

| DOMAIN: Approaches to Learning |   |        |   |  |   |  |  |   |   |  |  |
|--------------------------------|---|--------|---|--|---|--|--|---|---|--|--|
| Baby's 1st Year                | SUB-DOMAINS:  |        |   | ATL_SD1  |   | ATL_SD2  |  |   | ATL_SD3   |  | ATL_SD4  |
|                                |   |        |   | Emotional and Behavioral Self-Regulation                           |   | Cognitive Self-Regulation (Executive Functioning)                    |  |   | Initiative and Curiosity  |  | Creativity   |
|                                | GOALS:  |        |   | Goal 1   | Goal 2  | Goal 3   | Goal 4   | Goal 5  | Goal 6  | Goal 7   | Goal 8   |
|                                |   |        | Child manages feelings & emotions with support of familiar adults | Child manages actions and behavior with support of familiar adults | Child maintains focus and sustains attention with support | Child develops the ability to show persistence in actions & behavior | Child demonstrates the ability to be flexible in actions & behaviors | Child demonstrates emerging initiative in interactions, experiences, & explorations | Child shows interest in and curiosity about objects, materials, or events | Child uses creativity to increase understanding & learning | Child shows imagination in play & interactions with others |
| SECTION                        | Purposes from Partners for a Healthy Baby (PHB)   | PAGE # | CATEGORY  |  |   |  |  |   |   |  |  |
| Month 1                        | Ensure Mom has adequate support during the postpartum period.   | 6      | Family Development  | X  | X   |  |  |   |   |  |  |
| Month 1                        | Ask about Mom's relationship with baby's father and talk about the importance of his involvement with baby.   | 8      | Family Development  | X  | X   |  |  |   |   |  |  |
| Month 1                        | Help Dad/partner feel competent in his ability to care for his baby.  | 10     | Family Development  | X  | X   |  |  |   |   |  |  |
| Month 1                        | Make sure Dad/partner has a plan for when he feels frustrated with his baby.                                  | 12     | Family Development  |  |   |  |  |   |   |  |  |
| Month 1                        | Help Dad/partner understand why breastfeeding is important and how he can be supportive.                      | 14     | Family Development  |  |   |  |  |   |   |  |  |
| Month 1                        | Help Dad/partner understand the difference between the baby blues and postpartum depression, and how to help. | 16     | Family Development  |  |   |  |  |   |   |  |  |
| Month 1                        | Ask Dad/partner about strategies he uses for calming his crying baby.   | 18     | Family Development  | X  | X   |  |  |   |   |  |  |
| Month 1                        | Talk about arrangements Mom has made for child support/public assistance.                                     | 20     | Family Development  |  |   |  |  |   |   |  |  |
| Month 1                        | If Mom smokes, encourage her to breastfeed and take precautions to minimize the impact                        | 22     | Family Health   |  |   |  |  |   |   |  |  |
| Month 1                        | Be sure Mom knows that using street drugs or prescription drugs while breastfeeding can harm her baby.        | 24     | Family Health   |  |   |  |  |   |   |  |  |
| Month 1                        | If Mom is breastfeeding, explain that any alcohol she drinks may harm her baby.                               | 26     | Family Health   |  |   |  |  |   |   |  |  |
| Month 1                        | Talk with Mom about birth control options.  | 28     | Family Health   |  |   |  |  |   |   |  |  |
| Month 1                        | Discuss options for birth control if Mom is breastfeeding.  | 30     | Family Health   |  |   |  |  |   |   |  |  |
| Month 1                        | Ensure family has health care coverage and a medical home.  | 32     | Family Health   |  |   |  |  |   |   |  |  |
| Month 1                        | Make sure family has food in the home and has signed up for WIC.  | 34     | Family Health   |  |   |  |  |   |   |  |  |
| Month 1                        | If Mom is breastfeeding make sure her diet is healthy and balanced.   | 36     | Family Health   |  |   |  |  |   |   |  |  |
| Month 1                        | Help Mom manage typical physical discomforts that follow childbirth.  | 38     | Family Health   |  |   |  |  |   |   |  |  |
| Month 1                        | If Mom had a cesarean birth, discuss her recovery and when to call the doctor.                                | 40     | Family Health   |  |   |  |  |   |   |  |  |
| Month 1                        | Explain that feeling really tired after childbirth is normal and suggest ways to manage fatigue.              | 42     | Family Health   |  |   |  |  |   |   |  |  |
| Month 1                        | Ensure Mom schedules her postpartum checkup.  | 44     | Family Health   |  |   |  |  |   |   |  |  |
| Month 1                        | Prepare family for the exhaustion and emotional challenges of the first few weeks.                            | 46     | Family Health   |  |   |  |  |   |   |  |  |
| Month 1                        | Ask how family is coping with the baby blues and help them recognize any signs of depression.                 | 48     | Family Health   | X  |   |  |  |   |   |  |  |
| Month 1                        | Discuss benefits of breastfeeding with family.  | 50     | Caring for Baby   |  |   |  |  |   |   |  |  |
| Month 1                        | Talk about breastfeeding myths.   | 52     | Caring for Baby   |  |   |  |  |   |   |  |  |
| Month 1                        | Talk with Mom about breastfeeding her newborn.  | 54     | Caring for Baby   |  | X   |  |  |   |   |  |  |
