

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.

For more information:

**Kentucky's
HANDS**

**Can lend support to give your baby
A healthy, happy start.**



Kentucky Invests in Developing Success



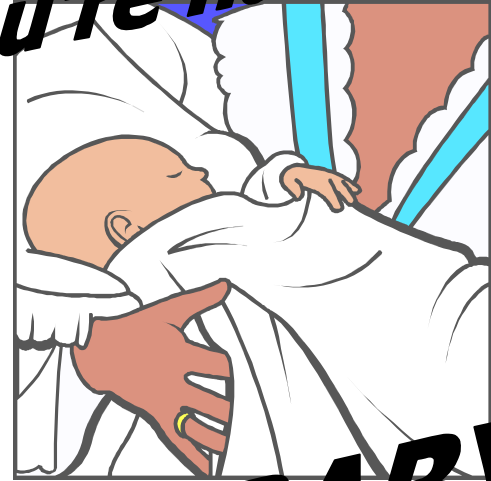
HANDS

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

502-564-2154

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You're having



A BABY!

Kentucky's HANDS

**Can lend support to give your baby
a healthy, happy start!**