






# Before Baby Arrives Overview of Topics

	1st Trimester	Month 4	Month 5	Month 6	Month 7	Month 8	Month 9
<b>Family Development</b> 	<b>Empowerment</b> <ul style="list-style-type: none"> <li>• Introduce yourself &amp; your program to the family. p4</li> <li>• Find out if the family has any urgent, unmet basic needs. p6</li> <li>• Help the family identify their dreams &amp; develop a treasure map. p8</li> <li>• Help the family define specific changes needed to have a healthy baby. p10</li> </ul>	<ul style="list-style-type: none"> <li>• Follow up about any unmet basic needs &amp; talk about planning to avoid last minute crises. p50</li> <li>• Ask about progress on achieving their goal of having a healthy baby &amp; discuss how to make good decisions. p51</li> <li>• Help the family realize the changes pregnancy will require &amp; how to overcome barriers to change. p52</li> <li>• Talk about the power of positive thinking &amp; how to reframe negative thoughts. p53</li> </ul>	<ul style="list-style-type: none"> <li>• Ask the family about any unmet basic needs &amp; help them access the appropriate resources. p86</li> <li>• Help mother-to-be increase her feelings of self-respect &amp; enhance her self-image. p87</li> <li>• Ask about family's progress on achieving dreams &amp; identify ways to overcome obstacles. p88</li> <li>• Ask about progress toward having a healthy baby &amp; help the family identify next steps. p89</li> </ul>	<ul style="list-style-type: none"> <li>• Check with the family about any unmet basic needs &amp; help them access the appropriate resources. p116</li> <li>• Help the family think about their dreams for the new baby &amp; encourage them to make a treasure map. p117</li> <li>• Follow up on progress toward their goal of having a healthy baby. p118</li> <li>• Help the family look for the lesson in each problem they experience. p118</li> </ul>	<ul style="list-style-type: none"> <li>• Follow-up with the family about any unmet basic needs &amp; help them access the appropriate resources. p144</li> <li>• Help the family create positive thoughts about this pregnancy &amp; baby. p145</li> <li>• Follow up on family's progress toward meeting their identified goal of having a healthy baby. p146</li> <li>• Help the family identify a mentor who can help them achieve their goals &amp; dreams. p147</li> </ul>	<ul style="list-style-type: none"> <li>• Ask the family about any unmet basic needs &amp; help them access the appropriate resources. p178</li> <li>• Review the family's progress on their goal of having a healthy baby. Help them focus on the good things in their life. p179</li> <li>• Help mother-to-be feel empowered about labor &amp; delivery. p180</li> </ul>	<ul style="list-style-type: none"> <li>• Follow up with the family about any unmet basic needs &amp; help them access the appropriate resources. p208</li> <li>• Recognize the family's progress toward achieving their goal of having a healthy baby &amp; help them feel confident about the upcoming labor &amp; delivery. p209</li> </ul>
	<b>Relationships &amp; Support</b> <ul style="list-style-type: none"> <li>• Ask the expectant mother how her family feels about her pregnancy. p11</li> <li>• Ask how the baby's father feels about the pregnancy. p12</li> <li>• Help the mother-to-be define her sources of support. p13</li> </ul>	<ul style="list-style-type: none"> <li>• Ask mother-to-be how pregnancy has affected her relationships at school &amp; what supports are available to continue her education. p55</li> <li>• Ask mother-to-be how this pregnancy has affected her relationships at work &amp; discuss accommodations needed for a healthy pregnancy. p56</li> <li>• Ask mother-to-be how her partner/family could be supportive during the pregnancy. p57</li> <li>• Help mother-to-be prepare her other children for the new baby. p58</li> </ul>	<ul style="list-style-type: none"> <li>• Encourage a relationship with the baby's father unless there are safety concerns. p90</li> <li>• Talk about the value of trusted female friends. p91</li> <li>• Help the expectant mother