

# Road Map for Helping Your Child Grow!

\_\_\_\_\_ development was discussed today \_\_\_\_\_ by  
(child's name) (date)

\_\_\_\_\_ and \_\_\_\_\_  
(parent) (provider)

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 doctor will assist with your child's overall health care and support your child's 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 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](http://www.dhhs.state.nh.us/dcbcs/bds/earlysupport)
- **Head Start / Early Head Start**  
603.271.7190  
[eclkc.ohs.acf.hhs.gov/hslc/HeadStartOffices](http://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](http://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](http://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](http://www.dhhs.nh.gov/dcbcs/bds/sms/index.htm)
- **Bureau of Behavioral Health**  
800.852.3345 ext. 5000 | TDD 800.735.2964  
[www.dhhs.nh.gov/dcbcs/bbh/index.htm](http://www.dhhs.nh.gov/dcbcs/bbh/index.htm)
- **NH Association of Infant Mental Health**  
603.225.4153 | [www.nhinfantmentalhealth.org](http://www.nhinfantmentalhealth.org)
- **WIC Nutrition Program for Women, Infants and Children**  
[www.dhhs.state.nh.us/dphs/nhp/wic/index.htm](http://www.dhhs.state.nh.us/dphs/nhp/wic/index.htm)

### Information and Resources

- **Bright Futures for Families**  
Resources for Children's Good Health  
[www.brightfuturesforfamilies.org](http://www.brightfuturesforfamilies.org)
- **Child Development and Parenting**  
[www.cdc.gov/ncbddd/jump/child.html](http://www.cdc.gov/ncbddd/jump/child.html)
- **Families and Parenting**  
UNH Cooperative Extension Program  
[www.extension.unh.edu/Family/Family.htm](http://www.extension.unh.edu/Family/Family.htm)
- **First Signs**  
Early Identification – Video Glossary  
[www.firstsigns.org](http://www.firstsigns.org)
- **Learn the Signs. Act Early.**  
[www.cdc.gov/actearly](http://www.cdc.gov/actearly)
- **Family Resource Connection**  
Statewide Information and Referral Network  
800.298.4321 | [www.nh.gov/nhsl/frc](http://www.nh.gov/nhsl/frc)
- **NH Family Voices**  
800.852.3345 ext. 4525 | [www.nhfv.org](http://www.nhfv.org)
- **Parent Information Center**  
800.947.7005 | [www.parentinformationcenter.org](http://www.parentinformationcenter.org)
- **The First Five Years at Your Fingertips**  
[www.iodbookstore.com](http://www.iodbookstore.com)
- **A Family's Guide to Special Education**  
[www.nhspecial.ed.org/documents/Family Guide To Special Education 6.09.pdf](http://www.nhspecial.ed.org/documents/Family_Guide_To_Special_Education_6.09.pdf)
- **Maneuvering Through the Maze**  
A Comprehensive Resource for NH Services  
[www.nhfv.org/files/Manuvering\\_Through\\_the\\_Maze\\_-\\_Online\\_2011.pdf](http://www.nhfv.org/files/Manuvering_Through_the_Maze_-_Online_2011.pdf)



### Our Partners:

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

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