

# How do I find Help Me Grow?

Help Me Grow is near where you live.

For locations and more information  
call 1-800-755-4769 (GROW)

or visit our website at  
<http://www.ohiohelpmegrow.org>



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Funded by Ohio Dept. of Health, Federal Emergency Management Agency, Transportation, Governor's Office, Mr. & Mrs. Buckeye



OOH 3768.13

Total Quantities Printed: 50,000 Unit Cost \$0.034 Publication Date: 5/10



Ohio Family and Children First Initiative

## Home Visiting PROGRAM for parents

### Having your first baby?



Having your first baby?  
Are you a first-time parent?  
Are you a family in the military?

## Have you thought about Help Me Grow–Home Visiting?

Help Me Grow's – Home Visiting program gives your family info about health and how your child grows.

**Our goal is to help your family with your child from birth to age 3.**

*We want your child to be happy!*

*We want your child to be healthy!*

*We want your child ready for school!*



## Who is Eligible?

- First-time pregnant women\*
  - A first-time parent with a child less than 6 months of age\*
- \*must meet Help Me Grow income guidelines*
- A child under 3 with one parent in active military duty

## What can the

## Help Me Grow–Home Visitor do for your family?

- Teach you how your child will grow and learn
- Connect you with other helpful services
- Teach parenting skill and how to be your child's first teacher

# Help Me Grow can help.

**Call us Today!**

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