| Month 1                        | Make sure family knows how to select and prepare formula as needed.   | 56     | Caring for Baby   |  |   |  |  |   |   |  |  |
| Month 1                        | If bottle feeding, talk about steps to ensure success.  | 58     | Caring for Baby   |  | X   |  |  |   |   |  |  |
| Month 1                        | Explain how to be sure baby is getting enough to eat.   | 60     | Caring for Baby   |  | X   |  |  |   |   |  |  |
| Month 1                        | Ask how often baby is fed and if there are any problems with feeding.   | 62     | Caring for Baby   |  | X   |  |  |   |   |  |  |
| Month 1                        | Ask how feedings are going and talk about how to burp the baby.   | 64     | Caring for Baby   |  | X   |  |  |   |   |  |  |
| Month 1                        | Follow up on safety issues with family.   | 66     | Caring for Baby   |  |   |  |  |   |   |  |  |
| Month 1                        | Ask about baby's first checkup and immunizations.   | 68     | Caring for Baby   |  |   |  |  |   |   |  |  |
| Month 1                        | Talk about how to tell if baby is sick.   | 70     | Caring for Baby   |  |   |  |  |   |   |  |  |
| Month 1                        | Show parents how to care for umbilical cord, diaper rash, and circumcision.                                   | 72     | Caring for Baby   |  |   |  |  |   |   |  |  |
| Month 1                        | Talk about symptoms of colic and handling the stress it can bring.  | 74     | Caring for Baby   | X  |   |  |  |   |   |  |  |
| Month 1                        | Make sure family knows how to change diaper.  | 76     | Caring for Baby   |  |   |  |  |   |   |  |  |
| Month 1                        | Talk about choosing quality child care.   | 78     | Caring for Baby   |  |   |  |  |   |   |  |  |
| Month 1                        | Talk about bathing baby.  | 80     | Caring for Baby   | X  | X   |  |  |   |   |  |  |
| Month 1                        | Ask about baby's sleep patterns and how family copes with less sleep.   | 82     | Caring for Baby   |  | X   |  |  |   |   |  |  |
| Month 1                        | Talk about how all babies develop at different rates and explain the Watch Me Grow handouts.                  | 84     | Baby's Development  | X  | X   | X  |  |   |   |  |  |
| Month 1                        | Talk about being careful observers so they can learn what their baby likes and how he learns.                 | 86     | Baby's Development  | X  | X   | X  |  |   |   |  |  |
| Month 1                        | Talk with family about baby's motor development.  | 88     | Baby's Development  |  | X   |  |  |   |   |  |  |

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|                                |   |        |                    | Emotional and Behavioral Self-Regulation                          |  | Cognitive Self-Regulation (Executive Functioning)         |  |  | Initiative and Curiosity  |   | Creativity   |  |
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| SECTION                        | Purposes from Partners for a Healthy Baby (PHB)   | PAGE # | CATEGORY           |   |  |   |  |  |   |   |  |  |
| Month 1                        | Help family recognize and respond to baby's signals.  | 92     | Baby's Development | X   | X  |   |  |  |   |   |  |  |
| Month 1                        | Explain why it is important to talk, sing, and read with their baby.  | 94     | Baby's Development |   |  | X   |  |  |   |   | X  |  |
| Month 1                        | Summarize baby's early language development.  | 96     | Baby's Development | X   | X  | X   |  |  | X   |   | X  |  |
| Month 1                        | Help parents bond with baby.  | 100    | Baby's Development | X   | X  |   |  |  |   |   |  |  |
| Month 1                        | Talk about ways to bond if baby stays in the hospital.  | 102    | Baby's Development | X   | X  |   |  |  |   |   |  |  |
| Month 1                        | Help parents read baby's cues and anticipate needs before baby gets fussy.  | 104    | Baby's Development | X   | X  |   |  |  |   |   |  |  |
| Month 1                        | Build parent's confidence and competence in calming baby when fussy.  | 106    | Baby's Development | X   | X  |   |  |  |   |   |  |  |
| Month 1                        | Help parents understand the importance of touch in building a close relationship with baby.   | 108    | Baby's Development | X   | X  |   |  |  |   |   |  |  |
| Month 1                        | Help family understand baby's early social emotional development and complete screening.  | 110    | Baby's Development | X   | X  | X   |  |  | X   |   | X  |  |
| Month 1                        | Talk about baby's cognitive development.  | 114    | Baby's Development |   |  | X   | X  | X  | X   | X   | X  |  |
| Month 1                        | Talk about baby's play skills and why play is important.  | 118    | Baby's Development |   |  | X   |  |  |   |   |  |  |
| Month 2                        | Ensure Mom has enough support.  | 128    | Family Development |   |  |   |  |  |   |   |  |  |
| Month 2                        | Help siblings adjust to the new baby.   | 130    | Family Development |   |  |   |  |  |   |   |  |  |
| Month 2                        | Help military parents stay connected with their newborn and family during deployment. Let Dad/partner share what he has learned about baby's cues and responding to baby's needs. | 132    | Family Development | X   |  |   |  |  |   |   |  |  |
| Month 2                        | Ask Dad/partner how he's adjusting to his new baby.   | 134    | Family Development |   |  |   |  |  |   |   |  |  |
| Month 2                        | Explain that new dads can experience depression.  | 136    | Family Development |   |  |   |  |  |   |   |  |  |
