

## 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.



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## Are you pregnant or the parent of a newborn?

### Do you have questions about...

...a healthy pregnancy?



...a healthy baby?



...a healthy toddler?



...a healthy family?



Kentucky's

## HANDS

Every parent needs a second pair of HANDS



## Why should parents participate in HANDS?

**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 for my child?”
- “How do I balance everyone’s needs in my family?”

**HANDS is a voluntary home visitation program for moms, dads and families. HANDS answers these kinds of questions and provides parents with support in developing a parent-child relationship, at no cost to the family.**

## What can parents expect?

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

**Some families will receive further support through home visitation. These families will engage in fun activities, right in their home, 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
- Child development
- Dealing with stress

## Who can participate?

- Any parent (mom/dad) expecting a new baby
- Families must be enrolled prenatally or before a child is 90 days old



**Providing support to parents, right from the start, right in their own homes**



## How has HANDS improved Kentucky families' lives?

**Families who participated in HANDS (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.**

**Parents also reported improvements in their:**

- Home’s safety
- Coping skills
- Support system
- Amount of stress
- Discipline techniques