



Family Development

	Month 7	Month 8	Month 9	Month 10	Month 11	Month 12
Empowerment		How child learns values	Progress toward goals Dealing with anger & keeping children safe	On-going learning as a parent Assertive parenting	Nurturing self-esteem	Progress toward goals & planning long-term goals
Relationships & Support	How parents were raised Mother's stress Importance of father's relationship with baby	Mother feeling safe with partner Father or partner helping with baby & chores	Expanding mother's support network	Father/baby relationship Handling conflict & keeping baby safe	Building trusting family relationships Baby's first birthday Transition plans if visits end	Father's involvement with baby's care Closure of home visits
Planning & Problem Solving	Life management skills Identify goals	Overcoming problems	Time management	Making good decisions Simplifying to reduce stress		
Career Development & Finances	Balancing work and school	Compare income & expenses	Monthly budgets & good credit Child support issues	Saving money	Good work habits	Budgeting and saving
Diet and Exercise	Pre-pregnancy weight	Self-image	Nutritious family meal times	Mother's weight		
Alcohol, Drugs, & Medications				Drug/alcohol use in the home		
Sex & STDs		Emergency birth control	Physical changes & mother's sexuality			
Family Planning	Satisfaction with birth control		Satisfaction with birth control & tracking renewal			Renewing birth control & reasons to wait a year before next pregnancy
Health Care		Mother's health			Vaginal infections	
Depression	Mother's mood swings					
Emotional Changes			Nurturing mother Mood swings & depression	Helping mom cope Mother's sleep		Creating a safety plan



Mother's Needs



Caring for Baby

	Month 7	Month 8	Month 9	Month 10	Month 11	Month 12
Bottle Feeding						Weaning and changing to cow's milk
Breastfeeding				Weaning issues		
Nutrition	Solid foods	Trying finger foods	Baby's eating habits & encouraging a cup	Continue breast milk or formula, no cow's milk Enjoy feeding self	Healthy food habits	Baby's changing eating habits & healthy snacks
Sleeping			Baby's sleep routine	Baby's bedtime routine & safe sleeping	Adjusting sleep patterns	
Daily Care Routines	Satisfaction with childcare	Constant supervision Signs of abuse or neglect			Adequate caregiving	
Health Care	Baby's teeth	Baby's 9-month checkup	When baby is sick Hand washing Choking		Common illnesses Good dental habits	Baby's 12-month checkup Lead poisoning dangers Smoking & baby's health problems
Common Concerns	Car seat installed properly Proper supervision Redirecting behavior	Home safety check Setting limits Touching genitals	Sun protection	Choosing baby's first shoes		Preventing temper tantrums Waiting to potty train
Bonding & Attachment		Explore with secure base Fear of strangers Consistent caregiving	Parent child bonding Comforting baby	Building trust	Security while baby explores Read to baby daily	Loving interaction Unconditional love
Responding to Baby's Cues	Recognizing baby's cues	Observing baby to learn what works best	Nurturing baby's self-esteem Baby's temperament Why baby can't sit still	Baby saying "no" & ways to say yes to baby	Can't spoil baby by responding	Helping baby with transition Baby's fears
Infant Development	Supporting new skills Baby's new skills Toys & books for baby Developmental concerns Learninggames Partners for Learning	Baby's latest skills Playing to learn Learninggames Partners for Learning	Don't hurry walking Homemade toys Baby's new skills Learninggames Partners for Learning	Learning by copying & repetition Baby's new skills Learninggames Partners for Learning	Baby's feelings Developmental "red flags" Baby's new skills Learninggames Partners for Learning	Baby's new skills Age range when babies start walking Why baby can't share Learninggames Partners for Learning Praise baby's developmental progress



Baby's Development