| Month 2                        | Help family keep track of their spending.   | 138    | Family Development |   |  |   |  |  |   |   |  |  |
| Month 2                        | Encourage Mom to return to school and suggest ways to make it easier.   | 140    | Family Development |   |  |   |  |  |   |   |  |  |
| Month 2                        | Encourage Mom to return to school and suggest ways to make it easier.   | 142    | Family Development |   |  |   |  |  |   |   |  |  |
| Month 2                        | Talk with the family about how exposure to cigarette smoke can be harmful to the baby.  | 144    | Family Health      |   |  |   |  |  |   |   |  |  |
| Month 2                        | Find out how Mom's postpartum checkup went and follow up on her choice of birth control.  | 146    | Family Health      |   |  |   |  |  |   |   |  |  |
| Month 2                        | If Mom has a history of depression or is taking antidepressants, discuss options for birth control.   | 148    | Family Health      |   |  |   |  |  |   |   |  |  |
| Month 2                        | Make sure the family has health care coverage and help them resolve any insurance or Medicaid problems.   | 150    | Family Health      |   |  |   |  |  |   |   |  |  |
| Month 2                        | Talk about the amount of protein needed for breastfeeding moms.   | 152    | Family Health      |   |  |   |  |  |   |   |  |  |
| Month 2                        | sleep.  | 154    | Family Health      |   |  |   |  |  |   |   |  |  |
| Month 2                        | Ask Mom about her postpartum checkup and how she's feeling about her post-pregnancy body.   | 156    | Family Health      |   |  |   |  |  |   |   |  |  |
| Month 2                        | Talk about the stress and demands of parenting a new baby.  | 158    | Family Health      |   |  |   |  |  |   |   |  |  |
| Month 2                        | Explain the importance of emotional health.   | 160    | Family Health      | X   |  |   |  |  |   |   |  |  |
| Month 2                        | Encourage Mom to continue breastfeeding.  | 162    | Caring for Baby    |   |  |   |  |  |   |   |  |  |
| Month 2                        | Explain how to express and store breast milk.   | 164    | Caring for Baby    |   |  |   |  |  |   |   |  |  |
| Month 2                        | Talk about safety issues when taking baby out in a car.   | 166    | Caring for Baby    |   |  |   |  |  |   |   |  |  |
| Month 2                        | Discuss dangers of secondhand smoke.  | 168    | Caring for Baby    |   |  |   |  |  |   |   |  |  |
| Month 2                        | Encourage parents to insist that everyone caring for baby follow the daily care routines being established.   | 170    | Caring for Baby    |   |  |   |  |  |   |   |  |  |
| Month 2                        | Explain the importance of performing baby's daily care routines with respect.   | 172    | Caring for Baby    | X   | X  |   |  | X  |   |   |  |  |
| Month 2                        | Talk with family about using a pacifier.  | 174    | Caring for Baby    | X   |  |   |  |  |   |   |  |  |
| Month 2                        | Help all the adults raising the child to cooperate together in co-parenting.  | 176    | Caring for Baby    | X   | X  |   |  |  |   |   |  |  |
| Month 2                        | Explain what new skills baby is likely to learn this month and discuss the ASQ-3 or other developmental screening tool.   | 178    | Baby's Development | X   |  |   |  |  |   | X   |  |  |
| Month 2                        | Continue to promote parents' observation and reflection skills with baby.   | 180    | Baby's Development | X   | X  | X   |  |  | X   | X   |  |  |
| Month 2                        | Help the family understand the value of turn-taking with baby.  | 182    | Baby's Development |   |  | X   |  |  | X   |   |  |  |
| Month 2                        | Explain early emotional cues and how babies learn from imitating feelings of others.  | 184    | Baby's Development |   |  |   |  |  |   |   |  |  |
| Month 2                        | Talk about importance of comforting baby, especially when hurt, sick, or upset.   | 186    | Baby's Development | X   | X  |   |  |  |   |   |  |  |
| Month 3                        | Help family identify their dreams and achieve their goals.  | 192    | Family Development |   |  |   |  |  |   |   |  |  |
| Month 3                        | problems.   | 194    | Family Development |   |  |   |  |  |   |   |  |  |

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| Month 3                        | Ask how the new baby has changed family relationships.  | 196    | Family Development |   |  |   |  |  |   |   |  |  |
| Month 3                        | Ask how grandparents relate to baby and encourage their involvement.  | 198    | Family Development |   |  |   |  |  |   |   |  |  |
| Month 3                        | Talk with Dad/partner to see how he's doing with interpreting and responding to his baby's cues.                              | 200    | Family Development | X   | X  |   |  |  |   |   |  |  |
| Month 3                        | Encourage family to make plans to avoid missing work/school if baby is sick.  | 202    | Family Development |   |  |   |  |  |   |   |  |  |
| Month 3                        | Check on family's budget and make any necessary revisions.  | 204    | Family Development |   |  |   |  |  |   |   |  |  |
| Month 3                        | If there are smokers in the home, find out why they smoke and offer suggestions to help them quit or cut back.                | 206    | Family Health      |   |  |   |  |  |   |   |  |  |
| Month 3                        | Talk about the importance of handwashing to prevent the spread of illness.  | 208    | Family Health      |   |  |   |  |  |   |   |  |  |
