

Do You Live in Hamilton 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 Every Child Succeeds 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. This visit is available to any Hamilton County resident, regardless of where you have your baby.

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 (513) 434-3322
or email hmgreferrals@helpmegrow.org.**



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**Department of
Children & Youth**
Help Me Grow Home Visiting