



Have a baby on the way? New baby at home? We can help!



**Help Me Grow is here to make
your job as a parent a little easier.**

Our Home Visitors can:

- ✓ provide support for you
- ✓ help you plan a healthy pregnancy
- ✓ share tips to help your child be healthy, stay safe and learn
- ✓ listen to your questions and concerns
- ✓ help to find resources that meet your needs

Even better, every visit is free!

helpmegrow.ohio.gov

What is Help Me Grow?

Help Me Grow is a voluntary family support program for

pregnant women or new parents.

Offered in nearly every county of the state, Help Me Grow services are delivered by highly trained individuals to promote healthy growth and development for babies and young children.



When You Request A Home Visit

- ✓ You set the time
- ✓ You choose the location
- ✓ You pick the topic
- ✓ **There is never any cost to you!**

“The services are free which is a plus and you get amazing service. I feel like they genuinely care for my son and I feel very comfortable with them being in my home. I wish I would've known about this sooner.”

—Help Me Grow parent

1-(800) 755-GROW (4769)

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Call us or visit our website to learn more!

Infant Safe Sleep



Baby sleeps safest alone, on their back, in a crib.



Ohio

Department
of Health