



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



Help Me Grow Home Visiting (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.

**WHO SHOULD BE REFERRED?**

Pregnant women and families with young children.

**WHAT CAN YOU EXPECT?**

Once your family has been referred, you will be assigned a home visitor. The Help Me Grow 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 off of 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% fewer low birth weight babies.

**Increasing Children's School Readiness** - Children who participated in HV scored 25% higher on first through third grade reading and math achievement tests.



Help Me Grow Early Intervention (EI) supports families of young children with developmental delays and disabilities. EI services are typically provided in your home or other places your family spends time, and they build on your ability to enhance your child's learning and development.

**WHO SHOULD BE REFERRED?**

Infants and toddlers from birth to age three when there is a concern about development or a medical diagnosis that could potentially affect 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 service or services will be needed to help you meet the outcomes.

**BENEFITS OF EARLY INTERVENTION:**

In recent years, more than 95% 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.



Are you pregnant or parenting a young child?

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

Call 614-656-3322 or 1-800-755-GROW

Visit [www.helpmegrow.org](http://www.helpmegrow.org)

Do you have concerns about your child's development?

## EARLY INTERVENTION AGENCIES

### DELAWARE COUNTY:

- *Delaware County Board of Developmental Disabilities*

### FRANKLIN COUNTY:

- *Franklin County Family & Children First Council*

### KNOX COUNTY:

- *Knox County Board of Developmental Disabilities*

### LICKING COUNTY:

- *Licking County Board of Developmental Disabilities*

### MADISON COUNTY:

- *Madison County Department of Families and Children*

### MARION COUNTY:

- *Marion Adolescent Pregnancy Program*

### MORROW COUNTY:

- *Morrow County Family and Children First Council*

### UNION COUNTY:

- *Union County Board of Developmental Disabilities*

## HOME VISITING AGENCIES

### DELAWARE COUNTY:

- *Not Applicable*

### FRANKLIN COUNTY:

- *Columbus Early Learning Centers*
- *Columbus Public Health*
- *Integrated Services for Behavioral Health*
- *Restoring Our Own Through Restoration (ROOTT)*
- *The Center for Family Safety and Healing*
- *The Center for Healthy Families*
- *Youth Advocate Services*

### KNOX COUNTY:

- *Knox County Board of Developmental Disabilities*

### LICKING COUNTY:

- *Not Applicable*

### MADISON COUNTY:

- *Madison County Department of Families and Children*

### MARION COUNTY:

- *Marion Adolescent Pregnancy Program*

### MORROW COUNTY:

- *Morrow County Health Department*

### UNION COUNTY

- *Not Applicable*