

Resources for Newborn Growth and Development

ABC's of child development: click [here](#)

- Parent education resources for child's development up to age 5 in physical, social, emotional, thinking and communication skills

Baby-proof the house:

- Consider barriers, locks, cords, windows, and avoiding burns and drowning risks click [here](#)
- Five steps to a safe nursery click [here](#)
- Setting up for the twins nursery click [here](#)

Born learning: click [here](#)

- Explore ways that parents, grandparents and caregivers can make every day experiences a time to learn for newborns and young children

Developmental milestones (from the CDC): click [here](#)

- Includes milestones to age 5, screening tools, downloadable checklists in English and Spanish, and videos in English and Spanish

Early childhood family education:

Early Childhood Family Education (ECFE) enhances relationships between parents and their children from birth to kindergarten. Key topics are parent education and support, parent-child interaction and preschool activities. Some school districts have Learning Readiness Preschool Programs for children before starting kindergarten. Check with your local school district for more information.

The following lists telephone numbers for you to contact in your service area:

- Albany/Avon, 320-845-2161
- Annandale, 320-274-3058
- Becker, 763-261-4050
- Big Lake, 763-262-3233
- Cold Spring, 320-685-4035
- Elk River, 763-241-3520
- Foley, 320-968-8526
- Holdingford, 320-746-2221
- Kimball, 320-398-5585

- Long Prairie, 320-732-2194
- Melrose, 320-256-4254
- St. Cloud, 320-253-5828 or click [here](#)
 - Fun classes for children and parents with a focus on healthy parent/child relationships. Classes start from age 3 weeks old and up.
- Sartell-St. Stephen, 320-656-3763 or click [here](#)
- Sauk Centre, 320-352-0292
- Sauk Rapids-Rice, 320-255-8910
- Staples, 218-894-2439

Infant development: click [here](#)

- Includes developmental milestone wheel in English, Spanish or Somali

Imagination library: click [here](#)

- Free books by mail for children up to age 5
- Books available in English and Spanish

United Way early learning/early literacy

- Call 2-1-1 to connect to area human services programs or visit the website click [here](#)

Safety:

- Consumer Product Safety Commission: Provides recorded information about product recalls. Consumers also can file reports about unsafe products, 800-638-2772. cpsc.gov.
- Jacob Wetterling Foundation, 800-325-HOPE. jwrc.org.
- The National Center for Missing and Exploited Children: Helps prevent child kidnapping and sexual abuse; helps find missing children; and assists victims, their families and the professionals who serve them. missingkids.com.
- childluresprevention.com
- netsmartz.org

Parenting resources

- United Way – “Be the best parent you can be” resources: call 2-1-1 or click [here](#)
- American Academy of Pediatrics (AAP): The AAP offers free brochures with information on topics such as toy safety, allergies and diaper rash. 800-433-9016. aap.org.
- Parents Without Partners: International nonprofit organization dedicated to single parents and their children. parentswithoutpartners.org.
- See Early Childhood Family Education (ECFE)

Watch me grow scrapbook: click [here](#)

- Includes downloadable cute scrapbook to print and record development up to age 5

Women, Infants & Children (WIC):

- WIC is a nutrition and breastfeeding program that helps pregnant women, new mothers, babies and young children eat well, learn about nutrition and stay healthy
- Find the nearest WIC program in your area to learn about eligibility criteria by clicking on their multi-lingual website in English, Spanish and Somali: click [here](#) or health.state.mn.us
- Benton, 320-968-5156
- Morrison, 320-632-6664
- Sherburne, 763-765-4000 or 800-433-5237
- Stearns, 320-203-6942 or 800-450-3663
- Todd, 320-732-4456