

“You’re pregnant...WHAT?!” (part 1)

Not sure what to do? Take the lead with these 5 things:

- ✓ Now is the the best time to get involved. Make these appointments, give her a ride there, do whatever it takes so mom and baby get the things they need most. This checklist covers the first 5 things you should do (other than telling your parents). Let’s get started!

1. Her Next OB/GYN Doctor Appointment

Date: _____ Time: _____

Doctor’s Name/Phone: _____

Making this appointment (and making sure she gets there) is the #1 thing you can do for your baby. Ask around and pick a doctor you’ve heard good things about. One option is Adagio Health in Uniontown at 724-437-1582.

2. Pregnancy Counselor Appointment - for both of you!

Date: _____ Time: _____

Counselor’s Name/Phone: _____

It’s free. Go along and just listen. Your support means more than you know. Here are three choices:

Catholic Charities (Uniontown) - 724-929-4699 or 724-439-3531

Center of Hope (Uniontown) - 724-438-6070

Alternatives YES (Connellsville) - 724-628-5555 or 724-620-0900

3. Medical Insurance & Food Stamps (if you qualify)

You’ve made the doctor’s appointment? Great! Now apply for free health insurance and money for food - your family deserves good food, don’t they? Apply online at www.compass.state.pa.us - it’s easy. Or call the Fayette County Assistance Office at 1-877-832-7545 or 724-439-7015.

Pickles, ice cream. and more. You’ve got her needs and cravings covered!

Extra Credit

4. WIC - food for mom *and* your baby

You’re going the extra mile when you help her get her signed up for WIC. Apply online at www.fcaa.org/WIC/pre-app.jsp - awesome work! Or, you can call them at 724-437-6050 ext. 3211.

5. Great for mom AND baby (get signed up as soon as possible!)

These services totally rock! Get mom and baby signed up as soon as you know she’s pregnant!

Nurse-Family Partnership - 724-437-6050 ext. 1208

Early Head Start - 724-430-4818

Healthy Start - 724-425-1799

Free stuff to do!

Questions? Call us at 724-437-2590 x322.

Boy Scout Show

Sat, Feb 5 - 10am-8pm

Dunham’s Center Court, Uniontown Mall, Route 40, Uniontown

Westmoreland Fayette Council, Boy Scouts of America, Old Trails District will present the annual mall show.

Cake decorating contest, poster contest, pinewood derby, edible pinewood derby, soapbox parade and more!

Winterfest

Sat, Feb 5 - 11am-4pm

Sugarloaf Sledding Area, Ohiopyle, PA

Grab your opportunity to try a horse drawn sleigh ride, cross country skiing, snowshoeing, and sledding. You can also see real sled dogs and see them run the trail.

Bring your own sleds and equipment if you have them. If not they will have snow shoes and cross country skis for you to borrow.

Refreshments will be available inside the warming hut. Call 724-329-0986 for more info.

Snow and Go

Three Saturdays: Feb 27, Mar 6, Mar 20
Starts at 10am, ends at 2pm

Meet at the Meadow Run Slides parking lot, Ohiopyle State Park, Ohiopyle, PA

Meet between 10:00am and 11:00am to borrow snowshoes and cross country skis and get fitted for them. Gear must be returned between 2:00pm and 3:00pm. First come first served. Reservations are not accepted. Dress in layers to stay warm. Equipment loan only, no instructions. No fee for this course. Call 724-329-8591 for more info.

Snowshoeing and Cross Country Skiing

Sat, Mar 12 - starts at 10am, ends at 2pm
Meet at the Meadow Run Slides parking lot, Ohiopyle State Park, Ohiopyle, PA

Meet at 10am at the Meadow Run Slides lot in Ohiopyle to size up gear and head out on the trail. Trails will be selected based on snow level and participant experience. Bring a lunch and a good attitude and we will provide the gear, free of charge. Reservations strongly suggested by calling 724-329-0986.

DAD 2 DAD

\$100 in Sheetz or Walmart gift cards when you complete!

FREE CLASS FOR DADS

- Learn discipline that works
- Understand yourself & your kids
- Boost your confidence
- Communicate better
- Get more involved
- Deal with anger issues
- Build up your fathering skills

UNIONTOWN PIC OFFICE -- Six Monday Nights

480 Coolspring Road in Uniontown

(5:30-7:30pm): March 14, 21, 28, April 4, 11, 18

*Be a more confident, involved and loving father in six 2-hour sessions.
When you complete the program you'll get an official Dads Matter t-shirt too!*

Register today! 724-437-2590 x322

Call Dads Matter at 724-437-2590 x322 to sign up. Dad 2 Dad is free for anyone to attend!

Mission Statement: "Dads Matter of Fayette County's mission is to enable fathers to improve their relationships with their children; improve parenting skills; and help fathers overcome barriers that often prohibit them from being effective and nurturing parents by providing them with training and learning opportunities." **Eligibility & Corporate Info:** (1) **These services are available to all eligible persons, regardless of race, gender, age, disability, or religion.** (2) Dads Matter of Fayette County is a department of the Private Industry Council of Westmoreland/Fayette, Inc. Participation in Dads Matter of Fayette County is FREE and strictly voluntary. (3) The Private Industry Council of Westmoreland/Fayette, Inc. is a 501c3 non-profit corporation headquartered in Greensburg, PA. **Funding Info:** (1) Funding for this project was provided by the United States Department of Health and Human Services, Administration for Children and Families, Grant: 90FR0075/05. (2) Any opinions, findings, and conclusions or recommendations expressed in this material are those of the author(s) and do not necessarily reflect the views of the United States Department of Health and Human Services, Administration for Children and Families.



Free Dad 2 Dad class for fathers - see inside!

480A Coolspring Road
Uniontown, PA 15401



Dads Matter is a department of
the Private Industry Council of
Westmoreland/Fayette, Inc.

The Dad Difference

February 2011

Part One:

YOU'RE PREGNANT? WHAT?!

DON'T GO BABY CRAZY, HERE'S 5 THINGS YOU CAN DO!

DAD 2 DAD COMPLETION = \$100 IN GIFT CARDS TO WAL-MART OR SHEETZ

FREE STUFF TO DO IN FAYETTE COUNTY

A free publication of
Dads Matter

Find us on
Facebook
www.facebook.com/dadsmatter

Private
Industry Council

