

Are you a new parent, or expecting a baby soon?
Do you live in Henry County?

Sign up today for Family Connects Ohio

Part of the Help Me Grow system of supports

The first few weeks home with a newborn can be a challenging time for everyone. Let Family Connects Ohio lend a helping hand! Help Me Grow is proud to partner with **Henry County Health Department** to provide FREE at-home visit from a local registered nurse who will offer support, guidance, and connections to resources.

Help for baby

- Baby health check
- Infant feeding and fussiness
- Bathing, diapering and swaddling
- Safe sleep



Help for parents



- Birthing parent health check
- Breastfeeding support
- Family planning advice
- Postpartum depression screening

Help for family

- Scheduling doctor's appointments
- Understanding child care options
- Early literacy information
- Community connections



Scan the QR code to schedule your visit today!



HelpMeGrow.org

Team



Allyson Smith, BSN, RN
Nursing Supervisor



Jacqueline Thomas, BSN, RN
Nurse Home Visitor

Questions?
Call (419) 665-3322 or
email hmgreferrals@helpmegrow.org.

