



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



Home Visiting 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!

What is Home Visiting?

Home Visiting, a part of the Help Me Grow system of supports, is a voluntary family support program for pregnant women and new parents. **Offered**



in nearly every county of the state, Home Visiting 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)

helpmegrow.org

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