

HANDS for First-Time Parents

Congratulations!

You are having a baby!

- So now what?
- Concerned about what will happen after you take him home?
- Wondering how you will know if she is eating enough?
- Feeling stressed?

Can we lend you an extra pair of HANDS?

HANDS is a service for families who are pregnant for the first time or who have newborn babies. Trained visitors will provide information so that you as parents can provide the best for your new baby.

HANDS believes:

- All families want the best for their children.
- Families are responsible for their children.
- Families are the main decision-makers for their young children.

Sign up soon! We encourage first-time parents to start with HANDS at the beginning of their pregnancy.

Many new parents want a second pair of HANDS.

A visitor will meet with you to describe services available through HANDS. The choice to be in the program is yours. And it is **free** to the family. HANDS offers support as you build a healthy, safe environment for your child.

If you decide HANDS is for you and your baby, here is what you can expect:

- Support through your pregnancy and the early years of your baby's life.
- Ways to make your home safer for your baby.
- Information on how to care for your baby.
- Facts that will let you know your baby is growing and developing in healthy ways.
- Activities that you and your baby can enjoy together.
- Access to other community services.

For more information:

Contact HANDS by calling your health care provider or your local health department. You'll be glad you did!
August 29, 2008

Kentucky's HANDS can lend support to give your baby a healthy, happy start!

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HANDS**

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A healthy, happy start.**

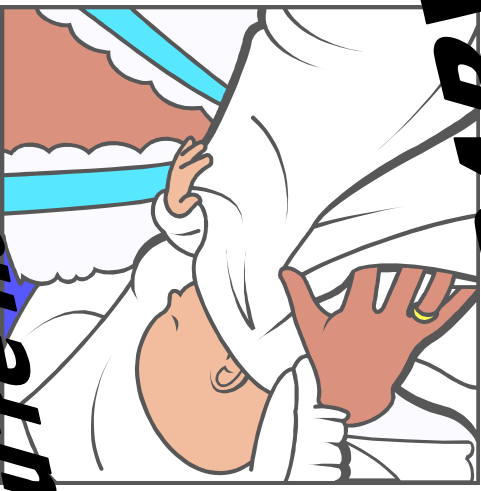


Kentucky Invests in Developing Success



Congratulations!

You're having



A BABY!

HANDS

**Cabinet for Health Services
Department for Public Health
275 East Main Street HS2GW-B
Frankfort, Kentucky 40621**

502-564-2154

Kentucky's HANDS

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