Problems during pregnancy can be caused by:

- Poor nutrition
- Tobacco use
- Alcohol use
- Drug use
- Stress
- Depression
- Anxiety
- Little or no prenatal care
- Domestic violence

Problems that can occur:

- Poor growth
- Facial malformations
- Organ defects
- Premature birth
- Low birth weight
- Eating and sleeping problems
- Developmental Delays
- Excessive Crying
- Learning Disabilities

Is my baby at risk?

KIDS NOW Plus

Linking pregnant women to services that will help them have healthier babies

KIDS NOW Plus Pennyroyal Regional Prevention Center 607 Hammond Plaza Hopkinsville, KY 42240
**What is KIDS NOW Plus?**

KIDS NOW Plus (KNP) educates the public about the impact of substance use on pregnancy and parenting. KNP also promotes smoking cessation and positive lifestyle choices to help babies be born healthy and drug-free.

Case managers who understand family issues are available to help direct you to the services you and your baby need. We can get involved at any time during your pregnancy and will follow up with you and your baby up to 60 days post delivery.

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

---

**KIDS NOW Plus Services**

KIDS NOW Plus services may include:
- Prevention Education Classes
- Case management
- Crisis intervention
- Referral to prenatal care
- Help with alcohol and drug problems
- Information about available community services such as:
  - Mental health services
  - Domestic violence services
  - Smoking cessation

**Throughout the program, participants will receive incentives for participation.**

---

**Pregnant? . . . Stressed?**

- Over the past few weeks, 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 with a previous partner?

If you answered “yes” to any of these questions, KN+ may be able to help.

---

**How can I get more Information?**

Pennyroyal Regional Prevention Center
270-886-0486 or 1-877-473-7766
knp@pennyroyalcenter.org

“ A mother must always think twice- Once for herself and once for her Child.” •Sophia Loren