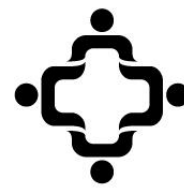


# Prenatal & Family Programs

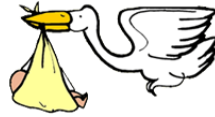
JANUARY TO JUNE 2019



## Family Health Centers

### ■ *Baby Shower*

Welcome, baby! Fun, snacks, resources, and door prizes. Free!



Portland Offered Wednesday 1/16 and 5/1, 1:00 to 2:30 PM.

### ■ *Prenatal Group*

Weekly conversations about everything you need to know to be ready for your baby: having a healthy pregnancy, what to expect during labor, breastfeeding, bringing home your baby, and more.



- Free! Join anytime!
- Fathers and birth partners welcome.
- Earn diapers and door prizes.

Portland Offered Wednesdays, 1:00 to 2:00 PM.

### ■ *New Parent Group*

Weekly conversations about everything you need to know as a new parent: infant care, feeding and sleep issues, tummy time, child development, and more.



- Free! Join anytime!
- Fathers and birth partners welcome.
- Earn diapers and door prizes.

Portland Offered Wednesdays, 2:00 to 3:00 PM.

### ■ *Healthy Journey for Two Class*

Learn about healthy choices to have a healthy pregnancy and baby. Earn a gift card. Free!

East Broadway Attend Friday 1/18, 2/15, 3/15, 4/19, 5/17, or 6/14, 10:00 AM to 12:00 PM.

For classes at other locations, call (502) 341-5400.

### PRENATAL RESOURCES

- ▶ For Healthy pregnancy tips: text "BABY" to 511411.
- ▶ To learn about incentives for going to prenatal visits: call your Medicaid provider.
- ▶ For food help from WIC: call (502) 574-6676.
- ▶ For all other help: call 211 or go to [www.louieconnect.com](http://www.louieconnect.com).

### ■ *Family Playgroup*

For parents and children 0 to 5 years old. Learn and have fun with your child through art, music, movement, and more! Free!



East Broadway Offered Thursdays, 10:00 to 11:30 AM.

Americana Offered Tuesdays, 10:00 to 11:30 AM.

### ■ *Arts in Healing Class*

For parents and school-age children. Learn and have fun with your child through arts and crafts, music, drumming, dance, poetry, and more. Free!



East Broadway Offered Saturdays, 11:30 AM to 12:30 PM.

### ■ *5-2-1-0 Family*



- Eat **5** servings of fruits and vegetables every day.
- Spend **2** hours or less on screen time daily.
- Enjoy **1** hour or more of physical activity daily.
- Have **0** sugary drinks daily.

Ask your health provider about programs to help you and your child maintain a healthy weight.

### ■ *Smoke-Free Family*

Get the support and tools you need to quit, for you, for your baby, for your family.



- Enroll in GIFTS: (502) 303-5663 (for pregnant women).
- Enroll in Freedom From Smoking classes: (502) 772-8588.
- Phone counseling: 1-800-QUIT-NOW.
- Online help: [www.quitnowkentucky.org](http://www.quitnowkentucky.org).

### ■ *Teen Health Workshop*

Do you want to know more about your reproductive health? Learn about safe sex practices, LGBTQ issues, resources for teens, and more. Ages 10+. Free!



East Broadway Offered Wednesday 2/6, 3/6, 4/3, 5/1, and 6/5, 5:00 to 6:00 PM.

## ■ Child Safety Program

Infant car seats for babies who are 4 to 35 pounds. Available to FHC prenatal patients only. Cost: \$20.

Convertible and forward-facing car seats for children up to 65 pounds. Available to FHC pediatric patients only. Cost: \$20.

Booster seats for kids who are 40+ inches tall, 40+ pounds, and 4+ years old. Available to FHC pediatric patients only. Free!

Car seat check-ups – bring your car seat and learn how to use and install it correctly. Free!

Bike helmets for kids, teens, and adults. Cost: \$5.

All locations      By appointment.

Kentucky state law requires children 40 inches tall or less to ride in a child passenger restraint (car seat). Children 40 to 57 inches tall are required by law to use a booster seat until age 8.



