

## Who is Eligible?

- Caregivers under the age of 21, new parents, single parents, relatives as caregivers, and foster parents
- Families who utilize government assistance
- Child is enrolled in early intervention or was found ineligible for early intervention
- General life stressors affecting parenting
- Caregivers with disability and/or mental health concerns
- And more...

**Parents are their child's  
first and most  
important teachers**



## FOR REFERRALS

Contact the Program Supervisor  
(815) 477-4720, ext. 234

Para español, llame al  
(815) 477-4720, ext. 235

[optionsandadvocacy.org](http://optionsandadvocacy.org)

365 Millennium Drive  
Suite A

Crystal Lake, IL 60012

Helping Us Grow



Options  
& Advocacy  
for McHenry County

## **Parenting is hard!**

The Helping Us Grow program is a FREE prevention initiative home visiting program funded by the Illinois State Board of Education. We serve families in McHenry County who are expecting a child or have a child under the age of three.

## **Vision, Mission, & Values**

Parents as Teachers is an evidence-based early childhood model that builds strong communities and thriving families with children who are healthy, safe, and ready to learn.

We believe that parents are their child's first and most important teachers.

Evidence shows that the experiences that parents provide to their children in the first few years of life can lead to the child's success.

The HUG program strives to increase parents' knowledge of early childhood development by supporting their parenting practices. Through regular screening, the HUG program is able to detect developmental delays and health issues early.

**The partnership between families and their Family Support Specialist can help families grow to their highest potential.**



## **Our Curriculum**

During each weekly or bi-weekly visit with your Family Support Specialist, you will focus on...

- **Child Development** - We focus on language, literacy, motor, cognitive, and social development and check that everything is on track with bi-yearly developmental screenings
- **Positive Parent-Child Interactions** - Each week we will provide an activity for you to do with your child to strengthen bonds and let you have a hands-on approach to your child's development
- **Family Well-Being** - As your partner, we will focus on your family's needs and values and support you along the way to reaching your goals.
- **Development-Centered Parenting** - As your child grows and develops, their needs change. During your visits, your FSS will support your family in these areas: Attachment, discipline, health, nutrition, safety, sleep, transitions/routines
- **Group Connections** - An opportunity for parents to share experiences, learn from other parents, support one another, observe their child with other children, practice parenting skills, and for children to have a fun, hands-on learning experience

Once enrolled, you will also have access to additional community resources and other services through Options and Advocacy.