When you request

a home visit

- ✓ You set the time
- ✓ You choose the location
- ✓ You pick the topic
- ✓ **There is never any cost to you**

Department of Children & Youth
Help Me Grow Home Visiting

Ohio's Home Visiting program is part of the Help Me Grow system of supports.

To learn more, contact us:
Phone: (800) 755-GROW (4769)
Email: hmgreferrals@helpmegrow.org
Web: www.helpmegrow.org

Kara B. Wente, Director
Ohio Department of Children and Youth
DCY00112 (8/2025)
This institution is an equal opportunity provider and employer.

Do you have a baby on the way or have a new baby at home?

Learn more about Help Me Grow Home Visiting

Support for pregnant individuals and families with young children.

Department of Children & Youth
Help Me Grow Home Visiting

Early experiences

lay the foundation for life

Your baby's early experiences shape the brain and create the foundation for success. That is why your baby's early years are so important!

All parents and caregivers want the best for their babies. Caring and professional home visitors connect you to information and resources that support the health of your baby and your entire family.

Parenting

The hardest and most important job in the world.

Home visitors provide caring support and reliable information on topics that matter to you. Whether it's how to prepare for your delivery, how to soothe a crying newborn, or how to manage sleep (yours included!), your home visitor will listen to your concerns and support you in making the best decisions for you and your baby.

To find a program near you, call us at (800) 755-GROW (4769) or visit us online at www.helpmegrow.org.

What happens during a home visit?

When you schedule a home visit (at home, in the community, or virtually), you can talk about your concerns, ask questions, and receive reliable information about topics like:

- ✓ Pregnancy
- ✓ Baby and child health
- ✓ Breastfeeding
- ✓ Nutrition
- ✓ Immunizations
- ✓ Child growth and development
- ✓ Discipline
- ✓ Toilet training
- ✓ Child safety
- ✓ Household safety
- ✓ Local resources

Help Me Grow Home Visiting uses evidence-based programs that improve the health of mothers, babies, and children.

"I feel like they genuinely care for my son and I feel very comfortable with them being in my home. I wish I would've known about this sooner."

—Parent who received
Help Me Grow Home Visiting

What is Home Visiting?

Help Me Grow Home Visiting is a voluntary family support program offered throughout Ohio to promote healthy growth and development for babies and young children. Home Visiting is part of the Help Me Grow system of supports for pregnant individuals and families with young children.

Home visitors are well-trained professionals who support families without judgment and empower parents with the skills, tools, and confidence they need to nurture a healthy pregnancy and baby.