



**You may qualify if you answer
"Yes" to any of the questions below:**

In our program, you will learn many new skills that will help prepare you for parenthood. Some of the things you will learn are:

BASIC CARE

- Prenatal care (Pregnancy care)
- Feeding Babies
- Umbilical Cord Care
- Signs & Symptoms of Sickness in Children

BONDING AND TOUCH

- What is my baby's deepest need?
- Can loving touch make my baby smarter?
- How can I help my baby develop trust & love for me and others?

COMMUNICATION

- What is my baby trying to tell me when he/she cries?
- How do I know what my baby's body language means?

DAD'S ROLE

- How does a close relationship with Dad affect a baby's development?
- Dad and Mom's new relationship
- What is appropriate discipline?
- What is the greatest gift Dad can give to baby?

PLAY

- What games do babies like?
- Can games help my baby learn?
- Can play help my baby be smarter?

Goals of H.A.N.D.S.

A child's first years of life are the MOST important for their social and mental development. The goals we strive for are:

- **Positive pregnancy outcomes**
- **Optimal child growth and development**
- **Children in loving, healthy, and safe homes**
- **Parents enabled to make positive decisions that will benefit their family over the long term.**

H.A.N.D.S. believes:

- All parents want to be good parents
- All families have strengths
- Families are responsible for their children
- Parents are the primary decision makers regarding their children.
- Communities recognize their roles in childrens' lives
- Communities recognize that ALL children must succeed.
- Prevention and early involvement improves the community's well being.
- Public and Private partnerships are vital to a successful program.

- Is this the mother's first child?
- Is this the father's first child?
- Have you considered adoption or abortion in this pregnancy or previous pregnancies?
- Is the mother in her teens?
- Is the father in his teens?
- Has mother or father experienced substance abuse (in the past or currently)?
- Has mother or father experienced depression (in the past or currently)?
- Is mother unemployed?
- Is father unemployed?
- Is the mother's education level below 12th grade?
- Is the father's education level below 12th grade?
- Has there been a history of abuse with either parent?
- Does either parent qualify for Medicaid?
- Does either parent have a "no insurance" situation?
- Does either parent feel that they need help in becoming good parents?

Our goal is to empower parents with the skills they need to become good parents. Call us to see if you qualify for this FREE program. Call your local health department or **(800) 928-4416 ext 162!**



H.A.N.D.S.

Health Access Nurturing Development Services

WHAT IS H.A.N.D.S.?

The purpose of HANDS is to help you become the parent you want to be. We believe all parents want to be good parents.

The HANDS program is a service provided by your local HEALTH DEPARTMENT. It is FREE to those who qualify for the program. We provide new parents with information and support.

Our Mission:

Kentucky H.A.N.D.S. supports families as they build healthy, safe environments for optimal growth and development of children.

Our Vision:

Every child is wanted and cared for in a stimulating and nurturing environment.

Parents are encouraged to start the program at the beginning of pregnancy. All families deserve a healthy pregnancy and their babies deserve a healthy, safe, and happy childhood.



*If you are interested in this program,
please call us at
(800) 928-4416 ext 162*

or your local health department

ADAIR- (270) 384-2286

CASEY- (606) 787-6911

CLINTON-(606) 387-5711

CUMBERLAND- (270) 864-2206

GREEN- (270) 932-4341

MCCREARY- (606) 376-2412

PULASKI- (606) 679-4416

RUSSELL- (270) 343-2181

TAYLOR- (270) 465-4191

WAYNE- (606) 348-9349



**Become
the best parent
you can be.**



H.A.N.D.S.

Health Access Nurturing Development Services



**Become
the best
parent
you
can be.**

H.A.N.D.S.
is a FREE program designed to empower parents with
skills they need to become great parents.
It is simple to qualify for this program.
Give us a call (800) 928-4416 ext 162

