You and your little one deserve the best start!

Home Visiting · Early Intervention
Developmental Screenings · Community Resources

Help Me Grow is a statewide system of supports that promotes the healthy growth and development of young children through pregnancy and early childhood programs and services.

Home Visiting

Connect with caring, professional home visitors who provide information and resources that support the health of your baby and your entire family.

Maternal & Newborn Home Visiting

Receive a free in-home nurse visit within a few weeks of welcoming your newborn, offered through the evidence-based program **Family Connects Ohio.**

Early Intervention

Concerned about your child's development? Act early! Services are designed based on your child's specific needs and provided where they live, play, and spend their day.

Developmental Screenings

Understand exactly how your child is developing for FREE with the Sparkler: Play for Parenting app and its built-in **Ages & Stages Questionnaire (ASQ) screening tool.**

Create a bright future for your child. Sign up for Help Me Grow services today!

Anyone can make a referral for Help Me Grow services, and families can self-refer. One referral opens the door to many programs that support families.

helpmegrow.org

(800) 755-GROW (4769)

hmgreferrals@helpmegrow.org

Fill out and return this card to reception or outreach staff.

Department of Children & Youth
Help Me Grow

Your Name: _____ Your Date of Birth: _____

Due Date (if currently pregnant): _____/_____/_____Child's Date of Birth: _____/_____/_____

Child's Name: _____

Address: _____ City: _____ Zip Code: _____

Email: _____

Phone: _____ Which do you prefer? CALL ☐ TEXT ☐*

**I consent to receiving text messages (SMS communication) at the number provided. I can text the word STOP at any time to opt out of receiving these messages. Standard rates apply.*

Which Help Me Grow program or service are you interested in (check all that apply):

☐ ASQ Online: Screening for birth through 5 to track developmental milestones.
☐ Early Intervention: For children under 3 with developmental delays or disabilities.
☐ Family Connects Ohio Maternal & Newborn Home Visiting: Free newborn home visit from a registered nurse.
☐ Home Visiting: Family support for pregnant individuals or new parents.

Signature: _____