

Kentucky HANDS

Health Access Nurturing Development Services

Every family needs an extra pair of 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.

The HANDS program can:

- ✓ 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

WHO CAN PARTICIPATE?

If you or your loved one is currently pregnant or your child is less than 90 days old you/they may qualify. HANDS services are available in all 120 Kentucky counties.

HANDS IN ACTION

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

Parents who participated in the HANDS program reported improvements in their:

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

“**HANDS** was valuable to our growing family. It has helped both of our children grow into the independent and creative thinkers that they are today. The staff's professionalism and devotion meant that they were 'all-in' for our family.”



—HANDS Dad, Clark County, KY



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>

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