



Do you know...

*How to grow a healthy baby?*



*What to ask your doctor?*

*How your young child grows?*

*How your baby learns?*

**Where you can go if you don't know?**

**Contact Help Me Grow WV:**

Hotline: (800) 642-8522

<http://www.dhhr.wv.gov/helpmegrow>



To find out more ways to give your child a "good beginning that lasts a lifetime" visit: [www.cabellfrn.org](http://www.cabellfrn.org)



Help Me Grow materials are sponsored in part by the Office of Maternal, Child and Family Health and the West Virginia Home Visitation Program.



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