think about her relationship with her partner &amp; how it can be more loving &amp; supportive. p92</li> <li>• Help mother-to-be identify the supports &amp; emergency contacts she'll need during labor &amp; delivery. p93</li> <li>• Talk about how mother-to-be was parented &amp; how she wants to parent. p94</li> </ul>	<ul style="list-style-type: none"> <li>• Ask mother-to-be how pregnancy has affected her relationship with her partner/baby's father. p119</li> <li>• Talk about conflict in relationships. p120</li> </ul>	<ul style="list-style-type: none"> <li>• Ask mother-to-be who will support her during childbirth classes, labor, &amp; delivery. p148</li> <li>• Explain why it is important for her partner to continue to be involved throughout her pregnancy. p149</li> <li>• Provide the expectant mother with encouragement &amp; support as needed for the last trimester. p150</li> </ul>	<ul style="list-style-type: none"> <li>• Ask about any changes in the expectant mother's relationships at work or school. p181</li> <li>• Talk about options for naming the baby. p182</li> <li>• Help the family prepare their other children for the baby. p183</li> </ul>	<ul style="list-style-type: none"> <li>• Follow up to see who the expectant mother has chosen to help her during labor. p210</li> <li>• Ask how the children feel about getting a new brother/sister. p210</li> </ul>

Family Development continued on next page



	1st Trimester	Month 4	Month 5	Month 6	Month 7	Month 8	Month 9
<p><b>Family Development</b>  <i>continued</i></p> 	<p><b>Fatherhood</b></p> <ul style="list-style-type: none"> <li>• Find out how the father of the baby feels about the pregnancy. p14</li> <li>• Help the father of the baby/partner support the expectant mom especially with her mood swings in the first trimester. p16</li> <li>• Talk with father of the baby about what it takes to be psychologically ready to parent. p18</li> <li>• Talk with father-to-be/partner about the importance of his involvement throughout the pregnancy. p19</li> </ul>	<ul style="list-style-type: none"> <li>• Help the expectant father/partner identify ways to support mother-to-be. p59</li> <li>• Talk about how the expectant father was parented &amp; what kind of dad he wants to be. p60</li> </ul>	<ul style="list-style-type: none"> <li>• Talk to father of the baby about how he can best support the expectant mother. p95</li> <li>• Talk with the father-to-be about ways to bond with his baby during the pregnancy. p96</li> </ul>	<ul style="list-style-type: none"> <li>• Follow up on the importance of father-to-be/partner's involvement throughout the pregnancy. p122</li> <li>• Help father-to-be/partner take advantage of attachment moments during pregnancy. p123</li> </ul>	<ul style="list-style-type: none"> <li>• Talk with father-to-be/partner about what it means to be a nurturing father. p151</li> <li>• Talk with father-to-be/partner about the importance of considering what is best for the baby when making decisions. p152</li> </ul>	<ul style="list-style-type: none"> <li>• Help the expectant father learn ways to be supportive during labor. p184</li> <li>• Talk with father-to-be/partner about how to develop a relationship with his baby through feeding &amp; other daily routines. p185</li> </ul>	<ul style="list-style-type: none"> <li>• Help the father-to-be have realistic expectations about taking care of a newborn. p211</li> <li>• Help the expectant father know how to support mother when she comes home with the baby &amp; how to deal with mom's baby blues. p212</li> </ul>
	<p><b>Career Development &amp; Finances</b></p> <ul style="list-style-type: none"> <li>• Help the expectant mom think ahead about meeting her family's basic needs. p20</li> <li>• Find out about the expectant mom's work situation. p21</li> </ul>	<ul style="list-style-type: none"> <li>• Offer to help the family track how they spend their money &amp; make a realistic budget. p61</li> </ul>		<ul style="list-style-type: none"> <li>• Discuss school or work concerns. p124</li> </ul>	<ul style="list-style-type: none"> <li>• Ask about any further accommodations needed at work or school. p153</li> </ul>	<ul style="list-style-type: none"> <li>• Encourage the expectant mother to plan time off from work or school after the baby comes. p186</li> </ul>	
