

Resource List

Early Childhood Development: Dakota County

Help Me Grow

Help Me Grow provides resources for families to understand developmental milestones and learn if there are concerns. This helps families take the lead in seeking additional support or referring their child ages 0–5 for a comprehensive, confidential screening or evaluation at no cost. If you have concerns about your child's development, you can refer the child for a developmental screening or evaluation. Early childhood experts from your local school district will contact you.

Website for Referrals: <http://helpmegrowmn.org/HMG/Refer/index.html>

Phone: 1-866-693-4769

Follow Along

The Dakota County Follow Along Program is a free program for children age birth to 5 years. Babies and toddlers grow and learn at their own rate — some children need extra help to grow up healthy and to learn skills such as sitting, walking or talking. The program helps parents find out if the child needs additional help with moving, seeing, playing, talking, learning and growing. Parents receive the results of the questionnaire along with information about fun activities you can do with your child by email. If there are any concerns, the Follow Along nurse will contact you with options for further evaluation or ideas to try with your child.

Website for Referrals:

<https://www.co.dakota.mn.us/HealthFamily/Parenting/EarlyChildhoodDevelopment/Pages/follow-along-disclaimer.aspx>

Phone: 651-554-6178

Access

Eligibility Guidelines: See individual websites

Appointment Necessary: NA

Fee: No

Insurance: NA

Notes:

