



# 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](http://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 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.