<p><b>Maternal &amp; Family Health</b></p> 	<p><b>Diet &amp; Nutrition</b></p> <ul style="list-style-type: none"> <li>• Teach mother-to-be the importance of a healthy diet. p22</li> <li>• Make sure mother-to-be knows to take prenatal vitamins &amp; gets enough folic acid. p23</li> <li>• Teach the expectant mom about healthy weight gain during pregnancy. p24</li> </ul>	<ul style="list-style-type: none"> <li>• Teach mother-to-be how to read food labels &amp; the importance of preparing healthy foods. p62</li> <li>• Explain why it is best to avoid certain foods during pregnancy. p63</li> </ul>	<ul style="list-style-type: none"> <li>• Explain pregnancy induced cravings for non-food items &amp; what to substitute. p97</li> <li>• Encourage mother-to-be to maintain a balanced, healthy diet &amp; keep a food diary. p98</li> </ul>	<ul style="list-style-type: none"> <li>• Follow up with mother-to-be on her progress with the food diary. p125</li> </ul>	<ul style="list-style-type: none"> <li>• Follow up with mother-to-be about her weight gain. p154</li> </ul>	<ul style="list-style-type: none"> <li>• Remind mother-to-be to eat healthy foods &amp; take her prenatal vitamins. p187</li> </ul>	
	<p><b>Exercise &amp; Physical Activity</b></p>	<ul style="list-style-type: none"> <li>• Teach mother-to-be about safe exercise during pregnancy. p64</li> </ul>		<ul style="list-style-type: none"> <li>• Remind the expectant mother about safe exercise options during pregnancy. p125</li> </ul>	<ul style="list-style-type: none"> <li>• Talk with mother-to-be about doing Kegel exercises. p155</li> </ul>	<ul style="list-style-type: none"> <li>• Follow up with the expectant mother's progress with regular exercise. p188</li> </ul>	

*Maternal & Family Health continued on next page*



## Maternal & Family Health *continued*



	1st Trimester	Month 4	Month 5	Month 6	Month 7	Month 8	Month 9
<b>Alcohol, Drugs, &amp; Tobacco</b>	<ul style="list-style-type: none"> <li>• Talk with the mother-to-be about how smoke can harm her &amp; her baby. <i>p25</i></li> <li>• Talk about the dangers of using alcohol or drugs &amp; encourage mother-to-be to talk honestly about her use of them. <i>p27</i></li> <li>• Explain the potential dangers of taking medications during pregnancy. <i>p29</i></li> </ul>	<ul style="list-style-type: none"> <li>• Follow up with the expectant mother about any alcohol or drug use. <i>p64</i></li> </ul>	<ul style="list-style-type: none"> <li>• Continue to encourage the expectant mother to talk honestly with you about smoking, drinking, or drug use. <i>p99</i></li> </ul>	<ul style="list-style-type: none"> <li>• Teach mother-to-be how quitting drugs, alcohol, &amp;/or tobacco can help her developing baby. <i>p126</i></li> </ul>	<ul style="list-style-type: none"> <li>• Remind mother-to-be why she should not smoke, drink, or use drugs or medications without her doctor's approval. <i>p155</i></li> </ul>	<ul style="list-style-type: none"> <li>• Talk with mother-to-be about creating a smoke-free home for her baby. <i>p189</i></li> <li>• Talk with mother-to-be about the benefits of breastfeeding even if she is still smoking. <i>p190</i></li> </ul>	<ul style="list-style-type: none"> <li>• Follow-up on mother-to-be's progress toward quitting alcohol, drugs, &amp;/or tobacco, &amp; on providing a safe home for her baby. <i>p214</i></li> </ul>
