

A close-up photograph of a young child's feet, showing the toes and the lower part of the legs. The child is standing on a dark wooden floor. The skin is light and smooth. The child is wearing blue denim shorts.

Is your child on track?

Help Me Grow helps you know.
(And helps you know what to do next.)

HelpMeGrowMN.org

Help Me Grow is an interagency initiative
of the State of Minnesota (Departments of
Education, Health and Human Services)
in partnership with school districts
and local service agencies.





Developmental Milestones

Babies, toddlers and young children grow, learn and change all the time. There are certain things they should be doing by certain ages. These are called developmental milestones.

Keep track of the new things your little ones do and the milestones they reach.



Extra Help

Some young children need extra help to learn and grow. Free services are available to support development. Eligible Minnesota children under age 5 can receive services in their home, child care or school.

These services are free regardless of income or immigrant status.





Early Intervention

If your child seems to be losing language skills or does not interact with others, contact us immediately.

Early intervention makes a difference.

Refer a child for screening or evaluation at: [HelpMeGrowMN.org](https://www.HelpMeGrowMN.org) or 1-866-693-4769





Do you think your child might need help?

HelpMeGrowMN.org

1-866-693-4769

If you have concerns about your child's growth, development or learning and think they might need extra help to learn, contact your child's health care provider or school district, or refer a child for a no-cost, confidential screening or evaluation.