



About Help Me Grow

Help Me Grow is a system of supports for pregnant women, caregivers with new babies, and families with young children with developmental delays and disabilities.

Services and supports are provided through Home Visiting and Early Intervention, both supporting families and promoting healthy growth and development for babies, young children and their families.



Services and supports are available statewide, and are provided by professionals in your area.

Get connected to Home Visiting or Early Intervention services today!



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



Call **1 (800) 755-GROW (4769)** to speak with an intake specialist

A banner for 'HOME VISITING' with a purple background. It features a collage of photos showing a caregiver interacting with a family in their home. The 'Help me grow Home Visiting' logo and the 'Ohio Department of Health' logo are in the top left. The text 'HOME VISITING' is written in large, bold, yellow letters.

Help me grow Home Visiting | Ohio Department of Health

HOME VISITING

The 'Help me grow' logo is centered, with the website URL 'www.helpmegrow.org' below it in a purple font.

Help me grow™

www.helpmegrow.org

A banner for 'EARLY INTERVENTION' with a dark grey background. It features a collage of photos showing young children and their caregivers. The 'HIO Early Intervention' logo and the 'Ohio Department of Developmental Disabilities' logo are in the bottom left. The text 'EARLY INTERVENTION' is written in large, bold, blue letters.

EARLY INTERVENTION

HIO Early Intervention | Ohio Department of Developmental Disabilities



By the numbers...

95%

More than **95 percent** of Ohio parents who accessed Early Intervention for their child reported they were better able to support their child in learning new things and gaining new skills.

Help Me Grow services help foster healthy relationships, experiences, and environments to support brain development, **80 percent** of which occurs before age three.

80%

48%

Pregnant women who participated in Home Visiting were **48 percent** less likely to have a child with low birth weight.

What is Early Intervention?



Department of Developmental Disabilities

Early Intervention supports families with children birth to age three who have developmental delays or disabilities so that they have the best possible start in life.

Early Intervention professionals work with a child's family to identify strengths and needs and address developmental concerns as early as possible. Services are provided where families live, play, and spend their day.

Early Intervention is available in every part of the state and to any eligible child, regardless of family income.



What is Home Visiting?



Department of Health

Home Visiting is a voluntary, home-based service offered at no cost to the family. Caring and professional home visitors connect families to information and resources that support the health of babies and the entire family.

Home Visiting support can improve pregnancy outcomes and help families prepare for a new baby. Even after the baby is born, Home Visiting can help families learn about feeding, sleep, and how to keep their new baby safe and thriving.

