

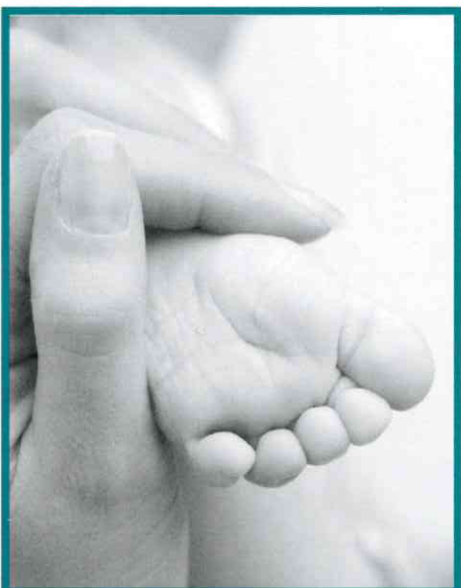
## Problems in Pregnancy

### Can be caused by....

- Stress
- Tobacco use
- Depression or anxiety
- Poor nutrition
- Lack of prenatal care
- Relationship stress
- Alcohol or drug use

### Risks to your baby may include....

- Poor growth
- Born too early or too small
- Eating or sleeping problems
- Crying a lot
- Learning problems



*"There is no sound quite so  
sweet as the pitter-patter of  
little baby feet."*

—Unknown

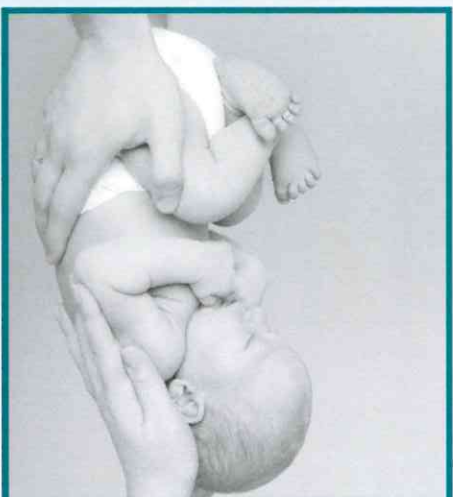
**KY Moms Program of  
Cumberland River  
Behavioral Health, Inc.  
Regional Prevention Center**



223 South Cherry Street  
Pineville, KY 40977  
(606) 337-2070



**Linking pregnant women  
to services that will help  
them have healthier babies**



This program is supported with  
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the Kentucky Early Childhood  
Development Authority.

**(606) 337-2070**