

## Help Me Grow

*Help Me Grow is Ohio's evidenced-based parent support program that encourages early prenatal and well-baby care, as well as parenting education to promote the comprehensive health and development of children. Help Me Grow System includes Central Intake, Help Me Grow Home Visiting and Help me Grow Early Intervention.*

Making a referral to Help Me Grow is the first and easy step for parents who have questions or concerns about their infant or child. One referral to Help Me Grow opens the door to many programs that support families including Early Intervention, Home Visiting, Moms and Babies First.

If you are not the child's parent, you may still make a referral. Help Me Grow will first contact the child's parent before proceeding. A referral form can be completed on the [Ohio Department of Health](https://www.health.ohio.gov/ohio-department-of-health) website.

In January of 2017, Senate Bill 332 established Help Me Grow as Ohio's evidenced-based parent support program that encourages early prenatal and well-baby care, as well as parenting education to promote the comprehensive health and development of children. Additionally, the legislation required Help Me Grow to utilize only evidence-based or innovative, or promising home visiting models to accomplish the following goals:

1. Improve maternal and child health;
2. Prevent child abuse and neglect;
3. Encourage positive parenting;
4. Promote child development and school readiness

There are currently two evidence-based models (NFP, HFA) serving Clark County families in HMG Home Visiting. Both can be reached by visiting the website or making a call.

It is easy to access Help Me Grow via the website: [www.helpmegrow.org](http://www.helpmegrow.org).

or Call: 1-800-755-GROW



Call 937-322-2099

#### SAFE TO SLEEP FOR EVERY SLEEP

- Family is WIC eligible
- At least 32 weeks pregnant or a baby up to 1
- Virtual education
- Visits to the hospital for new Haitian speaking moms
- Distributed 315 last year.