

help me



# Outreach Materials

Print copies can be ordered at no cost for programs and agencies in Benton, Sherburne, Stearns, and Wright Counties. Contact Makayla to order. Please note that quantities available may be limited due to availability.

## Contact Information

Makayla Wijeratne; Region 7W IEC Public Awareness Coordinator, (320) 241-0629, [mwijeratne@milestonesmn.org](mailto:mwijeratne@milestonesmn.org)



### Plays Well With Others! (Booklet)

A guide to the social and emotional development of young children ages 6 months to 5 years



### Help Me Grow Post-It Notepad

Small piece of paper with a re-adherable strip of glue on its back, made for temporarily attaching notes to documents and other surfaces with Help Me Grow Logo and contact information



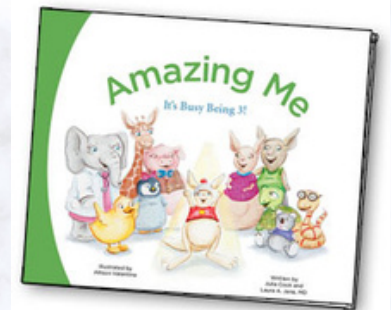
### Baby's Busy Day: Being One is so Much Fun! (Hardcover Book)

Milestone moments listed on each page along with Help Me Grow logo and contact information on back



### Where Is Bear? A Terrific Tale for 2 Year-Olds (Paperback Book)

Milestone moments listed on each page along with Help Me Grow logo and contact information on back



### Amazing Me: It's Busy Being 3 (Paperback Book)

Milestone moments listed on each page along with Help Me Grow logo and contact information on back



### Developmental Wheel

Track the developmental milestones from birth to age five along with ways caregivers can encourage healthy development



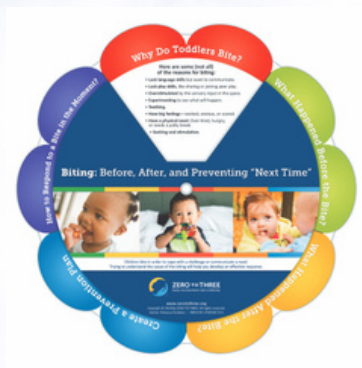
### Behavior Has Meaning Wheel

These easy-to-use wheels have been helping parents and child care providers learn to manage challenging behavior effectively for more than a decade.



### How Does Your Child Hear and Talk Brochure

Fold-out chart that has developmental milestones for talking, hearing, and understanding from birth through age 5



### Biting: Before, After, and Preventing

Biting is one of the most common--and most upsetting--toddler behaviors. Understand how to respond to the child who bit and the child who was bitten. Importantly, learn how to prevent biting in the future with our new behavior wheel



### Screen at 3 Bookmark

Why early childhood screening is important at 3 years old. Room to add custom screening location information



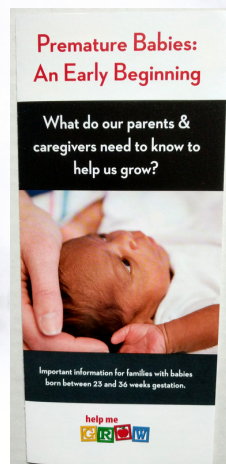
### What Happens After a Child is Referred

Parent friendly information on what to expect when a child is referred through Help Me Grow MN



### Track Your Child's Developmental Milestones Brochure

Early development is a journey. Use this map of milestones to know what to look for along the way



### Premature Babies: An Early Beginning Brochure

Important information for families with babies born between 23 and 35 weeks gestation



### Help Me Grow Brochure

How Help Me Grow can assist families with children who may not be reaching their milestones. Help Me Grow contact information listed



### Online Resources for Parents of Children Ages 0-5 Brochure

What parents and caregivers need to know to help their children grow