

Hi! I'm a newborn baby...so tiny, so soft,  
so helpless! You can:

rock me  
sing to me  
talk to me softly

I'm an infant - only 3 to 6 months old...so  
wiggly, so smiley, and still so helpless! You can:

take me for walks in the stroller  
sing and talk to me  
smile at me  
show me rattles, mobiles, toys  
play a music box for me

I'm a pre-toddler, 7 to 12 months old...so  
loud, so bouncy, so cuddly! You can:

sing to me  
play nursery rhymes or song games  
show me cloth books  
pick up the things I drop!  
give me pots and pans to play with  
let me tear old newspapers  
walk me around (while you hold my  
hands)

I'm a toddler, one year old...so full of zip,  
so into everything, so big...yet so little, You can:

sing with me - I like to try  
show me short books  
give me a big box to play in  
tie a string on something I can pull  
give me a big can and things to put in it  
give me a spoon and a pie pan  
chase and catch me

I'm a two-year-old...so quick, so bright, so full of  
"NO". You can:

lay with me, chase me, play hide and seek  
read to me and sing with me  
let me "wash dishes" in soapy water  
ask me questions, "What's this?  
What's that?" answer my questions  
give me boxes to get into

From *As a Child Grows* by Rosanne Keller,  
New Reader  
Press, 1979.

Help Me Grow of Paulding County  
900 Fairground Drive  
Paulding, Ohio 45879

Scientific information strongly  
suggests that a child's success  
is determined by the quality of  
nurturing in the first three years  
of life. Help Me Grow  
provides important information  
on prenatal and infant care and  
development, positive  
parenting, safety, and abuse  
prevention.



Services for  
Paulding  
County  
Children from  
Birth to Age  
Three

For more  
information call:  
419-399-4620  
or Toll Free  
1-877-473-8166

**Help Me Grow is a program for Paulding County residents who are pregnant or have a child under the age of three. All services are completely voluntary and at no cost!**

**Welcome Home**

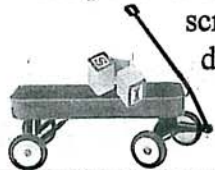
- \*Provides prenatal home visits to help your baby get the best start in life
- \*Provides home visits to assess the health of newborns and to help parents by providing information on child development
- \*Provides information on available programs and community resources
- \*Breastfeeding instruction can be provided in your home by a Certified Lactation Consultant

**Home and Center Based Services**

- \*Services are provided through home visits which emphasize parent/child activities
- \*Provides parents with information on social and emotional development
- \*Provides screenings for health, hearing, vision, and overall development
- \*Classroom services are available to qualifying children
- \*Provides early identification of children with developmental delays
- \*Family members develop a family service plan to meet their child's needs
- \*A Family Support Specialist is available for parent-to-parent support and information
- \*Helps parents find a primary health care provider and to help assure that immunizations are up-to-date

Services such as speech, physical, or occupational therapy are provided at no cost to qualifying children

All parents enrolled in Help Me Grow receive on-going screenings and developmentally appropriate information.



Help Me Grow comes to you...convenient home visits scheduled when it's best for you! For more information call 419-399-4620 or toll free 1-877-473-8166



Funded by  
Ohio Department of Health/Federal Government  
Bureau of Early Intervention Services  
Help Me Grow Program