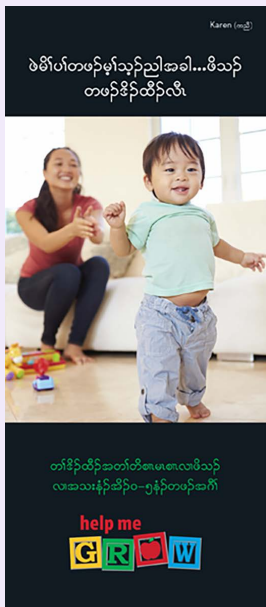
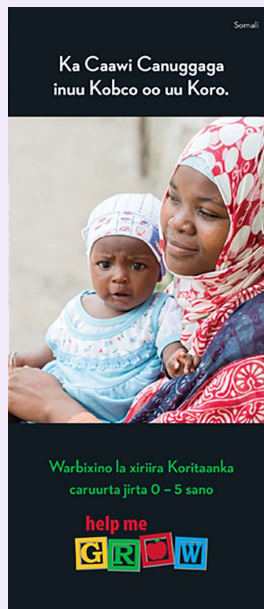
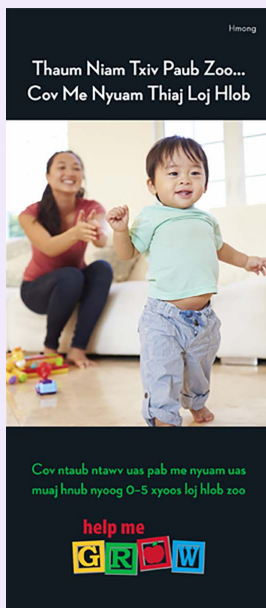


Help Me Grow Minnesota Resource Catalog

BROCHURES



Help Me Grow Brochure

8.5 x 11 trifold

Available in English, Hmong, Somali, Spanish, and Karen

This tri-fold brochure includes development resources for children 0-5. Some babies and young children need extra help to learn and grow; information is provided on what to do if there are concerns, how to make a referral for support, and what happens next to provide support for the child and family.



<https://helpmegrowmn.org/HMG/HelpfulRes/ResourcesProf/OrderMaterials/index.html>

Help Me Grow Minnesota Resource Catalog

BROCHURES



Track Your Child's Developmental Milestones

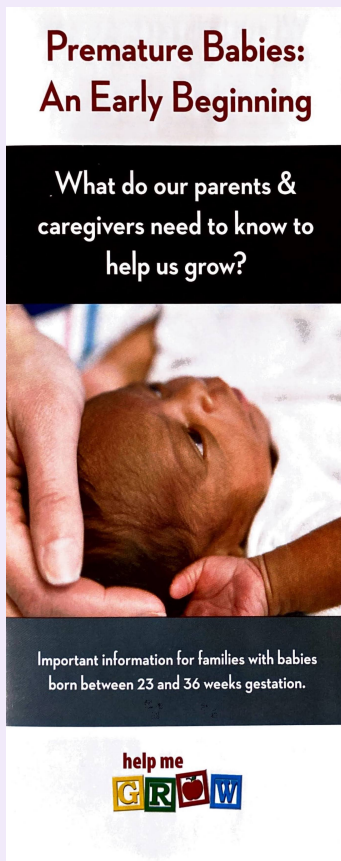
8.5 x 11 trifold
Available in English,
Hmong, Somali, and Spanish

This trifold brochure includes key milestones from 6 months to 4 years of age in a game board design. It also includes a message for parents about the importance of tracking their child's milestones and provides information about what to do and who to contact if they are concerned about their child's development.



Help Me Grow Minnesota Resource Catalog

BROCHURES



Premature Babies:
An Early Beginning

8.5 x 11 trifold
Available in English and Spanish

This tri-fold brochure provides important information for families with babies born between 23 to 36 weeks gestation. Great tips to help your premature baby grow and develop in the first months at home with additional resources specific to premature babies.



Help Me Grow Minnesota Resource Catalog

BOOKLET



Plays Well With
Others!

8 pages 8.5 x 11
Available in English and Spanish

A guide to the social/emotional development of young children. The information in this booklet is a guide to typical development and what behaviors might be worth asking about. If a behavior seems unusual, happens over and over, or goes on for a long time, this may mean your child needs extra help. Accessing services at an early age can help a child reach the best outcomes possible. This booklet helps you learn about typical behaviors at different ages (6 months to 5 years), behavior concerns, and tips on how you can help.

