

## *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.

**Kentucky**  
UNBRIDLED SPIRIT™

# 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*