



Help Me Grow connects families to early intervention services

All young children grow and learn at their own rate. Some children experience delays in their development. Special health conditions may affect children's development, too.

Accessing early intervention services as early as possible is the best way to ensure a child's future success and development. If you have concerns about a child's development, Help Me Grow offers a risk-free way to refer a child for free help.



Help Me Grow is a Minnesota initiative. It connects children who have developmental delays and disabilities and their families to free early intervention services. The services are part of two different support programs.

- Infant and Toddler Intervention offers special services and supports for families with children who have developmental delay(s) or certain diagnosed physical or mental conditions or disorders that may result in a delay. The program is for children ages birth-2.
- Preschool Special Education is for children who meet state eligibility criteria for developmental delay(s) or other disability, and who are experiencing challenges in their learning and development. The program is for children ages 3-5. Children may be eligible if they are not able to learn, speak or play like other children who are the same age.

Help Me Grow is unique because anyone – a parent, guardian, child care provider, educator or other adult – can refer a child ages birth-5 if they have concerns about the child's development.

A referral through Help Me Grow is sent to a nearby school. Local school staff will contact the family to discuss their concerns about their child's development and determine whether a screening or evaluation is needed. Eligible children can receive free services in their home, child care setting or school. If not eligible, early childhood specialists can suggest community resources or early childhood programs.

You can refer a child online or by phone. For online referrals, visit www.helpmegrowmn.org and click the blue "Refer a Child" button to access the referral form. Call (866) 693-4769 to refer by phone.

To request an information packet with resources to share with parents, contact Kathy McKay at (651) 728-0400 or kathy.mckay@metrocsu.org. For more information about Help Me Grow, visit www.helpmegrowmn.org.