

When You Request

A Help Me Grow Home Visit

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



To learn more contact at us:
Phone: (800) 755-GROW (4769)
Email: HMG@ohio.gov
Web: helpmegrow.ohio.gov
 www.facebook.com/OhioHelpMeGrow
 [@OhioHelpMeGrow](https://twitter.com/OhioHelpMeGrow)



Baby on the Way? Newborn at Home? Have you Heard About...



Support for New Parents

Early Experiences Lay the Foundation for Life

Your baby's early experiences are the building blocks that shape how the brain is built and create the foundation for success in life. That is why your baby's early years are so important!

Help Me Grow understands that all parents want the best for their babies. Our caring and professional home visitors will partner with you to access the information and resources that can support the physical and emotional health of your baby and entire family.



Parenting

The hardest and most important job in the world.

Help Me Grow home visitors can provide caring support and reliable information on the topics that matter to you. Whether it's how to soothe your crying baby, how to manage sleep (yours included!) or how to deal with the stresses of parenting, home visitors listen to your needs and concerns. We empower you to make your own decisions about what is best for you and your baby.

To find a program near you, give us a call at 800 755-GROW (4769) or visit us at helpmegrow.ohio.gov



What Happens During a Home Visit?

When you schedule a home visit with Help Me Grow, you will have the opportunity to share your thoughts about parenting, ask questions and receive reliable information based on your needs and topics of interest such as:

- ✓ Pregnancy
- ✓ Baby and Child Health
- ✓ Breastfeeding
- ✓ Nutrition
- ✓ Immunizations
- ✓ Child Growth and Development
- ✓ Discipline
- ✓ Toilet Training
- ✓ Child Safety
- ✓ Household Safety
- ✓ Local Resources

“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



What is Help Me Grow?

Help Me Grow is a voluntary family support program for pregnant women or new parents. Offered in every county of the state through a well-established network, Help Me Grow is an evidence-based program that promotes healthy growth and development for babies and young children. Our home visitors are well-trained professionals who use a non-judgmental and compassionate approach that empowers parents with skills, tools and confidence to nurture the healthy growth of your baby.

