

# Do You Live in Shelby County?

## Family Connects Ohio

Part of the Help Me Grow system of supports

The first few days and weeks home with a newborn can be a challenging time for everyone. Let Family Connects Ohio lend a helping hand.

Help Me Grow is proud to partner with the Sidney-Shelby County Health Department and Family Connects International to provide an in-home visit from a nurse who will offer support, guidance, and connections to additional resources—at no cost to you.

### Help for baby

- Baby health check
- Infant feeding and fussiness
- Bathing, diapering and swaddling
- Safe sleep

### Help for mom

- Mom's health check
- Breastfeeding support
- Family planning advice
- Post-partum depression screening

### Help for family

- Scheduling doctor's appointments
- Understanding child care options
- Early literacy information
- Community connections

Scan the QR code  
to learn more and  
enroll today!



Have more questions? Please call (937) 612-3322  
or email [hmgreferrals@helpmegrow.org](mailto:hmgreferrals@helpmegrow.org).

### TEAM

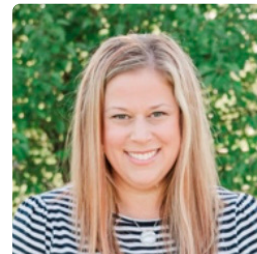


Teri Heath, RN  
Director of Nursing



**Public Health**  
Prevent. Promote. Protect.

Sidney-Shelby County  
Health Department



Tami Folk, BSN, RN  
Nurse Home Visitor



Stephanie Holthaus, RN  
Nurse Home Visitor



Kelly York, RN  
Nurse Home Visitor



**Department of  
Children & Youth**

Help Me Grow Home Visiting