<b>Sex, STDs, &amp; Family Planning</b>	<ul style="list-style-type: none"> <li>• Teach mother-to-be how to protect herself &amp; her baby from sexually transmitted diseases. <i>p30</i></li> </ul>	<ul style="list-style-type: none"> <li>• Reassure the mother-to-be that, in most situations, sexual intercourse will not harm her baby. <i>p66</i></li> <li>• Help the expectant mother choose the birth control method she will use &amp; talk about birth spacing. <i>p67</i></li> <li>• Explain the myths about birth control &amp; getting pregnant. <i>p68</i></li> </ul>	<ul style="list-style-type: none"> <li>• Follow up to see if the expectant mother has any questions about sex, birth control, &amp;/or birth spacing. <i>p100</i></li> </ul>	<ul style="list-style-type: none"> <li>• Ask the expectant mother about her plans for birth control. <i>p128</i></li> </ul>	<ul style="list-style-type: none"> <li>• Ask if mother-to-be has any concerns about sex &amp; discuss options for starting birth control before leaving the hospital. <i>p157</i></li> </ul>	<ul style="list-style-type: none"> <li>• Make sure the expectant mother has selected a birth control method &amp; ask how the father-to-be/partner feels about the choice she's made. <i>p191</i></li> </ul>	<ul style="list-style-type: none"> <li>• Talk with the expectant mother about having intercourse after childbirth &amp; using birth control. <i>p216</i></li> </ul>
<b>Family Health Care &amp; Safety</b>	<ul style="list-style-type: none"> <li>• Explain the importance of prenatal care &amp; make sure mother-to-be gets to her prenatal appointments. <i>p32</i></li> <li>• Talk about healthy practices to follow during pregnancy. <i>p33</i></li> </ul>	<ul style="list-style-type: none"> <li>• Make sure the expectant mom gets to her prenatal appointments &amp; knows what to expect. <i>p69</i></li> <li>• Talk about the ultrasound &amp; other common tests during pregnancy. <i>p70</i></li> </ul>	<ul style="list-style-type: none"> <li>• Make sure she gets to her prenatal appointments &amp; knows what to expect. <i>p101</i></li> <li>• Talk with mother-to-be about ways to keep safe while in the car. <i>p102</i></li> </ul>	<ul style="list-style-type: none"> <li>• Make sure the expectant mom gets to her prenatal appointments &amp; knows what to expect. <i>p129</i></li> <li>• Talk with mother-to-be about her oral health. <i>p130</i></li> </ul>	<ul style="list-style-type: none"> <li>• Make sure mother-to-be attends her prenatal visits. <i>p158</i></li> <li>• Remind mother-to-be about keeping safe during pregnancy. <i>p159</i></li> </ul>	<ul style="list-style-type: none"> <li>• Make sure the expectant mom attends her prenatal visits. <i>p192</i></li> <li>• If her doctor orders "bed rest" or tells her to slow down &amp; rest, help the expectant mother manage what she needs to do. <i>p193</i></li> </ul>	<ul style="list-style-type: none"> <li>• Make sure the expectant mom attends her prenatal visits &amp; knows what to expect. <i>p217</i></li> </ul>
<b>Physical Changes &amp; Discomforts</b>	<ul style="list-style-type: none"> <li>• Describe physical changes during the first trimester &amp; discuss ways to cope. <i>p34</i></li> </ul>	<ul style="list-style-type: none"> <li>• Describe physical changes during the second trimester &amp; discuss ways to cope. <i>p71</i></li> </ul>	<ul style="list-style-type: none"> <li>• Follow up with mother-to-be about any discomforts she may be experiencing. <i>p103</i></li> </ul>	<ul style="list-style-type: none"> <li>• Talk with mother-to-be about expected physical changes &amp; help her feel good about her changing body. <i>p131</i></li> </ul>	<ul style="list-style-type: none"> <li>• Teach mother-to-be how to manage any discomforts during the third trimester of pregnancy. <i>p159</i></li> </ul>	<ul style="list-style-type: none"> <li>• Find out how mother-to-be is feeling &amp; discuss ways for managing any discomforts. <i>p195</i></li> </ul>	<ul style="list-style-type: none"> <li>• Talk again about any discomforts &amp; ways to manage them. Encourage Kegels &amp; other exercises. <i>p218</i></li> </ul>

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## Maternal & Family Health *continued*



	1st Trimester	Month 4	Month 5	Month 6	Month 7	Month 8	Month 9
