF are specifications for printing. Local programs can work with their printers on various paper options.*

** Help Me Grow Web tile - is an icon you may place on your Website to promote and link to Help Me Grow. A descriptive sample text and a link to the Help Me Grow section of the MNParentsKnow.info Website are also provided.*

** Public Service Announcement (PSA) - is a short video clip developed by Region 9 using the IEIC Regional Planning Grant funds in 2009. This 30-second PSA is available for you to air on local television networks, include on your Website, and show in parenting classes or community events. You could also provide a link to the PSA that is video-streamed on the MNParentsKnow.info Website.*

** Sample newspaper or newsletter articles - sample text describing Help Me Grow programs and services. You can customize the article to include local contact information and resources.*

** Help Me Grow business card template - includes the Help Me Grow logo and a place to customize local contact information for Help Me Grow staff and central intake. These may be useful when making visits to community providers including medical clinics, mental health providers,*

child care providers and county social workers.

** Help Me Grow content overview - a short video slide show (1 minute, 34 seconds) that can be shown at community events or shared with staff and community members to provide an introductory overview of the Help Me Grow resources on the state of Minnesota parent Website.*

** Watch Me Grow Scrapbook - a PDF file that parents can use to record their child's development and insert photos if they wish. The Watch Me Grow Scrapbook can also be printed and used in Early Childhood Family Education, Head Start, as an activity in adult literacy classes, used in home visits or with child care providers.*

** MNParentsKnow.info flyer - features the MNParentsKnow.info Website and the Help Me Grow information that can be found on the Website. This can be printed and provided to parents enrolled in early childhood programs and distributed at other community events.*

** MNParentsKnow.info newborn marketing cards - designed for distribution in birthing hospitals to parents of newborns. This PDF is camera-ready and can be printed according to your printer's recommendations.*

3. Television DVD Set

We are currently in the process of compiling the three television shows produced with Emergency and Community Outreach (EHO) and other key partners into a two-set DVD set for your use with families who have limited English skills, and to share with your community members. These shows were aired on Twin Cities Public Television (TPT) and other public television station outlets across the state. The DVD set includes the following television shows:

** Early Childhood Screening (English, Cambodian, Hmong, Lao, Somali, Spanish, and Vietnamese)*

** Special Help for Young Children (English, Cambodian, Hmong, Lao, Somali, Spanish, and Vietnamese)*

** Getting Your Child Ready for Kindergarten (English, Hmong, Somali, and Spanish)*

4. Stay in the know on Facebook and Twitter

We encourage everyone interested in child development, early childhood

education and parenting topics in Minnesota to become a "fan" of our Facebook page and a "follower" of our Twitter account. Users can find our Facebook page by searching for the Minnesota Department of Education and follow our Twitter updates at MnDeptEd. Feel free to leave comments to begin a conversation with others. Also, visit YouTube for Help Me Grow and other videos at <http://www.youtube.com/mndeptofed>.

5. Partnership to Support Parents and Provide Child Development Information in their Workplace

Information about our new partnership with the Working Family Resource Center (WFRC) and Good Enough Moms with Dr. Marti Erickson and Erin Erikson is also provided on Facebook and Twitter. This partnership provides weekly half-hour podcasts on evidence-based child development and parenting information. This is another statewide strategy we are using to provide the highest-quality and up-to-date child development information to parents of young children in the workplace along with information about where to go for help, if needed. Please share this information with families in your programs and other community partners so they can have up-to-date access to research-based parenting and child development information, videos, podcasts and other Web-based tools.

6. If you have questions about any of these materials, please contact Debbykay Peterson at debbykay.peterson@state.mn.us.

Respectfully submitted by Jean Bender, 01/14/2010