

Road Map for Helping Your Child Grow!

_____ development was discussed today _____ by
(child's name) (date)
_____ and _____
(parent/caregiver) (provider)

Questions and/or possible concerns were identified in the following areas:

- Speech
- Communication
- Learning
- Motor
- Behavior
- Social / Emotional
- Other: _____

More information about how your child is developing may be helpful for providing supports that will help your child grow and learn.

NEXT STEPS

Contact

Your Child's Health Care Provider

Your child's health care provider will assist with your child's overall health care and support his/her growth and development. Other doctors' visits may be helpful.

Practice Name:

Doctor:

Phone:

Notes:

Contact

Community--Based Services

Providers will talk with you about additional testing and possible supports and services to help your child grow.

Agency Name:

Contact:

Phone:

Notes:

Other Health Related Contacts:

School:

Contact:

Phone:

Notes:

Revisit Your Child's Health Care Provider

Share findings and talk about next steps.

Other Parent/Caregiver Questions/Concerns:

Local Agency Contact Information:

Statewide Contacts

- **Family Centered Early Supports and Services**
800.852.3345 ext. 5034
www.dhhs.state.nh.us/dcbcs/bds/earlysupport
- **Head Start / Early Head Start**
603.271.7190
eclkc.ohs.acf.hhs.gov/hslc/HeadStartOffices
- **NH Department of Education**
603.271.3494 | TDD Access Relay NH: 711
www.education.nh.gov/instruction/special_ed/index_more.htm
- **Home Visiting New Hampshire**
603.271.4517 | 800.852.3345 ext. 4517 TDD
800.735.2964
www.dhhs.nh.gov/dphs/bchs/mch/home.htm
- **Special Medical Services**
603.271.4488 | TDD 800.735.2964
Feeding and Nutrition: 603.296.0130
www.dhhs.nh.gov/dcbcs/bds/sms/index.htm
- **Bureau of Children's Behavioral Health**
603.271.5000 | TDD 800.735.2964
- **NH Association of Infant Mental Health**
603.225.4153 | www.nhinfantmentalhealth.org
- **WIC Nutrition Program for Women, Infants and Children**
www.dhhs.state.nh.us/dphs/nhp/wic/index.htm
- **Child Development Bureau**
800.852.3345 ext. 4242 or 603.271.4242

Information and Resources

- **Bright Futures for Families Resources for Children's Good Health**
www.brightfuturesforfamilies.org
- **Child Development and Parenting**
<https://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/>
- **Families and Parenting**
UNH Cooperative Extension Program
www.extension.unh.edu/Family/Family.htm
- **First Signs**
Early Identification – Video Glossary
www.firstsigns.org
- **Learn the Signs. Act Early**
www.cdc.gov/actearly
- **NH Family Voices**
800.852.3345 ext. 4525 | www.nhfv.org
- **Parent Information Center**
800.947.7005 | www.parentinformationcenter.org
- **The First Five Years at Your Fingertips**
<http://www.iodbookstore.org/products/First-Five-Years-AtYourFingertips.html>
- **Watch Me Grow**
<http://watchmegrownh.org/>
- **Child Care Aware of New Hampshire**
855.393.1731
<https://nh.childcareaware.org/helping-my-child-grow/>
- **Vroom**
www.joinvroom.org



Our Partners:

New Hampshire's Act Early Regional Summit Team NH
Council on Autism Spectrum Disorders, Screening & Diagnosis Group
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