

## How can HANDS help you?

- ✔ Provide support through your pregnancy and the early years of your baby's life
- ✔ Provide guidance on how you can ensure your home is the safest it can be for your baby
- ✔ Provide you with resources to help you know if your baby is growing and developing in healthy ways
- ✔ Offer helpful information on different ways to care for your baby
- ✔ Offer activities that you and your baby can enjoy together to stimulate your baby's brain development
- ✔ Connect you with other community resources and services



“HANDS gave me the confidence and support I needed to ensure my child was meeting milestones and was safe and protected.”

-HANDS Mom, Franklin County, KY

## Contact your Local HANDS Agency:

For a list of local HANDS agencies:



Scan the QR code or visit:

<https://www.chfs.ky.gov/agencies/dph/dmch/ecdb/hands/HANDSAgencyContactList.pdf>

Kentucky  
**HANDS**   
Health Access Nurturing Development Services  
*Every family needs an extra pair of HANDS.*

TEAM  
**KENTUCKY.**  
CABINET FOR HEALTH  
AND FAMILY SERVICES

  
**Kentucky Public Health**  
Prevent. Promote. Protect.

*Every family needs an extra pair of hands!*



Kentucky  
**HANDS**   
Health Access Nurturing Development Services  
*Every family needs an extra pair of HANDS.*

HEALTHY PREGNANCIES  
HEALTHY BABIES  
HEALTHY FAMILIES

## What is HANDS?

Pregnancy and parenthood are exciting times for new parents! These new experiences can be overwhelming and stressful, and you may have questions.

HANDS is a voluntary program for new or expecting parents. HANDS supports families as they build healthy, safe environments for the best possible growth and development of their children.

## What can I expect from the HANDS program?

At no cost to the family, the HANDS program encourages, supports, and provides information to new parents and families as they develop healthy parent-child relationships.

HANDS was created to support healthy child growth and development and to help parents reach their goals for their new babies and the family.

Some of the resources, information, and activities we provide include:

- Suggestions on how to have a healthy pregnancy and birth
- Enriching learning experiences and activities for you and your baby
- Tools and resources on how to deal with stresses that come with new babies
- Resources on baby development, care, and bonding
- And more tailored to your unique needs



## Who can participate?

You may qualify for services if you or your loved one is currently pregnant or your baby is less than 90 days old. HANDS services are available in all 120 Kentucky counties.

Contact your Local HANDS Agency for more information on how you can start enrolling in HANDS.

## HANDS is here to support you!

At HANDS we want you to know that we are here to support you. We will work together, sharing information and resources to help you ensure you and your baby have a safe, happy and healthy life.

### HANDS believes:

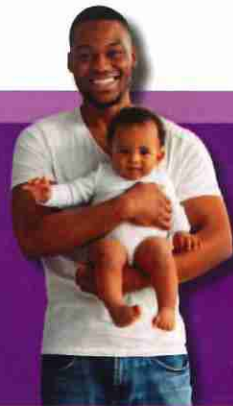
- All parents want to be good parents.
- All parents want their children to be healthy.
- All families have strengths.
- Families are responsible for their children.
- Families are the primary decision makers regarding their children.
- Communities recognize their roles in children's lives.
- Communities 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.

## HANDS in action:

Since its start, the HANDS program has served more than **150,000** families.

Parents who participated in the HANDS program reported improving their:

- Home safety
- Coping skills
- Support system
- Stress management skills
- Child discipline techniques



### DID YOU KNOW?

Any parent expecting a new baby or with an infant less than 90 days old can participate in the **HANDS** program.



To learn more about the HANDS program and how it can benefit you and your family, scan the QR code or visit:

<https://www.chfs.ky.gov/agencies/dph/dmch/ecdb/Pages/hands.aspx>