

I just found out I am pregnant, and have so many different feelings. I am worried, but also happy. Is this normal?

There are many reactions that parents have to a new pregnancy, and they are all normal! It is much easier to talk about the "good" feelings than it is to share those we fear others might criticize. Sharing your feelings allows you to talk with others to get a new perspective and, most importantly, to move on with a healthy pregnancy and preparations for your new baby!



I feel sick... all the time. What are some things I can do to ease the sick feeling?

Girl, your body is working hard! While your little one is growing comfortably in your belly, you may experience some discomforts, including nausea, also known as morning sickness. There are some things you can do to keep your gag reflex in check, though. Be sure to eat something-like a cracker or pretzel- before you get out of bed. Small meals and snacks throughout the day, instead of three larger meals, can help you keep your stomach settled. Most importantly, keep your doctor updated on how you're feeling, and be sure to listen to your body.



Interested in more prenatal, development, safety and nutrition tips? **HANDS** has just what you need.



#KYHANDS



[www.KYHANDS.com](http://www.KYHANDS.com)

Contact your local Health Department.



I'm worried about sleep safety. How can I protect my baby while he sleeps?

Crib bumpers and stuffed animals may be cute, but they are not safe sleep partners for your baby. As a matter of fact, it is recommended that no items be placed in the crib with your child. Warm pajamas can be used to keep your baby warm. If you must use a blanket, it should come no higher than your baby's chest, and should be tucked in around the mattress so it can't move. Babies shouldn't sleep on other beds, sofas, chairs or other surfaces that could be unsafe. You should also always lay your baby on his back to reduce the risk of Sudden Infant Death Syndrome (SIDS). To give you further peace of mind, we recommend learning CPR, even though you will hopefully never have to use it.



It seems everyone has advice on how to raise my child. Would HANDS be just another voice telling me what to do?

From your own relatives and friends, to strangers on the street, there are many people who may try to offer advice during your pregnancy. At HANDS, we want you to know that we are here to support you and to help you get what you want for yourself and your baby. We are not here to give you advice. We will be working together, sharing information to support you and your family. At HANDS, we believe every parent needs a second pair of hands!





# Kentucky's HANDS

## What is HANDS?

The Health Access Nurturing Development Services (HANDS) program is a voluntary home visitation program for moms, dads and families. We provide information on prenatal care, nutrition, safety and child development, all to help you on your journey to be a successful parent.

## Who can participate?

Contact your local health department for more information, but be sure to **call soon!** Families must be enrolled prenatally or before a child is three months old. All 120 Kentucky Counties can work with first time parents, and now 78 counties can work with families with more than one child.

## What can you expect?

Through HANDS, you will receive support, information and activities that will help you and your baby navigate early parenthood together. Our goals are to support healthy child growth and development, ensure safe homes and help parents reach the goals they have for their children and their family.

## I'm interested. How do I get involved in the HANDS program?

To get involved, contact your local health department, or visit [www.KYHANDS.com](http://www.KYHANDS.com) to find a HANDS program near you.

## Every parent needs a second pair of HANDS!



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