

HANDS can help. HANDS is for YOU!

Ever feel like you need an extra set of HANDS?

With all of the new discoveries and adventures of first-time parenthood, you are sure to have a few questions.

What is HANDS?

HANDS is a Jessamine County Health Department support program for expecting and first-time parents of children up to 2 years old.

Sign up must occur before the infant is 3 months old.

The benefits of a helping hand...

- Healthy and safe homes
- Positive pregnancy outcomes
- Self-sufficient families
- Optimal child growth and development

HANDS is Free.....and Enrollment is EASY!

Requirements include:

- Must be first-time parents (Either the mother or father has to be a first time parent)
- Must enroll during pregnancy or BEFORE the infant is 3 months old
- Income restrictions do not apply

Before the baby arrives...

- First-time parents enroll in the program and meet the HANDS staff
- A HANDS staff member meets with expecting parents to help them learn about and practice life-style choices to give their baby the best possible start in life

During pregnancy...

- A HANDS staff member will visit the home and meet with the family 1 to 4 times to teach the parents about prenatal care, basic childcare and parenting skills

Once the baby is born, regular visits provide:

- Mentoring
- Support
- Problem-solving
- Child Development
- Home Safety
- Importance of Immunizations/Healthcare

HANDS offers great family events!

- HANDS Fall Celebration Event & Pumpkin Give-a-Way at Main & Maple
- HANDS Summer Event at the Jessamine County Aquatic Center

A special thanks to our HANDS sponsors for their continued support!

- Heads Up Hair Salon
- Oak Factory Outlet
- Kentucky Bank
- Main and Maple Café & Coffee House
- Nicholasville Pediatrics
- Nicholasville/Wilmore Farmer's Markets
- Papa Murphy's Pizza
- Town Square Bank

The BEST way to make a difference in the lives of Jessamine County residents?

Start at the beginning.

New HANDS Program Incentives!

The HANDS program now offers new and even more exciting incentives. Don't miss out on them!

- **A \$10.00 Wal-Mart gift card upon enrolling in the HANDS program**
- **A \$10.00 Wal-Mart gift card for first visit with FSW after enrolling**
- **A \$10.00 Wal-Mart gift card for every 4 consecutive visits that you keep. Visits MUST be consecutive**
- **A \$10.00 Wal-Mart gift card upon the birth of your child**
- **A \$10.00 Wal-Mart gift card when your child turns 1 year old, and a photo album with pictures of you and your child**
- **A small birthday cake for your child on his/her first birthday**
- **Two HANDS events throughout the year where extra prizes will be awarded**
- **Upon completion of the HANDS program, you will receive a \$50.00 savings bond for your child at Town Square Bank upon opening a savings account**

Please join us in the HANDS program.....Every parent needs a second pair of HANDS!

