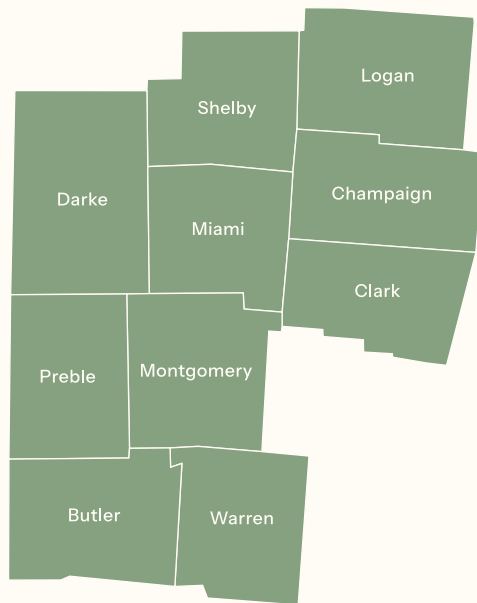


Proudly serving 10 counties in the Greater Dayton Area

Help Me Grow Brighter Futures offers an umbrella of services for children from prenatal up to 3 years of age in 10 counties in the Greater Dayton Area.



Part of a Statewide Program

Help Me Grow Brighter Futures is an agency of the statewide Ohio Department of Children and Youth's Help Me Grow program.



Learn more about the state's program at helpmegrow.org

About Us

Through regular visits — right in the comfort of your home — Help Me Grow Brighter Futures' trained professionals partner with you to support your child's healthy development, answer your questions, and connect you with resources.

Call **937.208.GROW** (4769)
to speak with an intake specialist today.

or



Apply Online

Choose **Help Me Grow Brighter Futures** as your provider when contacted about your application.



Building a brighter future
for you & your child.

Learn more at gdaha.org/hmgbf



Expecting a baby *or have a new one at home?*

Help Me Grow Brighter Futures offers **free**, one-on-one support for pregnancies or families with children up to 3 years of age.



Call **937.208.GROW** (4769)
to speak with an intake specialist today.

Parenting is hard.

Whether it's how to prepare for your delivery, how to soothe a crying newborn, or how to manage sleep (yours included), we can help!

Help Me Grow Brighter Futures can help you:

- ✓ **Get answers**
to pregnancy, parenting, & baby health questions
- ✓ **Learn**
fun ways to support your baby's growth
- ✓ **Support goals**
you set for your baby & your family's future
- ✓ **Connect to resources**
like diapers, food, & more



What is Help Me Grow Brighter Futures?

Help Me Grow Brighter Futures is a voluntary home visiting and family support program for pregnant individuals and new parents. **Offered at no cost to families**, home visiting services are delivered by highly trained professionals to promote healthy growth and development for babies and young children.



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

Call **937.208.GROW (4769)**
to speak with an intake specialist today.

What Should I Expect During a Home Visit?

During a home visit, parents may ask questions, share their thoughts, and receive reliable information regarding parenting and child development.

Whether you're preparing for a new baby, navigating toddler milestones, or just need someone to talk to, we're here to walk alongside you. Home visiting helps you feel more confident, connected, and equipped to give your child the best possible start in life.

Learn about topics like:

- Healthy pregnancies
- Discipline
- Baby and child health
- Toilet training
- Breastfeeding
- Child safety
- Nutrition
- Household safety
- Immunizations
- Local resources
- Child development

