

What is KN+?

- ⇒ KIDS NOW Plus helps you find the resources and services you need to have a healthy baby.
- ⇒ KIDS NOW Plus provides caring, non-judgmental staff members that provide ongoing support for mothers during pregnancy and post partum.
- ⇒ KIDS NOW Plus offers prenatal education and early intervention to improve a mother's emotional, social, and physical well-being.

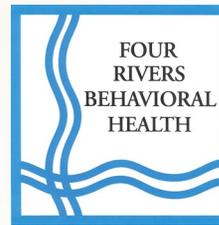
****There is no charge to you for KIDS NOW Plus Services.***



Four Rivers Behavioral Health

Regional Prevention Center
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Department for Behavioral Health
Developmental and Intellectual Disabilities
Division of Behavioral Health, Adult Substance Abuse Treatment and Recovery Services Branch
KIDS NOW Plus Program
275 E. main Street 4W-F
Frankfort, KY 40621

KIDS NOW Plus



Reducing harm to Kentucky mothers and their children from maternal substance use during and after pregnancy.

Think Happy, Be Happy.

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



Are You Stressed?

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 previous partner?

...If yes, KIDS NOW Plus can help!

Know the Facts!

- National and local surveys indicate that approximately 10% of pregnant women will use illicit drugs during their pregnancy. Almost twice as many will use alcohol, and at least a quarter of Kentucky women smoke cigarettes while they are pregnant.
- Research indicates that substance use during pregnancy occurs at nearly equal rates across races and income levels.
- Even if a woman uses alcohol, tobacco, or other drugs throughout her pregnancy, regular prenatal care can greatly increase her chances of having a healthy baby.
- Fetal Alcohol Syndrome is the leading known cause for mental retardation. It occurs more frequently than other known causes, such as Down Syndrome, and is 100% preventable.

