

Every family is different, and every family deserves support.

Family Connects Ohio is here to support every family in the first weeks and months with a baby—from health checks, to breastfeeding support, to getting access to newborn essentials, and much more.

“ Everything is new when you bring a baby home. Feeding, sleeping, changing. Having a nurse at your house to help you learn about these things was great for both of us. ”

Travion

Travion C,
new dad



Family Connects Ohio is a part of the Help Me Grow system of supports.

To learn more, visit
helpmegrow.org



Care that comes to you.

Receive a free, at-home nurse visit for you and your newborn with Family Connects Ohio.



Every family deserves a little extra care and attention when they bring a new baby home.

Family Connects Ohio offers free, at-home nurse visits to all families with newborns who live in participating communities, including foster parents, adoptive parents, and families who already have other children.



Did you know?
You can sign up for Family Connects Ohio during pregnancy?

The visit will be scheduled closer to delivery.

Here is how it works:



Scheduling your visit is easy

Scan the QR code on the back of this brochure to complete the web referral form, or call **(800) 755-GROW** (4769) to speak with an intake specialist. At participating hospitals, Family Connects Ohio staff can schedule your visit right at your bedside after delivery!



A nurse comes to your home

A nurse will come to your home to check on the baby, birthing parent, and the whole family. Do you want to meet somewhere else? You can! Your nurse will come wherever is best for you.



Support when you need it most

Your nurse is there to provide care, answer your questions, and connect you to community resources that will ensure you and your family have everything you need to be happy and healthy.

Here are some of the things your nurse can help you with:



Help for baby

- Baby weight check
- Safe sleep information
- Infant feeding and fussiness
- Help with bathing, diapering and swaddling



Help for birthing parent

- Health check for birthing parent
- Breastfeeding support
- Family planning advice
- Postpartum depression screening



Help for family

- Scheduling doctor's appointments
- Understanding childcare options
- Early literacy information
- Community resources and connections

It is our mission to make life a little easier for parents with newborns in every community. We come to you, at no cost, to make sure you have everything you need to care for yourself, your baby, and your whole family.