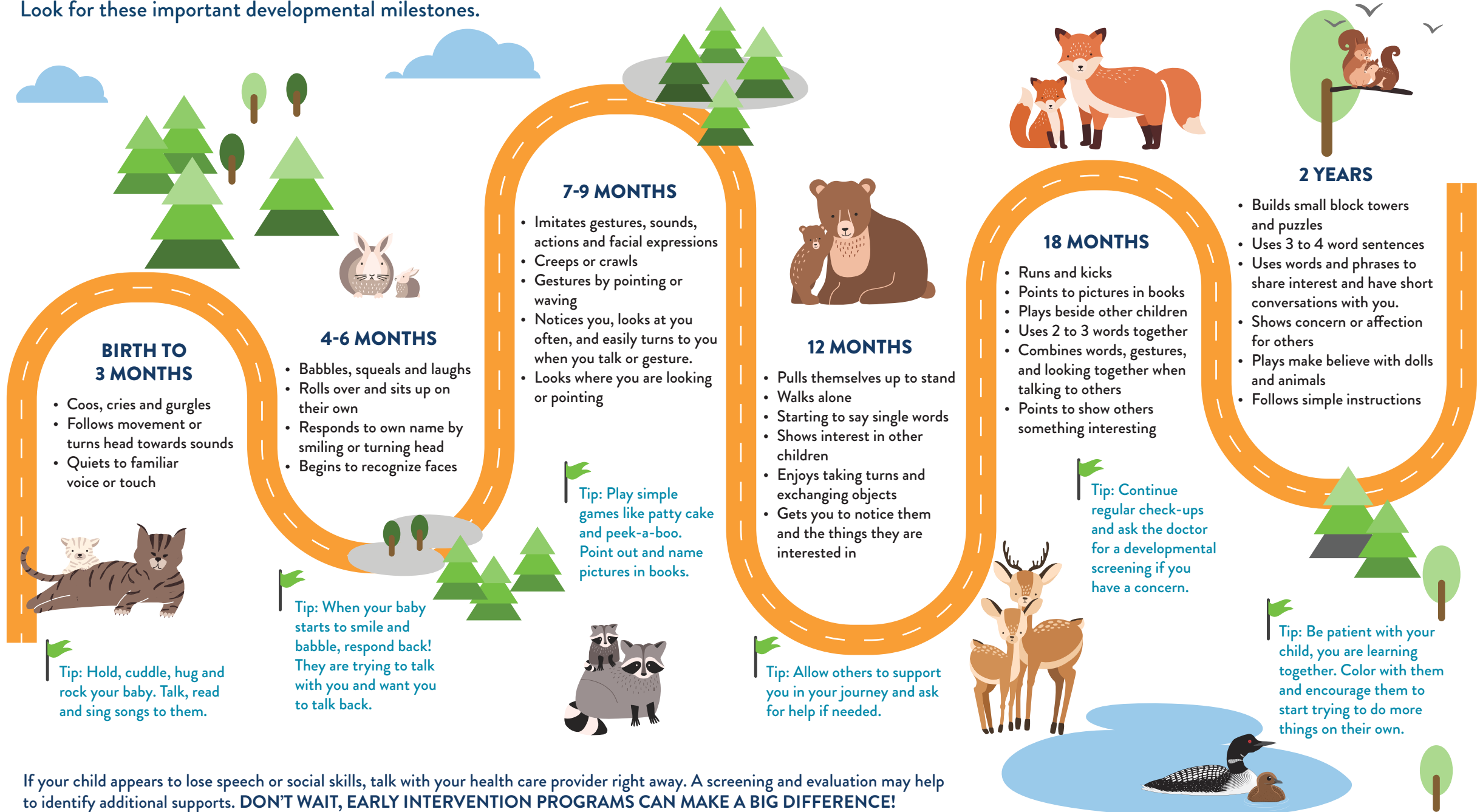


FIRST STEPS: PATHWAY TO PLAYING, LEARNING AND GROWING

Although every child is unique and will learn and grow at their own pace, children are expected to develop in similar ways. By keeping track of developmental milestones, you will be able to support your child as they grow and identify right away if they may need extra help to learn. **Don't wait, early intervention programs can make a big difference!** You are your child's first and most important teacher. Here are tips, tools and guidance to help support your child's development. Look for these important developmental milestones.



If your child appears to lose speech or social skills, talk with your health care provider right away. A screening and evaluation may help to identify additional supports. **DON'T WAIT, EARLY INTERVENTION PROGRAMS CAN MAKE A BIG DIFFERENCE!**

FIRST STEPS: PATHWAY TO PLAYING, LEARNING AND GROWING

You are your child's first and most important teacher. Here are resources and programs that help support your child's development.