<b>Childbirth Preparation</b>		<ul style="list-style-type: none"> <li>Encourage the expectant mom to talk with her provider about delivery choices. p72</li> </ul>	<ul style="list-style-type: none"> <li>Encourage mother-to-be &amp; her partner to attend childbirth classes. p104</li> </ul>	<ul style="list-style-type: none"> <li>Find out if mother-to-be &amp; her partner are signed up for childbirth classes &amp; still plan to attend. p132</li> </ul>	<ul style="list-style-type: none"> <li>Explain options to relieve pain during labor. p161</li> <li>Find out if mother-to-be &amp; her partner are attending childbirth classes. p162</li> <li>Teach expectant mom ways to reduce any tension or anxiety she has. p163</li> <li>Find out if the expectant mother has made plans for her labor &amp; delivery. p164</li> </ul>	<ul style="list-style-type: none"> <li>Explain how to recognize labor &amp; time contractions. p196</li> <li>Talk about ways the expectant mom can relax during labor. p197</li> <li>Help expectant mom plan what to take to the hospital. p197</li> <li>If the expectant mom wants an epidural, make sure she's made the necessary arrangements. p198</li> </ul>	<ul style="list-style-type: none"> <li>Make sure the expectant mother can time contractions &amp; knows when to go to the hospital. p219</li> </ul>
<b>Preterm Labor</b>			<ul style="list-style-type: none"> <li>Teach the mother-to-be how to recognize signs of preterm labor &amp; what to do. p105</li> </ul>	<ul style="list-style-type: none"> <li>Remind the mother-to-be about the warning signs of preterm labor. p133</li> </ul>	<ul style="list-style-type: none"> <li>Follow up to make sure she knows signs of preterm labor &amp; what to do. p165</li> </ul>		
<b>Postpartum Care</b>							<ul style="list-style-type: none"> <li>Tell mother-to-be what to expect after the baby is born &amp; discuss why it's important to return for her postpartum check-up. p220</li> <li>Remind expectant mom not to have intercourse after birth until she's healed. p221</li> <li>Talk with her about the impact of a new baby on daily routines &amp; follow up about her plans for going back to work/school. p222</li> </ul>
<b>Emotional Health</b>	<ul style="list-style-type: none"> <li>Help mother-to-be sort out feelings about pregnancy &amp; consider options. p35</li> <li>Help pregnant teen sort out feelings about pregnancy. p37</li> <li>Ask mother-to-be about her stress level &amp; explain how it can affect her baby's development. p39</li> <li>Talk about healthy ways to manage stress. p41</li> <li>Ask about family's mental health history &amp; any use of medications. p43</li> </ul>	<ul style="list-style-type: none"> <li>In the event of pregnancy loss or miscarriage, offer support to help family cope. p73</li> <li>Help mother-to-be &amp; partner understand mood swings during pregnancy. p75</li> <li>Ask about the stress of pregnancy &amp; how to say "no" to extra commitments. p76</li> <li>Talk with mother-to-be about pleasurable activities that nourish her body, mind, &amp; spirit. p77</li> </ul>	<ul style="list-style-type: none"> <li>Ask about mother-to-be's stress level &amp; how she is feeling about her pregnancy. p106</li> <li>Show the expectant mother how to let go of tension &amp; stress through deep breathing. p107</li> <li>Help the expectant woman learn how to mother &amp; nurture herself. p108</li> <li>Talk about how to cope if the ultrasound shows any problems. p109</li> </ul>	<ul style="list-style-type: none"> <li>Ask about the frustration of not being able to do the things she did before getting pregnant. p134</li> <li>Talk with mother-to-be about how worrying can make her sick. p134</li> <li>Follow up about any mental health issues. Note signs of depression &amp; make appropriate referrals. p135</li> <li>Help the expectant mother learn how to relax &amp; simplify her life. p136</li> </ul>	<ul style="list-style-type: none"> <li>Show the expectant mother how to practice deep breathing to reduce stress. p166</li> <li>Talk about how to cope if baby is born prematurely. p167</li> <li>When necessary, help the family deal with pregnancy loss. p169</li> <li>Help mother-to-be have realistic expectations about taking care of a newborn. p171</li> </ul>	<ul style="list-style-type: none"> <li>Find out about mother's stress level &amp; help her reduce any anxiety. p199</li> <li>Help mother-to-be understand the importance of nesting &amp; making preparations for the baby. p200</li> </ul>	<ul style="list-style-type: none"> <li>Check the expectant mom's stress level &amp; help reduce any anxiety about labor &amp; delivery. p223</li> <li>Help mother-to-be know what to expect with postpartum baby blues. p224</li> <li>Help the expectant mom deal with the emotional impact of giving up the baby for adoption. p225</li> </ul>