| Month 3                        | Help Mom with strategies for exercising.  | 210    | Family Health      |   |  |   |  |  |   |   |  |  |
| Month 3                        | Explain why doing Kegel exercises is important.   | 212    | Family Health      |   |  |   |  |  |   |   |  |  |
| Month 3                        | Talk with Mom about recovering from a difficult or unplanned birth experience.  | 214    | Family Health      |   |  |   |  |  |   |   |  |  |
| Month 3                        | Talk with family about how relationships, sleep, exercise, nutrition, gratitude, and stress influence emotional health.       | 216    | Family Health      |   |  |   |  |  |   |   |  |  |
| Month 3                        | Explain how sleep affects mood and discuss ways to get more sleep.  | 218    | Family Health      |   |  |   |  |  |   |   |  |  |
| Month 3                        | Discuss ways to reduce illness when starting child care.  | 220    | Caring for Baby    |   |  |   |  |  |   |   |  |  |
| Month 3                        | Talk about getting baby ready for an outing.  | 222    | Caring for Baby    | X   | X  |   |  |  |   |   |  |  |
| Month 3                        | Follow up on baby's sleep routine.  | 224    | Caring for Baby    |   |  |   |  |  |   |   |  |  |
| Month 3                        | Discuss any concerns about spoiling baby.   | 226    | Caring for Baby    | X   | X  |   |  |  |   |   |  |  |
| Month 3                        | Explain what new skills baby is likely to learn this month.   | 228    | Baby's Development | X   | X  | X   | X  |  | X   | X   |  |  |
| Month 3                        | Continue to promote parents' observation and reflection skills with baby.   | 230    | Baby's Development | X   | X  | X   |  |  |   |   |  |  |
| Month 3                        | Talk with parents about the importance of shared reading and what books are best for babies.                                  | 232    | Baby's Development |   |  |   |  |  |   |   |  |  |
| Month 3                        | Explain how attachments are formed and strengthened.  | 234    | Baby's Development |   |  |   |  |  |   |   |  |  |
| Month 3                        | Help parents understand ways to help baby learn to self-soothe.   | 236    | Baby's Development | X   | X  |   |  |  |   |   |  |  |
| Month 3                        | Talk about impact of a fussy baby on parent-child relationship and offer strategies to have "the happiest baby on the block." | 238    | Baby's Development | X   | X  |   |  |  |   |   |  |  |
| Month 3                        | Help parents understand how they can influence their baby's brain development.  | 240    | Baby's Development |   |  |   |  |  | X   | X   |  |  |
| Month 4                        | Help family identify their dreams for their baby.   | 246    | Family Development |   |  |   |  |  |   |   |  |  |
| Month 4                        | Talk about traits needed to be successful.  | 248    | Family Development |   |  |   |  |  |   |   |  |  |
| Month 4                        | Discuss how Mom's relationships might be healthy or harmful for her baby.   | 250    | Family Development |   |  |   |  |  |   |   |  |  |
| Month 4                        | Help military family adjust when reunited.  | 252    | Family Development |   |  |   |  |  |   |   |  |  |
| Month 4                        | Talk about how Dad/partner can develop a close relationship with his baby, even though they don't live together.              | 254    | Family Development |   |  |   |  |  |   |   |  |  |
| Month 4                        | If parent is working, ask about current job and options for advancement.  | 256    | Family Development |   |  |   |  |  |   |   |  |  |
| Month 4                        | Help family make a realistic monthly budget.  | 258    | Family Development |   |  |   |  |  |   |   |  |  |
| Month 4                        | Make sure Mom and her partner understand the benefits of spacing pregnancies.   | 260    | Family Health      |   |  |   |  |  |   |   |  |  |
| Month 4                        | Talk with family members about how excess weight can affect their health.   | 262    | Family Health      |   |  |   |  |  |   |   |  |  |
| Month 4                        | Help family understand how depression can impact their baby.  | 264    | Family Health      | X   |  |   |  |  |   |   |  |  |
| Month 4                        | Help Mom and partner have realistic expectations about parenting.   | 266    | Family Health      |   |  |   |  |  |   |   |  |  |
| Month 4                        | Talk about signs of teething and how to take care of baby's new teeth.  | 268    | Caring for Baby    | X   |  |   |  |  |   |   |  |  |
| Month 4                        | Explain separation is hard for babies and discuss how to ease transitions, especially if dealing with shared custody.         | 270    | Caring for Baby    | X   |  |   |  |  |   |   |  |  |
| Month 4                        | Explain what new skills baby is likely to learn this month and discuss ASQ-3 or other developmental screening tool.           | 272    | Baby's Development | X   |  | X   |  |  | X   |   |  |  |
| Month 4                        | Continue to promote parents' observation and reflection skills with baby.   | 274    | Baby's Development |   |  |   |  |  |   | X   |  |  |
| Month 4                        | Explain the concept of "parentese" and why it is important.   | 276    | Baby's Development |   |  |   |  |  |   |   |  |  |
| Month 4                        | Discuss issues related to dual-language learning.   | 278    | Baby's Development |   |  |   |  |  |   |   |  |  |
| Month 4                        | Discuss how to build a trusting relationship with baby.   | 280    | Baby's Development |   |  |   |  |  |   |   |  |  |
