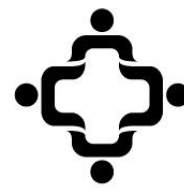


Prenatal & Family Programs

JANUARY TO JUNE 2021



Family Health Centers

Coronavirus / COVID-19 alert: All live classes will meet online or by phone.

PREGNANCY/CHILDBIRTH

► *Uofl Beautiful Beginnings*

FHC partners with the University of Louisville Hospital Center for Women and Infants to make sure our patients have great prenatal care from start to finish. Learn about pregnancy, childbirth, breastfeeding, and infant care. To register, call (502) 217-1936. Free!

Attend Tuesday 2/16 and 2/23, 6:00 to 8:00 PM.

Attend Saturday 4/17, 9:00 AM to 1:00 PM.

Attend Tuesday 6/22 and 6/29, 6:00 to 8:00 PM.

■ **On-demand classes:** Check our website for prenatal classes you can watch anytime.

■ **More resources for prenatal health:** For information and support during pregnancy and childbirth, call (502) 975-8285 or email info@mamatomama.us. Check our website for handouts, videos, and links.



Clases en ESPAÑOL

Preparación para el parto

Aprenda a cerca de un embarazo saludable, parto, y lactancia. Asista sábado 1/23 de 10:00 AM a 12:00 PM o lunes 4/5 de 6:00 a 8:00 PM. ¡Gratis!

Decisiones saludables para cada persona

Para padres y niños de 5 años o más. Aprenda como llevar una alimentación saludable, planificación de comidas con un presupuesto limitado, y más. Asista todos los miércoles, desde 3/2 hasta 4/13, 1:00 a 2:00 PM. ¡Gratis!

Programa de seguridad infantil

■ Asientos de coche para bebés de 4 a 35 libras. Asientos convertibles de coche para niños de hasta 65 libras. Costo: \$20. (Disponible únicamente a pacientes.) ■ Los asientos elevados para niños con más de 40 pulgadas de estatura, 40 libras, y al menos 4 años de edad. ¡Gratis!

■ **Más recursos:** Revise nuestro sitio web para folletos, videos, y enlaces.

FAMILY FUN AND LEARNING

► *Say and Play With Words*

For parents and children 2 to 32 months old. Talk builds babies' brains! Learn about talking more with your child during normal routines, while out, 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. Free!



Attend every Tuesday, 1/26 to 4/6, 6:30 to 7:30 PM.

Attend every Tuesday, 3/9 to 5/11, 10:00 to 11:00 AM.

Attend every Tuesday, 5/4 to 7/13, 6:30 to 7:30 PM.

Attend every Tuesday, 6/1 to 8/3, 10:00 to 11:00 AM.

► *Family Playgroup*

For parents and children 0 to 5 years old. Learn and have fun with your child through art, music, movement, and more! Activities during the 1st hour will delight toddlers and preschoolers; activities during the 2nd hour are specially designed for infants. Free!



Offered Thursdays, 10:00 AM to 12:00 PM.

■ **On-demand classes:** Check our website for family activity videos you can do anytime.

■ **More resources for families:** Check our website for handouts, videos, and links.

FAMILY HEALTH

► *Mindful Parenting*

For parents of children 0 to 10 years old. Learn to understand your child's emotions, connect more deeply, and interact calmly and wisely. Free!

Attend every Tuesday, 3/30 to 5/4, 5:00 to 5:45 PM.

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

FAMILY HEALTH



- 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.

■ **Resources for healthy eating:** Check our website for handouts, videos, and links. Contact us for health coaching.

■ **Resources for smoking cessation:** Check our website for handouts, videos, and links. Contact us for health coaching.



CHILD SAFETY

DRIVE SAFE: Kentucky 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!



RIDE SAFE: Louisville city law requires children biking in Metro Parks to use helmets. Helmets should be used at all times by riders of all ages to prevent brain injury in an accident.

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



SLEEP SAFE: Follow the ABCs to make sure your infant has a safe place to sleep – they should be **A**lone, on their **B**ack, in a **C**rib.



■ **More resources for child safety:** Check our website for handouts, videos, and links.

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. Appointments available in person or via telehealth.

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

Call (502) 774-8631 or check our website!

www.fhclouisville.org

follow us on
twitter

@FHCLouisville



Find us on
Facebook

www.facebook.com/FHCLouisville

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 (502) 772-8182 for an appointment
- Online – go to <http://kynect.ky.gov>
- By phone – call 1-855-459-6328

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 (502) 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>

SCAN with your smart phone camera to go directly to our website!



Call (502) 772-8588, email healtheducation@fhclouisville.org, or go to www.fhclouisville.org/healthed to learn more.

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