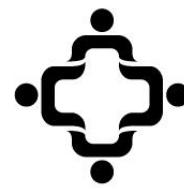


Prenatal & Family Programs

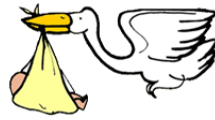
JANUARY TO JUNE 2020



Family Health Centers

■ Baby Shower

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



East Broadway	Offered Wednesday 1/29, 1:00 to 2:30 PM.
Portland	Offered Wednesday 3/18, 1:00 to 2:30 PM.
Fairdale	Offered Wednesday 5/6, 1:00 to 2:30 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 1/10, 2/7, 3/13, 4/17, 5/8, or 6/12, 10:00 AM to 12:00 PM.
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■ Beautiful Beginnings Class

FHC partners with the Center for Women and Infants at University of Louisville Hospital to make sure our patients have great prenatal care from start to finish. Attend the Beautiful Beginnings class to tour delivery rooms and learn about pregnancy, childbirth, breastfeeding, and infant care. To register, call 562-3094. Free!



MORE CHILDBIRTH CLASSES

- Norton Healthcare: 629-1234, www.nortonhealthcare.com
- Baptist Health: 897-8131, www.baptisthealth.com

■ Clases en ESPAÑOL

East Broadway	<i>Fiesta de bienvenida del bebé</i> Asista jueves 2/13 o 5/7 de 1:00 a 2:30 PM. ¡Gratis!
East Broadway	<i>Clase de embarazo saludable</i> Asista viernes 1/31, 3/20, o 5/15 de 10:00 AM a 12:00 PM. Obtener una tarjeta de regalo y premios. ¡Gratis!
East Broadway	<i>Trabajo de parto / alumbramiento, lactancia materna y cuidado Infantil, todo en una clase</i> Asista sábado 2/22 o 5/16, de 9:00 AM a 12:00 PM. Refrigerios y premios. ¡Gratis!
En todas las clínicas	<i>Programa de seguridad infantil</i> 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.

■ Say and Play With Words Class

For parents and children 2 to 32 months old. Talk builds babies' brains! Learn about talking more with your child during normal daily routines, while out and about, and during story time. Use a "talk pedometer" to find out the number of words your child hears each day. Receive toys, books, and gift cards. Childcare provided. Free!

Holy Name Catholic Church	Attend every Tuesday, 1/14 to 3/17, 10:00 to 11:30 AM.
East Broadway	Attend every Tuesday, 5/19 to 7/21, 2:30 to 3:30 PM.
Holy Name Catholic Church	Attend every Tuesday, 6/16 to 8/17, 10:00 to 11:30 AM.
Other locations	Call for more information.

■ 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.
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Holy Name Catholic Church	Offered Tuesdays, 10:00 to 11:30 AM.
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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 and for your family.



- Enroll in Freedom From Smoking classes: 772-8588.
- Phone counseling: 1-800-QUIT-NOW.
- Online help: www.quitnowkentucky.org.
- Ask your health provider for a prescription for nicotine replacement products or other medicines to help you quit. Most health insurance plans pay for at least one quit attempt per year.

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

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

More family fun and learning!

Free Public Library.....www.lfpl.org / 574-1611

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

Metro Parks.....456-8100

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

KY Science Center.....727 W. Main St. / 560-7128

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

Speed Art Museum.....2035 S. 3rd St. / 634-2700

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

Bright By Text.....text "KETKIDS" to 274448

- ▶ Get parenting tips, activities, games, and resources.

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.....292-6159

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

At home, on the bus, in the car



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

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

PLAY hop on one foot; act out something you read

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

WRITE cut out a shape; use playdough to make letters

More ideas: www.sayandplaywithwords.org

■ Child Safety Program

KY state law requires children less than 40 inches tall to ride in a child passenger restraint (car seat). Older children are required to use a booster seat until they are 57 inches tall or 8 years old. Seats are available at all FHC locations by appointment:

- 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.



Support for new parents

- ▶ For healthy pregnancy tips: text "BABY" to 511411.
- ▶ For pregnancy and parenting support: call HANDS, 893-3900 x230 (1st time parents).
- ▶ For pregnancy and parenting support: call Healthy Start, 574-6661 (residents of 40202, 40203, 40208, 40210, 40211, and 40212).
- ▶ To learn about incentives for going to prenatal visits, call your Medicaid provider.

Do you need help with housing, food, or utilities?

We can help! We know that social needs affect your family's health. FHC patients, call 772-8370 and we'll find the right resource for you. For other help:

- By phone – call 2-1-1
- Online – go to <http://www.louieconnect.com>
- Online – go to <http://kpc.auntbertha.com>

Do you need health insurance?

We can help! You may be eligible for Medicaid (free) or private insurance (discounts, payment help, and tax credits available through the Affordable Care Act). For help applying or to learn more:

- In person – call 772-8182 for an appointment
- Online – go to <http://benefind.ky.gov>
- By phone – call 1-855-459-6328

Do you need a doctor or dentist?

Everyone is welcome at Family Health Centers!

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

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

Check out our website and patient portal!

www.fhclouisville.org

follow us on
twitter

@FHCLouisville



Find us on
Facebook

www.facebook.com/FHCLouisville

Program locations

- FHC-PORTLAND: 2215 Portland Ave. (502) 774-8631
- FHC-EAST BROADWAY: 834 E. Broadway (502) 583-1981
- FHC-IROQUOIS: 4100 Taylor Blvd. (502) 366-4747
- FHC-FAIRDALE: 1000 Neighborhood Pl. (502) 361-2381
- UofL HOSPITAL: 530 S. Jackson St. (502) 562-3094
- HOLY NAME CATHOLIC CHURCH: 2914 S. 3rd St.

Additional help from: Mama to Mama, Centerstone, National Center for Families Learning, Safe Kids Louisville, Buckle Up for Life, Norton Healthcare