| Month 4                        | Talk about how to choose good toys for baby.  | 282    | Baby's Development |   |  |   |  |  | X   | X   |  |  |
| Month 5                        | Talk about changes to their family with the birth of their baby.  | 288    | Family Development |   |  |   |  |  |   |   |  |  |

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| Month 5                        | Help family learn how to manage their time and set priorities.  | 290    | Family Development |   |  |   |  |  |   |   |  |  |
| Month 5                        | Encourage friendships with other mothers and ask about changes in relationships at school or work.                  | 292    | Family Development |   |  |   |  |  |   |   |  |  |
| Month 5                        | If Dad does not live with his baby, talk about the importance of staying connected.                                 | 294    | Family Development |   |  |   |  |  |   |   |  |  |
| Month 5                        | Talk about importance of saving money for baby's future.  | 296    | Family Development |   |  |   |  |  |   |   |  |  |
| Month 5                        | Discuss alcohol or drug abuse by family members living in the home.   | 298    | Family Health      |   |  |   |  |  |   |   |  |  |
| Month 5                        | Explain how getting outside during the day can make you feel better.  | 300    | Family Health      | X   |  |   |  |  |   |   |  |  |
| Month 5                        | Talk about any issues with breastfeeding, including dealing with a teething baby.                                   | 302    | Caring for Baby    |   | X  |   |  |  |   |   |  |  |
| Month 5                        | Talk about safety concerns with different types of baby gear and contraptions.                                      | 304    | Caring for Baby    |   |  |   |  |  |   |   |  |  |
| Month 5                        | Explain importance of baby having consistent caregivers.  | 306    | Caring for Baby    |   |  |   |  |  |   |   |  |  |
| Month 5                        | Explain what new skills baby is likely to learn this month.   | 308    | Baby's Development | X   | X  | X   | X  |  | X   | X   | X  |  |
| Month 5                        | Continue to promote parents' observation and reflection skills with baby.   | 310    | Baby's Development | X   | X  |   |  |  |   |   |  |  |
| Month 5                        | Provide tips for sharing books with baby.   | 312    | Baby's Development |   |  |   |  |  |   |   |  |  |
| Month 5                        | Talk about household objects that are safe and educational for baby.  | 314    | Baby's Development |   |  |   |  |  | X   | X   | X  |  |
| Month 6                        | Encourage family to make decisions with baby in mind.   | 320    | Family Development |   |  |   |  |  |   |   |  |  |
| Month 6                        | Ask Dad/partner how he was parented and what kind of father he wants to be.   | 322    | Family Development |   |  |   |  |  |   |   |  |  |
| Month 6                        | Ask how Mom is doing balancing school/work with parenting.  | 324    | Family Development |   |  |   |  |  |   |   |  |  |
| Month 6                        | Ask about satisfaction with family planning method and, if appropriate, address reproductive coercion.              | 326    | Family Health      |   |  |   |  |  |   |   |  |  |
| Month 6                        | See how Mom is feeling about her post-pregnancy body.   | 328    | Family Health      |   |  |   |  |  |   |   |  |  |
| Month 6                        | Help list healthy ways to manage stress to benefit the whole family.  | 330    | Family Health      | X   |  |   |  |  |   |   |  |  |
| Month 6                        | Talk about introducing solid foods and how to watch for signs of allergies.   | 332    | Caring for Baby    |   |  |   |  |  |   |   |  |  |
| Month 6                        | Talk about choking concerns.  | 334    | Caring for Baby    |   |  |   |  |  |   | X   |  |  |
| Month 6                        | Talk about how to handle disagreements between co-parents.  | 336    | Caring for Baby    | X   |  |   |  |  |   |   |  |  |
| Month 6                        | Explain what new skills baby is likely to learn this month and discuss ASQ-3 or other developmental screening tool. | 338    | Baby's Development | X   |  | X   | X  |  |   | X   | X  |  |
| Month 6                        | Continue to promote parents' observation and reflection skills with baby.   | 340    | Baby's Development | X   |  |   |  |  |   |   |  |  |
| Month 6                        | Encourage parents to use songs or games with baby that include hand motions.  | 342    | Baby's Development |   |  | X   |  |  |   |   |  |  |
| Month 6                        | Help parents understand social-emotional well-being & conduct screening.  | 344    | Baby's Development | X   | X  |   |  |  |   |   |  |  |
| Month 6                        | Help parents understand why babies look to trusted adults to guide their reactions.                                 | 346    | Baby's Development | X   | X  |   |  |  |   |   |  |  |
| Month 6                        | Explain how stress negatively impacts learning and brain development.   | 348    | Baby's Development | X   | X  |   |  |  |   |   |  |  |
| Month 7                        | Discuss family's progress toward their goals and offer suggestions for overcoming challenges.                       | 354    | Family Development |   |  |   |  |  |   |   |  |  |
| Month 7                        | Talk with Dad/partner about the importance of providing love, protection, and economic support.                     | 356    | Family Development | X   | X  |   |  |  |   |   |  |  |
| Month 7                        | Review why condom use is important for preventing STIs.   | 358    | Family Health      |   |  |   |  |  |   |   |  |  |
