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?
**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!*

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**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.

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**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

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**How can I get more information?**

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

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

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

~ Sophia Loren

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Contact:

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

Administrative Assistant