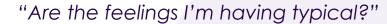
Are you an expectant parent or parent of a newborn?

Do you have questions about having





"How is my baby developing each month?"

"What should I know before delivery?"



"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?"

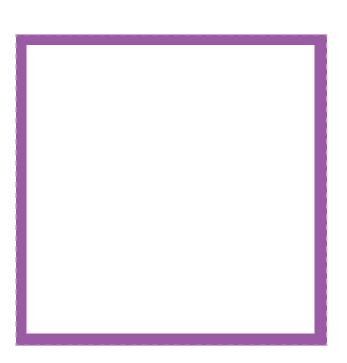
"What is appropriate discipline?"

...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.