| Month 7                        | Encourage family mealtimes.   | 360    | Family Health      |   |  |   |  |  |   |   |  |  |
| Month 7                        | Ask about mood swings and talk about impact on baby.  | 362    | Family Health      | X   |  |   |  |  |   |   |  |  |
| Month 7                        | Ask how baby is handling solids and what foods have been tried.   | 364    | Caring for Baby    |   |  |   |  |  |   | X   |  |  |
| Month 7                        | Talk with family about how to baby-proof their house to prevent accidents.  | 366    | Caring for Baby    |   |  |   |  |  |   | X   |  |  |
| Month 7                        | Talk about the challenge of constant supervision.   | 368    | Caring for Baby    |   |  | X   |  |  |   |   |  | X  |
| Month 7                        | Explain what new skills baby is likely to learn this month.   | 370    | Baby's Development | X   | X  | X   | X  | X  | X   | X   | X  | X  |
| Month 7                        | Continue to promote parents' observation and reflection skills with baby.   | 372    | Baby's Development | X   |  |   |  |  |   | X   |  |  |
| Month 7                        | Talk about baby's new motor skills and the benefits of crawling.  | 374    | Baby's Development |   |  |   |  |  |   |   |  |  |
| Month 7                        | Talk about baby's new motor skills and the benefits of crawling, scribbles, and print.                              | 378    | Baby's Development |   |  | X   |  |  |   | X   |  |  |
| Month 7                        | Summarize and preview baby's upcoming language development.   | 380    | Baby's Development |   |  |   |  |  |   |   |  |  |
| Month 7                        | Continue discussion of baby's social-emotional development and complete screening.                                  | 384    | Baby's Development | X   | X  | X   | X  | X  | X   | X   | X  | X  |

| DOMAIN: Approaches to Learning |  |        |   |  |   |  |  |   |   |  |  |        |
|--------------------------------|--|--------|---|--|---|--|--|---|---|--|--|--------|
| Baby's 1st Year                | SUB-DOMAINS:   |        |   | ATL_SD1  |   | ATL_SD2  |  |   | ATL_SD3   |  | ATL_SD4  |        |
|                                |  |        |   | Emotional and Behavioral Self-Regulation                           |   | Cognitive Self-Regulation (Executive Functioning)                    |  |   | Initiative and Curiosity  |  | Creativity   |        |
|                                | GOALS:   |        |   | Goal 1   | Goal 2  | Goal 3   | Goal 4   | Goal 5  | Goal 6  | Goal 7   | Goal 8   | Goal 9 |
|                                |  |        | Child manages feelings & emotions with support of familiar adults | Child manages actions and behavior with support of familiar adults | Child maintains focus and sustains attention with support | Child develops the ability to show persistence in actions & behavior | Child demonstrates the ability to be flexible in actions & behaviors | Child demonstrates emerging initiative in interactions, experiences, & explorations | Child shows interest in and curiosity about objects, materials, or events | Child uses creativity to increase understanding & learning | Child shows imagination in play & interactions with others |        |
| SECTION                        | Purposes from Partners for a Healthy Baby (PHB)  | PAGE # | CATEGORY  |  |   |  |  |   |   |  |  |        |
| Month 7                        | Explain how stranger anxiety shows growing parent-child attachment.  | 388    | Baby's Development  | X  | X   |  |  |   |   |  |  |        |
| Month 7                        | Talk about upcoming changes in cognitive development and preview new skills.   | 390    | Baby's Development  |  |   | X  | X  | X   | X   | X  | X  |        |
| Month 7                        | Talk about baby's play skills and why play is important.   | 394    | Baby's Development  |  | X   | X  | X  | X   | X   | X  | X  |        |
| Month 8                        | Encourage family to have a "can-do" attitude to overcome barriers and reach their goals.                             | 402    | Family Development  |  |   |  |  |   |   |  |  |        |
| Month 8                        | Discuss relationship boundaries and how to say "no."   | 404    | Family Development  |  |   |  |  |   |   |  |  |        |
| Month 8                        | Encourage Dad/partner to support his baby's increasing mobility, and continued need for reassurance and supervision. | 406    | Family Development  |  | X   |  |  |   |   |  |  |        |
| Month 8                        | Talk about progress with budgeting.  | 408    | Family Development  |  |   |  |  |   |   |  |  |        |
| Month 8                        | Talk with Mom about emergency contraception.   | 410    | Family Health   |  |   |  |  |   |   |  |  |        |
| Month 8                        | Talk about how to communicate effectively with health care providers.  | 412    | Family Health   |  |   |  |  |   |   |  |  |        |
| Month 8                        | Remind family that exercise can reduce stress and control weight.  | 414    | Family Health   |  |   |  |  |   |   |  |  |        |
| Month 8                        | Talk about how exercise can improve mood and lessen depression.  | 416    | Family Health   | X  |   |  |  |   |   |  |  |        |
| Month 8                        | Discuss ways to redirect baby to keep her safe.  | 418    | Caring for Baby   |  | X   |  |  | X   | X   | X  |  |        |
| Month 8                        | Explain what new skills baby is likely to learn this month and discuss ASQ-3 or other developmental screening tool.  | 420    | Baby's Development  | X  |   | X  |  |   | X   | X  |  |        |
