

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

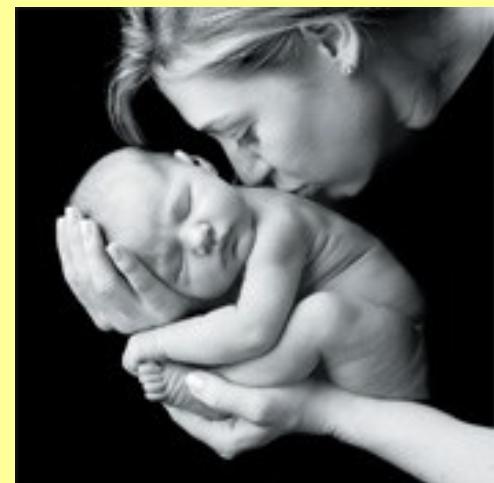


Remember....

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?

KY-Moms MATR

Formerly known as 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?

- Have you had feelings of sadness, lots of worries and/or anxiousness that have lasted two weeks or longer?
- 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, KY-Moms MATR can help!



What is KY-Moms MATR?

KY-Moms MATR helps you find the resources you need to have a healthy baby.

KY-Moms MATR are caring, non-judgmental care providers that provide ongoing support for mothers during pregnancy and postpartum.

KY-Moms MATR offers prenatal education and early intervention to improve a mother's emotional, social and physical well-being.



**There is no charge to you for
KY-Moms MATR services.**

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

KY-Moms MATR Services

KY-Moms MATR offers:

- Prenatal Education and Support
- Resources for prenatal care
- Information about available community resources such as:
 - * Housing and other basic needs
 - * Mental health counseling
 - * Domestic violence services
 - * Smoking cessation assistance
 - * Alcohol and drug education and counseling
- Assistance in obtaining a lifestyle that is tobacco, alcohol and drug-free

How can I get more information?

Contact:

KY-Moms MATR
Regional Prevention Center
1311 N Dixie Ave Bldg. A
Elizabethtown, Kentucky 42701

Administrative Assistant

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

~ Sophia Loren