Child and teen checkups provide comprehensive healthcare and treatment. Newborns, children, and adolescents through the age of 20 who are eligible for Medicaid can get routine Child and Teen Checkups for free through this program. The Child and Teen Checkup coordinators can help you find a clinic, dentist, interpreter or transportation.



Help Me Grow MN helps families understand developmental milestones and connect to resources if there are concerns. Some supports include confidential screening or evaluation at no cost. Visit the [Help Me Grow](http://HelpMeGrow.org) website or call 1-866-693-GROW (4769) to make a referral. Educational services are free to all who qualify and do not require a medical diagnosis.



Minnesota's **Follow Along Program** can help you learn about your child's health and development. In addition, get ideas about what to teach and at what age to teach it, ask questions, and find out what other supports may be available for your child.

Enroll in the program online, call toll free at 1-800-728-5420 or email: health.cyshn@state.mn.us



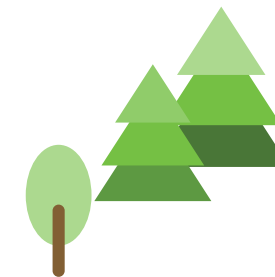
Early Childhood Family Education (ECFE) is a program offered through your local district to help encourage and enhance family relationships through parent and child interaction and education. Services and supports may include academic readiness, parent education, social and emotional development and other skill building opportunities. The ECFE program is offered through Minnesota public school districts, oftentimes in partnership with other community or early learning programs.



Help Me Connect is a navigator connecting pregnant and parenting families with young children (birth to 8 years) with services in their local communities that empower families to be healthy and safe.



Contact your local **county agency or tribal offices** to receive information on child care, financial assistance and more.



651-431-4300 or 866-267-7655

Attention. If you need free help interpreting this document, call the above number.

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ملاحظة: إذا أردت مساعدة مجانية لترجمة هذه الوثيقة، اتصل على الرقم أعلاه.

သတိ။ ဤစာရွက်စာတမ်းအားအခမဲ့ဘာသာပြန်ပေးခြင်း အကူအညီလိုအပ်ပါက၊ အထက်ပါဖုန်းနံပါတ်ကိုခေါ်ဆိုပါ။ ကံကောင်းပါသည်။ ။ ယေဘုယျအားဖြင့် ကျွန်ုပ်တို့၏အကူအညီများသည် အခမဲ့ဖြစ်ပြီး၊ ဆေးကုသမှုအတွက် လိုအပ်သည့် ဆေးကုသမှုများကို လိုအပ်ပါက အခမဲ့အဖြစ် ပေးအပ်ပါမည်။

請注意，如果您需要免費協助傳譯這份文件，請撥打上面的電話號碼。

Attention. Si vous avez besoin d'une aide gratuite pour interpréter le présent document, veuillez appeler au numéro ci-dessus. Thov ua twb zoo nyeem. Yog hais tias koj xov tou kev pob txhais lus rau tsab ntaub ntawv no pub dawb, ces hu rau tus najnpawb xov tooj saum toj no.

ဤစာရွက်စာတမ်းကို အခမဲ့အဖြစ် ဖတ်ရှုနိုင်ရန်အတွက် အထက်ပါဖုန်းနံပါတ်ကို ခေါ်ဆိုပါ။

알려드립니다. 이 문서에 대한 이해를 돕기 위해 무료로 제공되는 도움을 받으시려면 위의 전화번호로 연락하십시오.

ໂປຣເຊດູ. ຖ້າທ່ານ ທ່ານຕ້ອງການການຊ່ວຍເຫຼືອໃນການ ແປເອກະສານນີ້ພໍດີ, ຈົ່ງໂທສະໂປຍົກມາຍເລກຂ້າງເທິງນີ້. Hubachiisa. Dokumentiin kun tola akka siif hiikamu gargaarsa hoo feete, lakkoobsa gubbatti kenname bilbilit.

Внимание: если вам нужна бесплатная помощь в устном переводе данного документа, позвоните по указанному выше телефону.

Digniin. Haddii aad u baahantahay caawimaad lacag-la'aan ah ee tarjumaadda qoraalka, lambarka kore wac.

Atención. Si desea recibir asistencia gratuita para interpretar este documento, llame al número indicado arriba.

Chú ý. Nếu quý vị cần được giúp đỡ dịch tài liệu này miễn phí, xin gọi số bên trên.

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