H.A.N.D.S. believes

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

For more information

CONTACT YOUR LOCAL HEALTH DEPARTMENT

Kentucky's HANDS
Every parent needs a second pair of HANDS

Cabinet for Families and Children
Adult & Child Health Improvements

275 East Main Street
Frankfort, KY 40621
(502) 564-3756

www.chfs.ky.gov/dph/mch/ecd/hands

KIDS NOW
Kentucky Invests in Developing Success

Kentucky UNBRIDLED SPIRIT

Funded by: Federal Medicaid
and Phase I Tobacco Settlement funds

What can I do to have

. . . a healthy pregnancy?

. . . a healthy baby?

. . . a healthy toddler?

Kentucky's HANDS
Every parent needs a second pair of HANDS

PROVIDING SUPPORT TO PARENTS, RIGHT FROM THE START, RIGHT IN THEIR OWN HOMES

WHY should parents participate in H.A.N.D.S.?

Pregnancy and becoming a parent for the first time can be overwhelming experiences, which come with worries, questions, and stress.

During pregnancy a parent may wonder:

- *"Are the feelings I'm having about my pregnancy typical?"*
- *"What physical changes and discomforts can be expected during pregnancy?"*
- *"What should I know before delivery and before bringing my baby home?"*

After the child arrives questions may include:

- *"How do I know what my baby needs when he cries?"*
- *"How do I help my baby feel secure and loved?"*
- *"When should my child begin walking and talking?"*
- *"How important is a dad's role in a child's development?"*
- *"What is appropriate discipline?"*

H.A.N.D.S. is available to answer these kinds of questions and provide parents with support in developing a parent-child relationship.

I feel like H.A.N.D.S. helped me to know my son on a whole new level. I feel like I have a better understanding of him and that means so much to both of us. Even before he was born H.A.N.D.S. helped me know and love him better. Thanks for your patience. Thanks for everything! ***—A H.A.N.D.S. Parent***

WHAT can parents expect?

All families will receive information and learn about community resources for new parents.

Some families will receive further support through home visitation. Right in their home, these families will engage in fun activities to learn more about:

- Having a healthy pregnancy
- Caring for their baby
- How to bond with their child
- How to provide their child with enriching learning experiences
- Creating a safe and healthy home
- Community Resources
- Child Development

WHO can participate?

(At no cost to families)
First-time, new and expectant moms and/or dads can participate.

WHEN can participation begin?

Participation in H.A.N.D.S. can begin during pregnancy or anytime before a child is 3 months old.

HOW has H.A.N.D.S. improved Kentucky families' lives?

Families who participated in H.A.N.D.S. (compared to families who did not participate) experienced*:

- Fewer premature infants
- Fewer low birth weight babies (<5 lbs, 9 oz)
- Fewer very low birth weight babies (<3 lbs, 5 oz)
- Fewer developmental delays

Studies have shown that families who participate in HANDS in the first trimester of pregnancy experience even fewer incidence of the above.

Parent also reported improvements in their

- Home's safety
- Coping skills
- Support system
- Amount of stress
- Discipline techniques
- Anger management skills

**Results according to 2002-2005 vital statistic data and program evaluation data.*