

Parents and Parenting with a Disability in Ohio: Pregnancy, Birth and Going Home
September 5, 2023
Webinar Companion Guide

Purpose

A companion guide will be developed for each webinar in the Parents and Parenting with a Disability series. The companion guides are not exhaustive. They will:

1. Link to additional training and educational materials on the topic.
2. Offer a selection of resources to support parents with disabilities and the professionals they interact with.
3. Increase awareness of resources and equitable access to materials.

Pregnancy, Birth, and Parenting

[National Center for Disability and Pregnancy Research](#) and [National Research Center for Parents with Disabilities](#) resources:

- [Parenting Tips and Strategies from Parents with Disabilities](#) (webinars, blogs, articles, and more)
- Research Summary: [Pregnancy Care for Women with Intellectual Disabilities](#)
- Research Summary: [Pregnancy Experiences of D/deaf People](#)
- Webinar: [Providing Perinatal Care to Expectant Mothers with Physical Disabilities](#)
- Webinar: [Reproductive Health and Perinatal Care of People with Intellectual Disabilities](#)

Supportive Services

[Disabled Parenting Project](#) (DPP). Part of the National Research Center for Parents with Disabilities, DPP is an online space for sharing experiences, advice, and conversations among disabled parents as well as those considering parenthood. DPP also serves as an information clearinghouse and interactive space for discussion and connection.

[Help Me Grow](#). Help Me Grow is Ohio's evidenced-based parent support program that encourages early prenatal and well-baby care, as well as parenting education to promote the comprehensive health and development of children. Help Me Grow System includes Central Intake, Help Me Grow Home Visiting and Help Me Grow Early Intervention. Making a referral to Help Me Grow is the first and easy step for parents who have questions or concerns about their infant or child. One referral to Help Me Grow opens the door to many programs that support families including Early Intervention, Home Visiting, Moms and Babies First.

[Ohio's Centers for Independent Living](#). There are 12 Centers for Independent Living (CILs) in the State of Ohio. CILs are a one-stop resource for Ohioans with disabilities, providing a variety of programs and services. Our collective goal is to assist these citizens to live independently in their community of choice.

[Ohio's County Boards of Developmental Disabilities](#). Every county in Ohio has a board of developmental disabilities. These boards assess for eligibility and provide service planning and coordination to eligible adults and children with developmental disabilities. They are also responsible for offering information and referral to community members regardless of their eligibility for services.

[Ohio's Family and Children First Councils](#). Every county in Ohio has a Family and Children First Council. Each council includes public and private agencies, as well as parents. Council members work collaboratively to enhance the well-being of their county's children and families. Local Family and Children First Councils identify and address the ongoing needs of children and families through planning, implementing effective strategies, monitoring and reporting, and evaluating progress toward achieving desired outcomes.

[Women, Infants & Children](#) (WIC). WIC helps eligible pregnant and breastfeeding women, women who recently had a baby, infants, and children up to 5 years of age. WIC provides nutrition education; breastfeeding education and support; supplemental, highly nutritious foods such as cereal, eggs, milk, whole grain foods, fruits and vegetables, and iron-fortified infant formula; and referral to prenatal and pediatric health care and other maternal and child health and human service programs.