



How to find free or low cost resources in your community to support parents and young children

Minnesota's Follow Along Program is offered by local public health agencies. It provides developmental screening via mailed surveys to parents and developmental tips. If developmental concerns are identified, a nurse will contact the parents and assist with a referral to Help Me Grow MN for a free, comprehensive evaluation. To enroll in your local program, go to <http://www.health.state.mn.us/divs/cfh/program/cyshn/follow.cfm>

Early Childhood Screening is offered by school districts for all children beginning at age 3. This screening is required for kindergarten entrance and it is recommended at age 3 so that any concerns can be addressed and the child will be ready for kindergarten.

Early Childhood Family Education/ECFE – All ECFE programs are designed to engage parents and families in their child's growth and development. You can also connect with other families in your community for friendship and support.

ECFE programs are available to all Minnesota expectant parents, new parents and relatives of children from birth to kindergarten enrollment. You can find the program in your neighborhood by contacting your local school district's community education department.

A typical ECFE program includes parent/child time with activities, stories, and parent-only discussion groups that take place at the same time as the child-only experiences. Additional services include special family events, home visiting and connections to other community resources. Licensed teachers provide high-quality services in all aspects of the program.

Public Libraries – Many libraries offer weekly story hours for toddlers and preschoolers. Libraries also have books and other resources on child development

Neighborhood recreation centers, parks, playgrounds offer classes and other opportunities for parents and young children.

MN Parent Magazine publishes monthly and includes regular articles and information about child development and parenting resources in the Twin Cities metro region. This free magazine is distributed in the seven-county metro area and also can be found online at <http://www.mnparent.com/>.

For more information, visit helpmegrowmn.org.