

Is my baby at risk?

Problems during pregnancy can be caused by:

- Stress
- Poor nutrition
- Tobacco use
- Alcohol use
- Drug use
- Depression or anxiety
- Domestic violence
- Lack of prenatal care

Problems that can occur:

- Poor growth
- Premature birth or low birth weight
- Eating and sleeping problems
- Developmental delays
- Excessive crying
- Learning disabilities



Remember. . . .

It's never okay to use alcohol, tobacco, and other drugs during pregnancy. But it is never too late to stop using them. Because a baby is developing the entire nine months, stopping use at any stage will improve his or her chances for a healthier life. What greater gift could a mother give a child?

Department for Mental Health and
Mental Retardation Services
Division of Mental Health and Substance Abuse
KIDS NOW Plus Program
100 Fair Oaks Lane, 4 E-D
Frankfort, KY 40621



KIDS NOW Plus



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



This program is supported with
Tobacco Settlement funds through the
Kentucky Early Childhood
Development Authority.

Pregnant?
.... Stressed?

- Over the past few weeks, has worry, anxiety, depression or sadness made it difficult for you to do your work, get along with others, or take care of things at home?
- Are you, your family, or friends concerned about your drinking or drug use?
- Are you feeling at all unsafe in any way in your relationship with your current partner or with a previous partner?

If you answered “yes” to any of these questions, KIDS NOW Plus can help!



What is KIDS NOW Plus?

KIDS NOW Plus helps you find the services you need to have a healthy baby.

A case manager understands how stressful pregnancy can be, and is there to listen and to help you find the services you and your baby need.

You can see a *KIDS NOW Plus* case manager at any time during your pregnancy and for up to two months after delivery.

There is no charge to you for *KIDS NOW Plus* services.

Throughout your pregnancy you will receive free gifts for you and your baby.

KIDS NOW Plus Services

KIDS NOW Plus case management services include:

- Support and encouragement
- Referral to prenatal and well baby care
- Referral to “Healthy Baby Classes”
- Help with tobacco, alcohol and drug problems
- Information about available community resources such as:
 - * Housing and other basic needs
 - * Mental health counseling
 - * Domestic violence services
 - * Smoking cessation assistance

How can I get more information?

Contact Suzanne Carrier at
(800) 374-9146
(502) 564-4556

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“A mother must always think twice - Once for herself and once for her child.”

~ Sophia Loren