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## Hey Look Me Over!

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**Ensuring Infants and Toddlers are achieving at every stage and every age.**

Parent Guide  
Early Intervention DVD

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### What is child development?

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- *Child development* refers to how a child becomes able to do more complex things as they get older.
- Development is different than growth.
- *Growth* only refers to the child getting bigger in size.
- When we talk about normal development, we are talking about developing skills.

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### The 5 areas of development are:

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- Large muscle
- Small muscle
- Communication
- Cognition
- Social Emotional

Lets look at each of these in more depth...

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### Large Muscle:

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Using large groups of muscles to sit, stand, walk, run, etc., balancing, and changing positions.



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### Small muscle:

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Using hands to be able to eat, draw, dress, play, write, and do many other things.



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### Language and Communication:

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Speaking, using body language and gestures, communicating, and understanding what others say.



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## Cognitive:

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Thinking skills including learning, understanding, problem-solving, reasoning, and remembering.



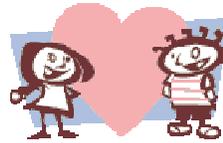
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## Social:

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Interacting with others, having relationships with family, friends, and teachers.

Cooperating and responding to the feelings of others.



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## What are developmental milestones?

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- *Developmental milestones* are a set of functional skills or age-specific tasks that most children can do at a certain age range.
- Although each milestone has an age level, the actual age when a typically developing child reaches that milestone can vary quite a bit.
- Every child is unique!

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*The first three years of a child's life are an amazing time of development . . .*

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- What happens during those years stays with a child for a lifetime.
- It's so important to watch for signs of delays in development.
- Get help if you suspect problems. **The sooner a child gets early intervention the better their progress will be.**

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### What is Early Intervention?

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- Early intervention refers to a special program designed to help parents learn how to help their children develop optimally when the child is showing a delay – or there is potential for a child to develop delays based on various conditions.
- A child may qualify if they show a delay in one area of development.
- Or if the child meets state criteria to automatically qualify because the child has certain diagnosed conditions.

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### Children who are automatically eligible for Part C Early Intervention in Minnesota...

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A child with certain:

1. Chromosomal/Genetic Disorders
2. Neuro-developmental disorders
3. Prenatal/perinatal conditions **infants born weighing under <1500 grams**
4. Physical conditions
5. Sensory losses
6. Social-emotional conditions

Minnesota Children with Special Health Needs Website has further information on conditions that result in automatic eligibility.

**[www.health.state.mn.us/mcshn](http://www.health.state.mn.us/mcshn)**

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If a child qualifies, he/she may receive some of these services based on his/her need:

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- Core services available at NO cost:
  - Determining eligibility:
    - Referral, Screening, Evaluation, Assessment
  - Specialized instruction
  - Parent training
  - Related Services
  - Service Coordination

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Your role is very important!

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- Help you child develop skills in all areas.
- Note what your child can do well.
- Note anything that seems hard for your child.
- Discuss any concerns with your child's doctor or care provider.

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Remember...

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FREE assistance is available by calling:  
HELP ME GROW  
1-866-693-4769



Visit **MNparentsknow.info** for more information about developmental milestones.