| Month 8                        | Continue to promote parents' observation and reflection skills with baby.  | 422    | Baby's Development  | X  | X   |  | X  |   |   |  |  |        |
| Month 8                        | Encourage parents to use language to teach baby what to expect next.   | 424    | Baby's Development  |  |   |  |  |   |   |  |  |        |
| Month 8                        | Explain how having a parent nearby provides a "secure base" with baby's expanding need to explore.                   | 426    | Baby's Development  | X  | X   |  |  |   | X   |  |  |        |
| Month 8                        | Explain how play helps baby learn.   | 428    | Baby's Development  | X  | X   | X  | X  | X   | X   | X  | X  |        |
| Month 9                        | Help parents compare how they were raised with how they want to raise their child.                                   | 434    | Family Development  |  |   |  |  |   |   |  |  |        |
| Month 9                        | Explain how physical changes after childbirth may affect Mom's sexual relationship.                                  | 436    | Family Health   |  |   |  |  |   |   |  |  |        |
| Month 9                        | Talk about what to do in case of a fire.   | 438    | Family Health   |  |   |  |  |   |   |  |  |        |
| Month 9                        | down.  | 440    | Family Health   |  |   |  |  |   |   |  |  |        |
| Month 9                        | Make sure Mom knows signs of vaginal infections and what to do.  | 442    | Family Health   |  |   |  |  |   |   |  |  |        |
| Month 9                        | health.  | 444    | Family Health   |  |   |  |  |   |   |  |  |        |
| Month 9                        | Talk about how to promote a feeling of safety in the home and community.   | 446    | Family Health   | X  | X   |  |  |   |   |  |  |        |
| Month 9                        | Teach parents how to prevent the spread of illness.  | 448    | Caring for Baby   |  |   |  |  |   |   |  |  |        |
| Month 9                        | needed.  | 450    | Caring for Baby   |  | X   |  |  |   |   |  |  |        |
| Month 9                        | Talk about the value of unhurried time and focused attention.  | 452    | Caring for Baby   | X  | X   | X  |  | X   |   |  |  |        |
| Month 9                        | Explain what new skills baby is likely to learn this month.  | 454    | Baby's Development  | X  |   | X  | X  | X   | X   | X  | X  |        |
| Month 9                        | Continue to promote parents' observation and reflection skills with baby.  | 456    | Baby's Development  | X  | X   |  |  |   |   |  |  |        |
| Month 9                        | Talk about the importance of baby's use of gestures as a way to communicate.   | 458    | Baby's Development  |  |   |  |  |   | X   |  |  |        |
| Month 9                        | Help family understand baby's temperament and how to adapt to different situations.                                  | 460    | Baby's Development  | X  | X   | X  | X  | X   | X   |  |  |        |
| Month 9                        | Explain early brain development and how parents can promote it.  | 462    | Baby's Development  | X  | X   | X  |  |   |   | X  | X  |        |
| Month 10                       | Encourage family to be assertive and advocate for baby.  | 468    | Family Development  |  |   |  |  |   |   |  |  |        |
| Month 10                       | Talk about preventing and repairing misunderstandings.   | 470    | Family Development  |  |   |  |  |   |   |  |  |        |
| Month 10                       | Ask about the impact of fatherhood on Dad's/partner's friendships.   | 472    | Family Development  |  |   |  |  |   |   |  |  |        |
| Month 10                       | Talk about following workplace policies and having a good work ethic.  | 474    | Family Development  |  |   |  |  |   |   |  |  |        |
| Month 10                       | Talk about the link between drug and/or alcohol addiction and unresolved trauma.                                     | 476    | Family Health   |  |   |  |  |   |   |  |  |        |
| Month 10                       | If there are guns in the home, remind parents to make sure they are kept unloaded in a locked cabinet.               | 478    | Family Health   |  |   |  |  |   |   |  |  |        |
| Month 10                       | Help Mom use laughter to cope with daily ups and downs.  | 480    | Family Health   | X  | X   |  |  |   |   |  |  |        |
| Month 10                       | If Mom is weaning baby, find out how they are doing and offer help with any difficulties.                            | 482    | Caring for Baby   | X  | X   |  |  | X   |   |  |  |        |
| Month 10                       | Talk about keeping baby safe in the sun.   | 484    | Caring for Baby   |  |   |  |  |   |   |  |  |        |
| Month 10                       | Talk about what it means when baby shakes his head "no."   | 486    | Caring for Baby   | X  | X   |  | X  | X   |   |  |  |        |
| Month 10                       | Explain what new skills baby is likely to learn this month and discuss ASQ-3 or other developmental screening tool.  | 488    | Baby's Development  | X  | X   | X  | X  | X   | X   | X  | X  |        |

| DOMAIN: Approaches to Learning |   |        |                    |   |  |   |  |  |   |   |  |  |
|--------------------------------|---|--------|--------------------|---|--|---|--|--|---|---|--|--|
| Baby's 1st Year                | SUB-DOMAINS:  |        |                    | ATL_SD1   |  | ATL_SD2   |  |  | ATL_SD3   |   | ATL_SD4  |  |
|                                |   |        |                    | Emotional and Behavioral Self-Regulation                          |  | Cognitive Self-Regulation (Executive Functioning)         |  |  | Initiative and Curiosity  |   | Creativity   |  |