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<b>Preparing for Baby/ Caring for Baby</b>  	<b>Nutrition &amp; Feeding</b>  <ul style="list-style-type: none"> <li>Encourage the expectant mother to breastfeed. <i>p78</i></li> </ul>	<ul style="list-style-type: none"> <li>Encourage the expectant mother to breastfeed. <i>p137</i></li> </ul>	<ul style="list-style-type: none"> <li>Talk with the expectant mother about the benefits of breastfeeding even if she has not been able to quit smoking. <i>p137</i></li> </ul>	<ul style="list-style-type: none"> <li>Continue to encourage the expectant mother to try breastfeeding. <i>p172</i></li> </ul>	<ul style="list-style-type: none"> <li>Follow up on the expectant mother's decision about breastfeeding. <i>p201</i></li> </ul>	<ul style="list-style-type: none"> <li>Continue to encourage the expectant mother to breastfeed. <i>p226</i></li> <li>If mother-to-be plans to use formula, make sure she knows how to properly prepare &amp; store the bottles. <i>p227</i></li> </ul>	
	<b>Daily Care Routines</b>	<ul style="list-style-type: none"> <li>Help the expectant mom begin to think about what she needs for the baby, including a safe place to sleep &amp; an infant car seat. <i>p110</i></li> </ul>	<ul style="list-style-type: none"> <li>Talk with expectant mom about child care plans. <i>p138</i></li> </ul>	<ul style="list-style-type: none"> <li>Discuss what final preparations need to be made including ensuring a safe sleep environment for the baby. <i>p173</i></li> </ul>	<ul style="list-style-type: none"> <li>Make sure expectant mother has set up a safe sleep environment, has an infant car seat, &amp; basic supplies for the baby. <i>p202</i></li> </ul>		
	<b>Health &amp; Safety</b>	<ul style="list-style-type: none"> <li>Talk with the expectant mom about having a safe place for baby to sleep. <i>p79</i></li> </ul>	<ul style="list-style-type: none"> <li>Follow up with expectant mom on a safe place for baby to sleep. <i>p139</i></li> </ul>	<ul style="list-style-type: none"> <li>Make sure expectant mom has chosen a doctor for the baby &amp; has arranged health coverage. <i>p228</i></li> </ul>			
<b>Baby's Development</b>  	<b>Fetal Development</b>  <ul style="list-style-type: none"> <li>Talk with expectant mom &amp; her partner about how the baby is developing. <i>p44</i></li> </ul>	<ul style="list-style-type: none"> <li>Talk with expectant mom &amp; her partner about how her baby is developing. <i>p80</i></li> </ul>	<ul style="list-style-type: none"> <li>Talk with the expectant mom about how her baby is developing. <i>p112</i></li> </ul>	<ul style="list-style-type: none"> <li>Continue to spark expectant mom's excitement about her baby's development. <i>p139</i></li> </ul>	<ul style="list-style-type: none"> <li>Talk with mother-to-be &amp; her partner about how their baby is developing. <i>p174</i></li> </ul>	<ul style="list-style-type: none"> <li>Talk with mother-to-be &amp; her partner about how their baby is developing. <i>p204</i></li> </ul>	
	<b>Infant Mental Health</b>  <ul style="list-style-type: none"> <li>Talk with expectant mom about how prenatal visits can promote bonding &amp; attachment with her baby. <i>p45</i></li> </ul>	<ul style="list-style-type: none"> <li>Follow up with expectant mom about how prenatal visits can help her bond with her baby. <i>p81</i></li> </ul>	<ul style="list-style-type: none"> <li>Talk with expectant mom &amp; her partner about using the heartbeat from the ultrasound as a ring tone. <i>p112</i></li> </ul>	<ul style="list-style-type: none"> <li>Talk with expectant mom &amp; her partner about ways to bond with their newborn &amp; why it's important. <i>p229</i></li> </ul>			