

# Are you an expectant parent or parent of a newborn?

**Do you have questions about having**

## **...a healthy pregnancy?**

*"Are the feelings I'm having typical?"*

*"How is my baby developing each month?"*

*"What should I know before delivery?"*

## **...a healthy baby?**

*"How do I know what my baby needs?"*

*"How do I help my baby feel secure and loved?"*

*"What should I expect as my child grows?"*

## **...a healthy toddler?**

*"When should my child begin walking and talking?"*

*"How important is a dad's role in a child's development?"*

*"What is appropriate discipline?"*

## **...a healthy family?**

*"How do I manage the stress of having more than one child to care for?"*

*"How do I discipline my older children without making them feel like I love the new baby more?"*

*"How do I balance everyone's needs?"*



**If you answered 'yes' to any of these questions and would like more information, contact your local health department to learn more about HANDS.**



*Kentucky's*  
**HANDS**

Every parent needs a second pair of **HANDS**

