

Congratulations on Your New Baby!



This OH baby!
kit is designed
to make it
easier for you to
care for your new
family member!

What You'll Find Inside

- 1. Nutrition Card**
Wondering what to feed your child? This handy card has lots of great information so keep it in the kitchen or in your purse when you grocery shop.
- 2. You're a Grandma Brochure**
Now that you're a multi-generational family (so exciting!) share this with Grandma so she can be totally involved in helping you bring up baby.
- 3. Growth Chart**
Put up in a convenient spot where your child can be easily measured. Hang 18 inches from the floor and be amazed at how fast baby grows.
- 4. Emergency Magnet**
Ideal for the refrigerator, there's space for important phone numbers like the doctor and dentist. Use a dry erase marker so you can wipe off old numbers and replace them with new.
- 5. Helpful Tips & Practical Advice for Raising Baby**
This booklet will help you successfully parent your child and deal with common behavior challenges.
- 6. Immunization Schedule**
The American Academy of Pediatrics believes that vaccines are one of the most successful medical advances of all time. This card shows the latest recommendations on the age when your child should receive each vaccination.
- 7. Read to Your Bunny Book**
Don't forget to nurture baby's mind and spirit. Start with this little book. Reading together every day doesn't cost anything but a library card and a little time – with results that are priceless.
- 8. Help Me Grow Magazine**
Seventy pages loaded with wellness and development information. Includes a look at the months following pregnancy and key milestones in your child's life up to age five.
- 9. Help Me Grow Wheel**
Turn the wheel to get a snapshot of things your child may begin doing at certain ages.
- 10. Early Experiences Wheel**
Spin around to discover what you can do to help your child develop socially and emotionally.

For more information:

1-800-755-GROW (4769)
www.OhioHelpMeGrow.org

Frequently Asked Questions



How do I find quality child care?

Ohio Department of Job and Family Services
<http://jfs.ohio.gov/cdc/childcare.stm>

Ohio Child Care Resource & Referral Association
www.ocrra.org

Step Up To Quality
www.StepUpToQuality.org



How do I choose and find a doctor?

American Academy of Pediatrics – Healthy Children
<http://bit.ly/BasicQuestions>
<http://bit.ly/DifferentDoctors>
<http://bit.ly/FindADoctor>

How do I choose and find a dentist?

Ohio Dental Association
<http://bit.ly/DifferentKindsofDentists>

American Dental Association
<http://bit.ly/DentistFinder>

How do I find an eye doctor?

Ohio Ophthalmological Society
<http://bit.ly/EyeDoctorFinder>

Ohio Optometric Association
<http://bit.ly/OptometristsFinder>

How can I find my local library so we can attend children's programs like Story Time?

Ohio Public Library Information Network
<http://bit.ly/FindALibrary>



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