



Help Me Grow
Central Intake & Referral

www.helpmegrow.ohio.gov

Fax: (855) 318-3322

Or (855) 418-3322

Phone: 1-800-755-GROW

*Calls to the toll-free number
will be transferred to the
appropriate region:*

Central Region:

(614) 656-3322

Eastern Region:

(330) 616-3322

Northeastern Region:

(216) 930-3322 or

(440) 389-3322

Northwestern Region:

(419) 665-3322

Southeastern Region:

(740) 371-3322

Southern Region:

(740) 371-3322

Southwestern Region:

(513) 434-3322

Western Region:

(937) 612-3322

Dear Dr. David L. Hile:

We would like to partner with you to ensure that children are ready for school. **Help Me Grow** can provide services for the families who might have **younger siblings at home or for moms who are pregnant**.

The road for parenting can twist and turn at times. **Help Me Grow** can help a family on the road to preschool and school by providing home visiting and/or early intervention services from pregnancy until the child turns three.

Help Me Grow Home Visiting is a voluntary, home-based program offered at no cost to the family. Trained professionals offer information and support during pregnancy and throughout the child's earliest years – a critical time of development.

Help Me Grow Early Intervention supports families of young children birth to age three with developmental delays and disabilities. These services are typically provided in the home or other places the family spends time and builds on their ability to enhance the child's learning and development.

The road might be twisty, but with **Help Me Grow**, parents and caregivers will be ready to navigate their child's path to wherever the road takes them.

The **attached flyer** contains helpful information for the families in your school district. This information can be shared at **parent open houses, kindergarten registration, family nights or as a resource for families**. Would you be willing to share this flyer with the families in your district? If so, feel free to copy the enclosed flyer or **contact Brandon Curry at (614) 656-3322 or bcurry@actionforchildren.org** for additional copies to be sent to the schools in your district, for a presentation to your staff on the benefits of the programs and how to make a referral, or for any questions you may have about **Help Me Grow**.

Thank you for your time.

Sincerely,

Melissa Bixel
Help Me Grow Central Intake Manager



www.helpmegrow.ohio.gov



@OhioHelpMeGrow



www.ohioearlyintervention.org



Department of
Developmental Disabilities

@DODDOhio

Road to Child's Education

Now that your kindergartner is off to school, do you still have little ones at home or are you expecting another baby?

Ohio **Help Me Grow** supports children and their families through its two programs: Help Me Grow Home Visiting and Help Me Grow Early Intervention.



Home Visiting Services

Help Me Grow Home Visiting promotes positive parent-child relationships for pregnant women and families with young children.



Early Intervention Services

Help Me Grow Early Intervention provides coordinated services to families with children who have developmental delays and disabilities under the age of 3.

Confident Caregivers and Child!



Ready, set, go!



To learn more about these programs or to sign-up, call Help Me Grow at 614-656-3322 or 1-800-755-GROW

Visit: <http://bit.ly/ReferToHMG>





Help Me Grow is a system of supports for pregnant women, young children and families throughout Ohio. Services and supports are provided through Home Visiting and Early Intervention.

Home Visiting



Help Me Grow Home Visiting (HV) is a voluntary, home-based program offered at no cost to your family. Our home visitors are well-trained professionals who use a compassionate approach that offers information and support during pregnancy, and empowers you as the parent with skills, tools, and confidence to nurture the healthy growth of your child through the earliest years – a critical time of development.

WHAT CAN YOU EXPECT?

Once your family has been referred, you will be assigned a home visitor. The Help Me Grow home visitor will provide caring support and reliable information on the topics that matter most to you about your pregnancy and child's development. Whether it's what you can do to strive for a healthy pregnancy, how to soothe your crying baby, how to manage sleep (yours included!) or how to deal with the stresses of parents, your home visitor is there to help, listen to your concerns, and connect you to community resources based off of your needs. We invest in you to make your own decisions about what is best for you and your child.

BENEFITS OF HOME VISITING:

Healthy birth outcomes - Pregnant women who participated in HV had 48% fewer low birth weight babies.

Increasing Children's School Readiness - Children who participated in HV scored 25% higher on first through third grade reading and math achievement tests.

Early Intervention



Help Me Grow Early Intervention (EI) supports families of young children birth to age three with developmental delays and disabilities. EI services are typically provided in your home or other places your family spends time, and they build on your ability to enhance your child's learning and development.

WHAT CAN YOU EXPECT?

After referral, your local EI program will assign a service coordinator to your family. Your service coordinator will serve as your primary EI contact and will support your family on your journey in EI. If your child is eligible for EI, your service coordinator will get your consent to complete a child and family assessment. Your EI team will learn more about your child's interests and abilities and your family's routines and priorities. They will use this information to develop the outcomes you would like to achieve. These outcomes become part of your family's Individualized Family Service Plan (IFSP). The outcomes on your IFSP are written based on what you want your child or family to be able to do within your family's real-life routines and activities. They use your own words and focus on what is important to your family. The IFSP also describes which service or services will be needed to help you meet the outcomes.

BENEFITS OF EARLY INTERVENTION:

In recent years, more than 95% of Ohio parents whose children were served in EI reported that they were better able to support their child in learning new things and gaining new skills. A similar number reported that EI helped them communicate their child's needs to others.

To learn more about these programs or to sign-up, you can:

Call 614-656-3322 or 1-800-755-GROW

Visit <http://bit.ly/ReferToHMG>

Are you pregnant or parenting a young child?

Do you have concerns about your child's development?