

## 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



**Cabinet for Health and Family Services**  
275 East Main Street, HS2W-C  
Frankfort, KY 40621  
(502) 564-3756, ext. 2  
[www.chfs.ky.gov/dph/mch/e cd/hands](http://www.chfs.ky.gov/dph/mch/e cd/hands)



Kentucky Invests in Developing Success



Funded by: Federal Medicaid and Phase I Tobacco Settlement funds (first-time parents); Maternal, Infant, and Early Childhood Home Visiting (MIECHV) grant funds (parents with more than one child)

Are you an expectant parent  
or parent of a newborn?

Do you have questions about having

...a healthy pregnancy?

...a healthy baby?

...a healthy toddler?

...a healthy family?



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

Pregnancy and parenthood 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?”
- “How do I prepare my other child/children for the addition of a new sibling?”

After the child arrives questions may include:

- “How do I know what my baby needs when he cries?”
- “How do I help my baby and other children 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?”
- “How do I balance everyone’s needs in my family?”

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

## 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
- Dealing with stress

## WHO can participate?

(At no cost to families)

- Any first-time or expectant parent (mom/dad)
- **NEW! (in select counties)** No longer just for first time families! Also available for new or expectant parents who are parenting other children. (Contact your local health department to see if this service is available in your county.)

## 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 H.A.N.D.S. in the first trimester of pregnancy experience even fewer incidence of the above.

Parents 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.