



What Families like most about Help Me Grow:

“I like the games for my two children and also following their development.” - Tonya, 23

“I like learning new things to do with my baby.” Claretta, 29

“I like reading with my daughter and helping her learn numbers and colors.” -Robin, 26

“Help Me Grow is helpful if I have any questions.” Gina, 17

To find out more about
Help Me Grow,
please call:

Peggy Kroon Van Diest
at
the Delaware General
Health District

Tel. 740-203-2090
740-368-1700 ext. 2090
Fax 740-203-2035

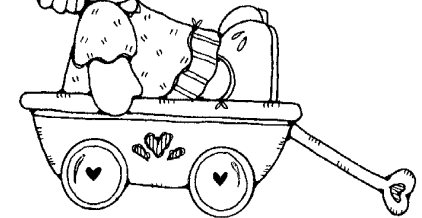


Delaware General Health
District
P.O. Box 570
3 W. Winter St.
Delaware, Ohio 43015



**Delaware General
Health District**
Dedicated to your health.

Ready, Set, Go!

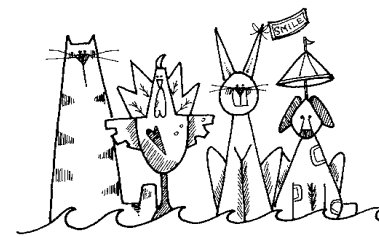
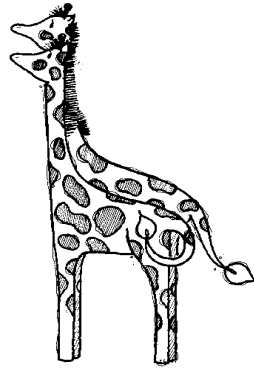


GET
AN EARLY START
WITH

Help Me Grow



Help Me Grow
is a program
for babies and
children up to
age three.

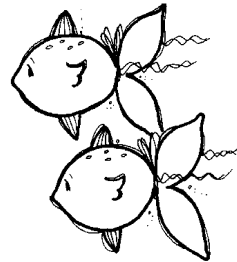


**How to Join:
Call Peggy at
740-203-2090**

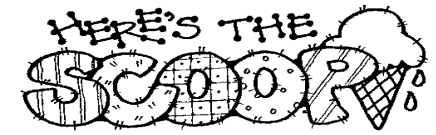
When you enroll in Help Me
Grow, you will receive:

- A supportive Home Visitor
who has been trained in
infant care and child
development.
- Invitations to special play-
groups and family events.
- The opportunity to borrow
books and toys for your
baby or child.
- The possibility to learn
about other programs
and services.

Your child's brain is
growing very quickly
in the first three
years.

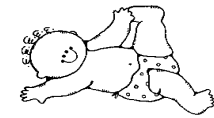


Getting an early
start can help
you encourage
your baby or
child to do well with hearing,
seeing, moving, thinking, talk-
ing and playing!



*The Help Me Grow Home
Visitor will:*

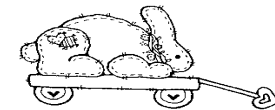
*-Meet with you in your home
at a time that's good for you.*



*-Follow your baby's growth
& development with you.*



*-Bring toys and ideas to help
your child learn and grow.*



-Help with safety-proofing.



*-Listen to you and support
you in being the best parent
you can be!*