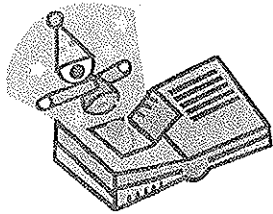


# For You and Your Baby

## Is your car seat really safe?

Do you want to know if your child's car seat is placed in your car correctly?  
Call or visit your local fire department.



## Babies and Books

Did you know that reading to young children helps them do better in school?  
Ask your baby's doctor about how to read to your baby.  
For information on helping adults learn to read, call NC Literacy Resource Center at 1-800-553-9759.

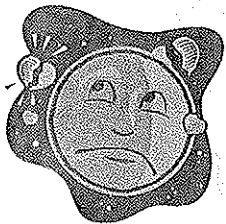
## Clear the Air

It's hard to quit smoking, but did you know that second hand smoke affects your baby's health? For information on ways to quit smoking, call American Lung Association at 1-800-LUNG-USA,



## Are You Ready to Quit?

Alcohol and drugs can be harmful to you and your baby.  
If you want to stop using, call Alcohol/Drug Council of NC at 1-800-688-4232.



## Feeling Blue?

Having a baby can bring physical & emotional stress.  
If you think you may have baby blues and/or postpartum depression, talk to your doctor or your baby's doctor.

## Love Shouldn't Hurt

Has someone you love ever hit, slapped or threatened you or your children?  
For confidential help call NC Coalition Against Domestic Violence at 1-888-232-9124.

## Looking for Child Care?

For information on finding quality, licensed childcare, call the Buncombe County Child Care Services at 828-250-6700. For childcare information in any county call NC Department of Child Care at 1-800-859-0829.

