



# Kentucky's HANDS

## What is HANDS?

The Health Access Nurturing Development Services (HANDS) program is a voluntary home visitation program for moms, dads and families. We provide information on prenatal care, nutrition, safety and child development, all to help you on your journey to be a successful parent.

## Who can participate?

Contact your local health department for more information, but be sure to **call soon!** Families must be enrolled prenatally or before a child is three months old. All 120 Kentucky Counties can work with first time parents, and now 78 counties can work with families with more than one child.

## What can you expect?

Through HANDS, you will receive support, information and activities that will help you and your baby navigate early parenthood together. Our goals are to support healthy child growth and development, ensure safe homes and help parents reach the goals they have for their children and their family.

## I'm interested. How do I get involved in the HANDS program?

To get involved, contact your local health department, or visit [www.KYHANDS.com](http://www.KYHANDS.com) to find a HANDS program near you.

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



#KYHANDS



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