



Help Me Grow is a system of supports for pregnant women, young children, and families throughout Ohio. Services and supports are provided through Home Visiting and Early Intervention.

Home Visiting



Ohio

Department of Health

Help Me Grow's Home Visiting program (HV) is a voluntary, home-based program offered at no cost to your family. Our home visitors are well-trained professionals who use a compassionate approach that offers information and support during pregnancy, and empowers you as the parent with skills, tools, and confidence to nurture the healthy growth of your child through the earliest years – a critical time of development.

WHAT CAN YOU EXPECT?

Once your family has been referred, you will be assigned a home visitor. The home visitor will provide caring support and reliable information on the topics that matter most to you about your pregnancy and child's development. Whether it's what you can do to strive for a healthy pregnancy, how to soothe your crying baby, how to manage sleep (yours included!), or how to deal with the stresses of parenting, your home visitor is there to help, listen to your concerns, and connect you to community resources based on your needs. We invest in you to make your own decisions about what is best for you and your child.

BENEFITS OF HOME VISITING:

Healthy birth outcomes - Pregnant women who participated in HV had 48 percent fewer low birth weight babies.

Increasing Children's School Readiness -

Children who participated in HV scored 25 percent higher on first through third grade reading and math achievement tests.

Early Intervention



Ohio

Department of
Developmental Disabilities

Ohio Early Intervention (EI) supports families of young children birth to age three with developmental delays and disabilities. EI services are typically provided in your home or other places your family spends time, and builds on your ability to enhance your child's learning and development.

WHAT CAN YOU EXPECT?

After referral, your local EI program will assign a service coordinator to your family. Your service coordinator will serve as your primary EI contact and will support your family on your journey in EI. If your child is eligible for EI, your service coordinator will get your consent to complete a child and family assessment. Your EI team will learn more about your child's interests and abilities and your family's routines and priorities. They will use this information to develop the outcomes you would like to achieve. These outcomes become part of your family's Individualized Family Service Plan (IFSP). The outcomes on your IFSP are written based on what you want your child or family to be able to do within your family's real-life routines and activities. They use your own words and focus on what is important to your family. The IFSP also describes which services will be needed to help you meet the outcomes.

BENEFITS OF EARLY INTERVENTION:

In recent years, more than 95 percent of Ohio parents whose children were served in EI reported that they were better able to support their child in learning new things and gaining new skills. A similar number reported that EI helped them communicate their child's needs to others.

To learn more about these programs or to sign up, you can:

Call (419) 665-3322 or 1-800-755-GROW (4769)

Visit www.helpmegrow.org

Are you pregnant
or parenting a
young child?

Do you have
concerns about your
child's development?



EARLY INTERVENTION AGENCIES

CRAWFORD COUNTY:

- Crawford County Health District

DEFIANCE COUNTY:

- Defiance County Board of Developmental Disabilities

ERIE COUNTY:

- Erie County Board of Developmental Disabilities

FULTON COUNTY:

- Fulton County Board of Developmental Disabilities

HANCOCK COUNTY:

- Blanchard Valley Schools

HENRY COUNTY:

- Fulton County Board of Developmental Disabilities

HURON COUNTY:

- Huron County Board of Developmental Disabilities

LUCAS COUNTY:

- East Toledo Family Center
- Family and Child Abuse Prevention Center

OTTAWA COUNTY:

- Ottawa County Board of Developmental Disabilities

PAULDING COUNTY:

- Paulding County Board of Developmental Disabilities

PUTNAM COUNTY:

- Putnam County Educational Service Center

SANDUSKY COUNTY:

- Sandusky County Health Department

SENECA COUNTY:

- Seneca County Opportunity Center

VAN WERT COUNTY:

- Van Wert Board of Developmental Disabilities

WILLIAMS COUNTY:

- Williams County Board of Developmental Disabilities

WOOD COUNTY:

- Wood County Board of Developmental Disabilities

WYANDOT COUNTY:

- Wyandot County Family and Children First Council



HOME VISITING AGENCIES

CRAWFORD COUNTY:

- Crawford County Health District
- Marion Adolescent Pregnancy Program

DEFIANCE COUNTY:

- Henry County Health Department

ERIE COUNTY:

- Erie County Board of Developmental Disabilities

FULTON COUNTY:

- Henry County Health Department

HANCOCK COUNTY:

- Hancock Public Health

HENRY COUNTY:

- Henry County Health Department

HURON COUNTY:

- Huron County Board of Developmental Disabilities

LUCAS COUNTY:

- East Toledo Family Center
- Neighborhood Alliance Association, Inc.
- ProMedica Toledo Children's Hospital
- St. Vincent Mercy Medical Center

OTTAWA COUNTY:

- East Toledo Family Center

PAULDING COUNTY:

- Henry County Health Department
- Western Buckeye Educational Service Center

PUTNAM COUNTY:

- Putnam County Educational Service Center

SANDUSKY COUNTY:

- Sandusky County Public Health

SENECA COUNTY:

- East Toledo Family Center

VAN WERT COUNTY:

- Van Wert General Health District

WILLIAMS COUNTY:

- Henry County Health Department

WOOD COUNTY:

- Mercy Health St. Vincent Medical Center

WYANDOT COUNTY:

- Wyandot County Public Health