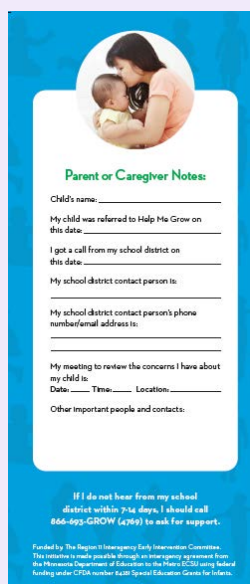
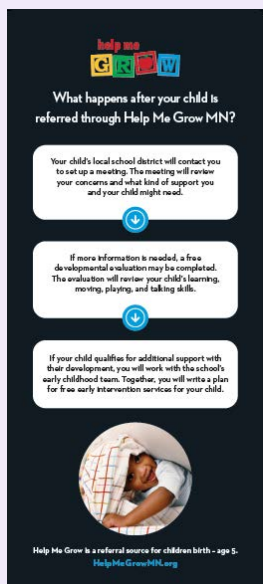


BOOKMARK

2.5 x 8 2 sided card Available in English, Hmong, Somali, Spanish, and Karen is bookmark provides parent-friendly information on early childhood screening which is a free check provided by your local school district of how your 3-year-old is growing, developing and learning. Includes information on what to expect at screening and what to bring to the screening appointment.

Help Me Grow Minnesota Resource Catalog

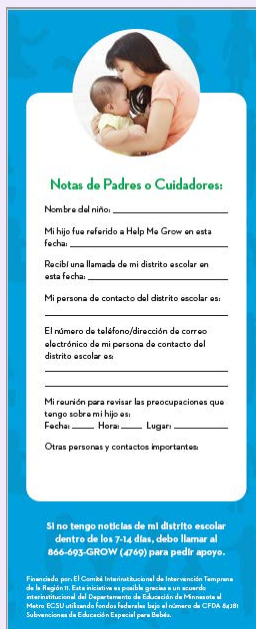
BOOKMARK



What Happens after a Child is Referred through Help Me Grow MN?

Dimensions are 8 1/2 x 3 1/2.
Available in English and Spanish.

This bookmark provides parent friendly information on what to expect when a child is referred through Help Me Grow MN. The backside of this card offers a space where parents and caregivers can write notes as reminders throughout the process.



Help Me Grow Minnesota Resource Catalog

BOOKMARK



Learn more about your
child with Minnesota's

Follow Along Program



Every few months, you will get a form asking how your child is playing, talking, growing, moving and acting.

- Fill out the form and send it back to us.
- You will get the results with fun activities for you and your child to do together.
- If there are any concerns, we'll get in touch with you and work together on next steps.

For questions about the program or to have an enrollment form mailed to you, call 1-800-728-5420 or email health.cysnh@state.mn.us.



Sign up online today! It's Free!
www.health.state.mn.us/mnfap





Obtenga más información
acerca del

Programa Follow Along



- Cada pocos meses recibirá un formulario en el que se le preguntará cómo juega, habla, crece, se mueve y se comporta su hijo/a.
- Rellene el formulario y envíenoslo de vuelta.
- Recibirá los resultados con actividades divertidas para que usted y su hijo/a las hagan juntos.
- Si tiene alguna inquietud, nos pondremos en contacto con usted y trabajaremos juntos en los próximos pasos.

Para preguntas acerca del programa o para recibir por correo postal un formulario de inscripción, llame al 1-800-728-5420 o envíe un correo electrónico a health.cysnh@state.mn.us. También puede ponerse en contacto con su programa local en:

¡Inscribase en línea hoy! ¡Es GRATIS!
www.health.state.mn.us/mnfap



Follow Along Program

Dimensions are 8.5"H x 3.75"W double sided. One side in English and the other side in Spanish.

This Bookmark includes a description of the Follow Along Program and what families can expect when participating. It includes a QR code and email to sign up online. A phone number and email is included to contact someone for questions about the program.



Help Me Grow Minnesota Resource Catalog

BOOKMARK



Help Me Connect

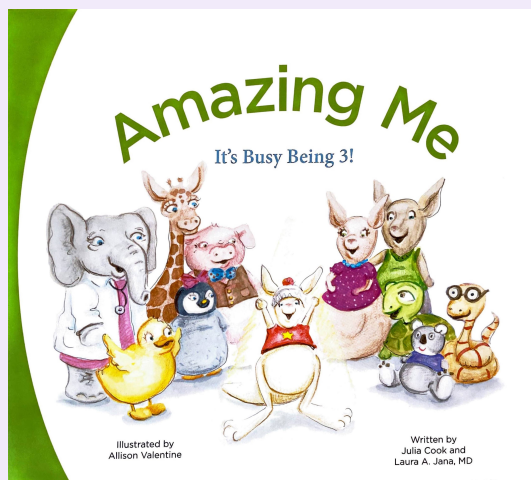
Dimensions are 3.5 in x 8.5 in; double sided. English on one side, Spanish on the other with a brief description of the intended audience, the eleven category titles with corresponding logos, the URL and QR code.

Help Me Connect is an electronic navigator that connects pregnant and expectant families, families with children birth to 8 years of age, and providers serving these families to early childhood development and family well-being programs in their local communities.



