



FAST FACTS

What is Family Connects Ohio?

Family Connects Ohio (FCO) is an **evidence-based** nurse **home visiting** model that provides **support** for families with newborns during a period of life-changing transition. FCO connects families to healthcare providers who will nurture the whole family and support a **newborn's health and wellbeing**.



How does Family Connects Ohio work?

Components of a Home Visit



Assessment

A highly trained registered nurse conducts a physical exam, discusses health history, and checks infant vital signs and weight.



Education

Topics covered include infant care, safe sleep, pelvic floor health, postpartum emotions, and household safety.



Lactation Support

Discussions on positioning; latching; increasing supply; pumping; and bottle feeding.



Referrals

Nurses connect families to healthcare and childcare providers, WIC, and other community resources.

Who does Family Connects Ohio serve?



All families, including adoptive, foster, and bereaved families in FCO communities, are offered a home visit with a highly trained registered nurse at **no cost**.

When will parents and caregivers have their Family Connects Ohio visit?

Postpartum families can expect a home visit around

★ **3** ★
WEEKS

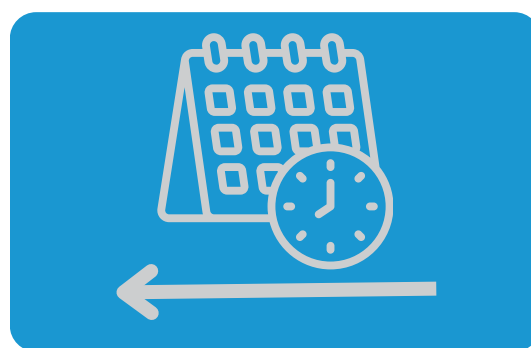
Where do Family Connects Ohio services happen?

Nurses come to the family's home, or conduct a virtual or telehealth visit if the family prefers.



Why Family Connects Ohio?

The American College of Obstetricians and Gynecologists recommends contact with providers like home visiting nurses to address postpartum needs prior to the six-week postpartum appointment.



Emergency room visits and overnight hospital stays were reduced by 50% in the first year of life by families who used Family Connects.



Mothers who used Family Connects were 28% less likely to report possible postpartum clinical anxiety.

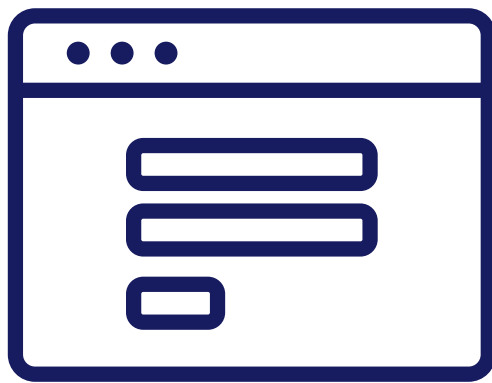


Nurses have been voted America's most trusted profession in Gallup polling for the past 22 years.



How to enroll families in Family Connects Ohio

Learn where Family Connects Ohio
is currently available at
helpmegrow.org/FamilyConnects



Complete a referral form
online at
www.helpmegrow.org.



Call **(800) 755-GROW**
(4769) to speak with an
intake specialist.



Email a completed
referral form to
**[hmgreferrals@
helpmegrow.org](mailto:hmgreferrals@helpmegrow.org)**.

One referral to Help Me Grow opens the door to many programs that support families. Along with Family Connects Ohio, referrals can also be made to Help Me Grow's Home Visiting program, Early Intervention, developmental screenings, and other community resources.



Families may also have the opportunity to schedule an in-home visit during their stay in the postpartum unit after their newborn's birth.

Participation is voluntary.



**Department of
Children & Youth**

Help Me Grow