



1 (800) 755-GROW (4769)
www.helpmegrow.org



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.



Are you pregnant or caring for a new baby at home?

Home Visiting is a voluntary, home-based program offered at no cost to families. Home visitors use a compassionate approach that empowers parents with skills, tools, and confidence to nurture the healthy growth of a child through the earliest years – a critical time of development.

WHAT CAN YOU EXPECT?

Home visitors connect families to resources that help with basic needs; answer questions about parenting and child health; and provide information and screenings to support a healthy pregnancy and early childhood.

BENEFITS OF HOME VISITING:

Home Visiting is shown to improve health outcomes for both pregnant women and babies, strengthen parent-child relationships, and increase school readiness.

Concerned about child development? Act early!

Early Intervention supports families of children birth to age three with developmental delays or disabilities so they have the best start in life. If you're concerned that a child may have a delay or disability, it's important to refer them for Early Intervention as early as possible.

WHAT CAN YOU EXPECT?

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.

BENEFITS OF EARLY INTERVENTION:

Early Intervention can address all types of developmental concerns. Early support can reduce the need for services later in life.