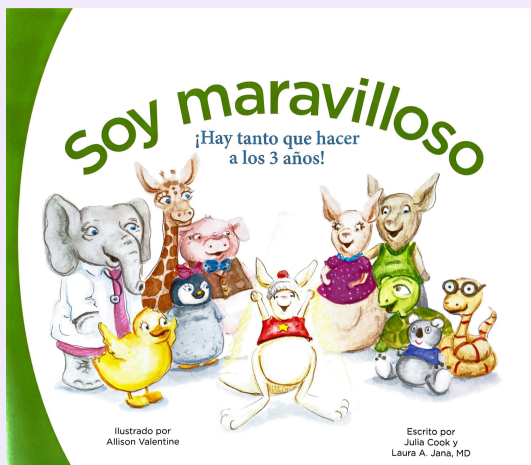
Help Me Grow Minnesota Resource Catalog

BOOKS



Amazing Me: It's Busy
Being 3!

32 pages 9.5 x 8
Available in English and Spanish



Meet Joey, an amazing 3-year-old kangaroo who is very excited about all he can do now that he is three. Joey doesn't know it, but these amazing things are called developmental milestones, and they're a very important part of each child's growth. Parents, this book for children ages 2-3 will show you what to look for as your child grows and develops. Whether you read this story to your child online or have a hard copy of the book, ask your child to find the koala bears. Each page with a koala bear also has a star and milestone at the bottom just for you. See if your 3-year-old is able to do some of the same things as Joey.

Help Me Grow Minnesota Resource Catalog

BOOKS



Where is Bear? A Terrific
Tale for 2-Year-Olds

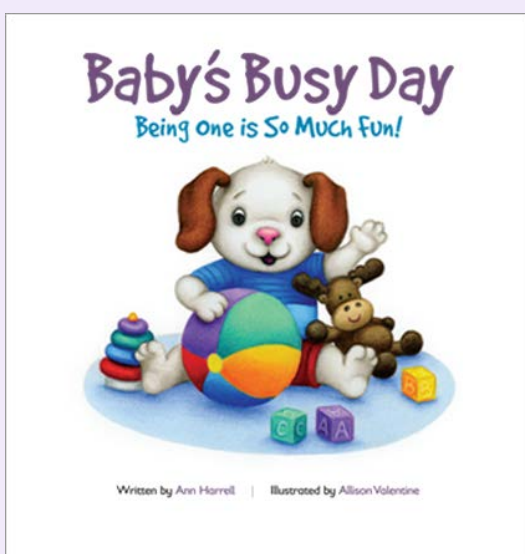
20 pages 9.5 x 8 Available
in English and Spanish



“Where is Bear?” is a terrific tale for 2-year-old children and their parents! This interactive book encourages children to help Tiger and his forest friends in their search to find Bear. Parents, with each turn of the page, your child will get closer to finding him and you will learn about many important milestones to look for in your child. Look for the leaf at the bottom of each page and your own 2-year-old’s milestone moment.

Help Me Grow Minnesota Resource Catalog

BOOKS



Baby's Busy Day: Being One is So Much Fun!

9 pages 5.5 x 5.5 x .5
Available in English
and Spanish



Meet Baby, a one-year-old puppy who is having a very busy day! Follow along as Mom, Dad, and Sis engage Baby throughout his day while encouraging his development along the way! As you read this fun story with your little one, keep an eye out for the paw prints to learn what one-year-old milestones to look for in your baby's development, and the hearts for tips on how you can help!



Help Me Grow Minnesota Resource Catalog

STENCIL



Kid Stencils

5 $\frac{7}{8}$ x 3 $\frac{5}{8}$ rectangle

With HMG Logo, referral website and phone number Mini poly stencil made of durable 23 gauge poly and features basic shapes in assorted colors. This is perfect for drawing shapes to help you with artwork or school assignments.



Help Me Grow Minnesota Resource Catalog

WHEEL



Early Childhood Development Wheel: Birth to age 5

(2 sided) 8.5 inches round.
Available in English, Hmong, Somali, Spanish, and Karen.



The wheel spins to reveal:

On one side of wheel – Find the developmental milestones we can expect for children ages 3 months through 5 years of age.

On the other side of the wheel – Find ideas caregivers can try to encourage development when spending time with young children ages 3 months through 5 years of age.



Help Me Grow Minnesota Resource Catalog

GROWTH CHART



Growth Chart – Grow Up Healthy!

48" x 11"
Available in English.

This colorful growth chart includes recommended childhood immunizations by age, can be used to record a child's height, and lists a sampling of milestones from 1 to 5 years of age.

Help Me Grow Minnesota Resource Catalog

TOTE BAG



Bag

14.5" x 13.5"

"Bag with crawling baby silhouette, HMG Logo, QR code, referral website and phone number. Reusable non-woven bag with hemmed opening and reinforced stitching, reinforced straps. Three colors -red with yellow print, blue with yellow print and green with navy blue print."



POSTERS

Help Me Grow Minnesota Resource Catalog

BANNER



Help Me Grow
Retractable Banner
(Special Order Only)

84" H x 24" W
Available in English, Hmong,
Somali, and Spanish.

