



Homer Helps U Grow

Supporting you and your baby through the first year of life.

Homer Helps U Grow is a support program for parents and caregivers of babies from **birth through 15 months**.

Our goal is to help your child get a healthy start through guidance, education, and connection to care. This program is available at no cost to you. Taking part does not change your benefits or services.

How We Help

Our care team is here to support you:

- Learn what to expect as your baby grows
- Stay on track with checkups and shots
- Help you find or connect with a doctor (PCP)
- Learn about your health plan benefits
- Find help with connecting to resources for food, diapers, housing, and more

Well-Child Visits Timeline

Your baby should see a doctor at:
1, 2, 4, 6, 9, 12, and 15 months *

*For children in Foster Care, babies should be seen monthly: 0-6 months

Your doctor will confirm what is right for your child.

Safe Sleep Tips

- Put baby **on their back** to sleep
- Use a **firm mattress** with no loose items
- Let baby sleep in your room, **not your bed**

Healthy Milestones

- First dental visit: **by age 1**
- Lead screening: **around age 1 but before age 2**

We're Here to Help

A care team member may call or send mail to:

- Share helpful information
- Help schedule visits
- Make sure your baby has a doctor

Helpful Health & Parenting Resources

- [24/7 Nurse Advice Line/Teladoc](#)
Call anytime for health questions or concerns: 1-855-694-HOME (4663)
- [American Academy of Pediatrics](#)
Trusted child health information
- [Bright Futures](#)
Guidance on developmental milestones and preventative care
- [WIC Program](#)
Support for nutrition, breastfeeding, and healthy growth
- [Community Resources \(FindHelp\)](#)
Help with food, diapers, housing, transportation, and more



Questions?
Call Us

Home State Health: 1-855-694-4663 (TTY: 711)

Show Me Healthy Kids: 1-877-236-1020 (TTY: 711)