## ■ Clases en ESPAÑOL

	<i>Fiesta de bienvenida del bebé / Baby Shower</i>
East Broadway	Asista jueves 1/31 o 4/25 de 1:00 a 3:00 PM. Celebra a tu bebe con pastel y premios. ¡Gratis!
	<i>Clase de embarazo saludable</i>
East Broadway	Asista viernes 1/11, 3/8 o 5/10 de 10:00 AM a 12:00 PM. Obtener una tarjeta de regalo y premios. ¡Gratis!
	<i>Trabajo de parto / alumbramiento, lactancia materna y cuidado Infantil, todo en una clase</i>
East Broadway	Asista sábado 2/9 o 5/11, de 9:00 AM a 12:00 PM. Refrigerios y premios. ¡Gratis!
	<i>Clase de lactancia materna</i>
WIC	Llame a Joan al (502) 550-7343.
	<i>Programa de seguridad infantil</i>
En todas las clínicas	Asientos de coche para bebés de 4 a 35 libras. Asientos convertibles de coche para niños de hasta 65 libras. Costo: \$20. Los asientos elevados para niños con más de 40 pulgadas de alto, 40 libras, y al menos 4 años de edad. ¡Gratis!
	Disponible únicamente a pacientes.

**To sign up for any of these programs, call (502) 772-8588**

Para más información, llame a (502) 772-8588



**Additional help from:** Mama to Mama, Louisville Metro Public Health and Wellness, Centerstone, KY Center for the Arts, Safe Kids Louisville, Buckle Up for Life, Norton Healthcare

## Family Fun and Learning!

Free Public Library.....www.lfpl.org / (502) 574-1611

- ▶ Year-round and summer reading programs.
- ▶ Story times for babies, toddlers, and families.
- ▶ Free use of TumbleBooks and ABC Mouse.

Metro Parks.....(502) 456-8100

- ▶ Find parks, playgrounds, pools, community centers, youth sports leagues, and more.

KY Science Center...727 W. Main St....(502) 560-7128

- ▶ Playdates with free admission for kids ages 0-4.

Speed Art Museum....2035 S. 3<sup>rd</sup> St....(502) 634-2700

- ▶ Free admission on Sundays, 12:00 to 5:00 PM.

My Big Little Adventure...www.mybiglittleadventure.org

- ▶ Find STEM activities to do at home and in the community.

Imagination Library...www.imaginationlibrarylouisville.com

- ▶ Sign up to get free books in the mail! (certain zip codes)

Metro United Way Ages and Stages . . (502) 292-6159

- ▶ Learn how to support your child's development and make sure they are on track. Receive free books!

### Ready for Kindergarten: At home, On the bus, In the car!

**SING** the ABCs, The Itsy Bitsy Spider, make up a song!

**PLAY** hop on one foot; act out something you read

**WRITE** cut out a shape; use playdough to make letters

**READ** read 3 books a day; look for letters when outside

**TALK** tell a story; compare sizes, colors, and shapes

**Get more ideas at [www.sayandplaywithwords.org](http://www.sayandplaywithwords.org)!**

## Do you need a doctor?

## Do you need health insurance?

### Family Health Centers welcomes new patients!

We offer care for adults, pediatric care, women's health, prenatal care, behavioral health, lab and x-ray, dental care, pharmacy, insurance help, and more.

We accept most health insurance, including Medicaid, Medicare, and private insurance. We also see patients with no health insurance.

We help patients sign up for free / low-cost health insurance through Medicaid or the Affordable Care Act.

### Check out our website and patient portal:

[www.fhclouisville.org](http://www.fhclouisville.org)

follow us on  
**twitter**



Find us on  
**Facebook**

- PORTLAND: 2215 Portland Ave. (502) 774-8631
- EAST BROADWAY: 834 E. Broadway (502) 583-1981
- IROQUOIS: 4100 Taylor Blvd. (502) 366-4747
- FAIRDALE: 1000 Neighborhood Pl. (502) 361-2381
- AMERICANA: 4805 Southside Dr. (502) 772-8860