|                                |   |        |                    | Goal 1  | Goal 2   | Goal 3  | Goal 4   | Goal 5   | Goal 6  | Goal 7  | Goal 8   | Goal 9   |
|                                | GOALS:  |        |                    | Child manages feelings & emotions with support of familiar adults | Child manages actions and behavior with support of familiar adults | Child maintains focus and sustains attention with support | Child develops the ability to show persistence in actions & behavior | Child demonstrates the ability to be flexible in actions & behaviors | Child demonstrates emerging initiative in interactions, experiences, & explorations | Child shows interest in and curiosity about objects, materials, or events | Child uses creativity to increase understanding & learning | Child shows imagination in play & interactions with others |
| SECTION                        | Purposes from Partners for a Healthy Baby (PHB)   | PAGE # | CATEGORY           |   |  |   |  |  |   |   |  |  |
| Month 10                       | Continue to promote parents' observation and reflection skills with baby.   | 490    | Baby's Development | X   | X  |   |  |  |   | X   | X  |  |
| Month 10                       | Encourage turn-taking conversations between parents and baby.   | 492    | Baby's Development |   |  | X   |  |  | X   |   |  |  |
| Month 10                       | Help parents understand ways to enhance their child's healthy brain development.                                    | 494    | Baby's Development | X   |  | X   |  | X  | X   | X   | X  |  |
| Month 11                       | If visits will end on baby's 1st birthday, begin planning the transition.   | 500    | Family Development |   |  |   |  |  |   |   |  |  |
| Month 11                       | Encourage efforts to budget and save money.   | 502    | Family Development |   |  |   |  |  |   |   |  |  |
| Month 11                       | weight loss.  | 504    | Family Health      |   |  |   |  |  |   |   |  |  |
| Month 11                       | Talk about value of simplifying and organizing to reduce stress and support emotional health.                       | 506    | Family Health      | X   | X  | X   |  |  |   |   |  |  |
| Month 11                       | Explain the dangers of lead poisoning.  | 508    | Caring for Baby    |   |  |   |  |  |   |   |  |  |
| Month 11                       | Discuss difference between "spoiling" and responding to baby's needs.   | 510    | Caring for Baby    | X   | X  |   |  | X  | X   |   |  |  |
| Month 11                       | Ask how baby manages transitions.   | 512    | Caring for Baby    | X   | X  |   | X  | X  | X   |   |  |  |
| Month 11                       | Explain what new skills baby is likely to learn this month.   | 514    | Baby's Development | X   | X  | X   | X  | X  | X   | X   | X  |  |
| Month 11                       | Continue to promote parents' observation and reflection skills with baby.   | 516    | Baby's Development | X   | X  | X   | X  | X  | X   | X   |  |  |
| Month 11                       | Talk about labeling everyday objects to help children learn new words.  | 518    | Baby's Development |   |  |   |  |  |   |   |  |  |
| Month 11                       | Help family understand that how they respond affects baby's feelings and self-worth.                                | 520    | Baby's Development |   |  | X   | X  | X  | X   | X   | X  |  |
| Month 11                       | Explain why you can't get an infant to "sit still" or "behave."   | 522    | Baby's Development | X   | X  |   |  |  |   |   |  |  |
| Month 12                       | Help family take pride in progress toward their goals and talk about setting long-range goals.                      | 528    | Family Development |   |  |   |  |  |   |   |  |  |
| Month 12                       | If visits are ending now, acknowledge that change is difficult and reach closure.                                   | 530    | Family Development |   |  |   |  |  |   |   |  |  |
| Month 12                       | Encourage Dad/partner to be nurturing and affectionate with his 1-year-old.   | 532    | Family Development |   | X  |   |  |  | X   | X   |  |  |
| Month 12                       | Talk about using a checking account to keep track of budget.  | 534    | Family Development |   |  |   |  |  |   |   |  |  |
| Month 12                       | Review reasons to avoid pregnancy and prevent sexually transmitted infections (STIs).                               | 536    | Family Health      |   |  |   |  |  |   |   |  |  |
| Month 12                       | Help family prevent fire hazards and carbon monoxide poisoning.   | 538    | Family Health      |   |  |   |  |  |   |   |  |  |
| Month 12                       | Ask about the emotional tone of the household and explain how it shapes baby's development.                         | 540    | Family Health      | X   | X  |   |  |  |   |   |  |  |
| Month 12                       | Discuss eating habits and healthy snack ideas.  | 542    | Caring for Baby    |   |  |   |  |  | X   | X   |  |  |
| Month 12                       | Encourage regular tooth brushing and dental visits.   | 544    | Caring for Baby    |   |  |   |  |  |   |   | X  | X  |
| Month 12                       | Discuss satisfaction with child care arrangements.  | 546    | Caring for Baby    |   |  |   |  |  |   |   |  |  |
| Month 12                       | Help family plan baby's first birthday.   | 548    | Caring for Baby    |   |  |   |  |  |   |   |  |  |
| Month 12                       | Talk about the likelihood of temper tantrums and how to handle them.  | 550    | Caring for Baby    | X   | X  |   |  |  | X   |   |  |  |
| Month 12                       | Explain what new skills baby is likely to learn this month and discuss ASQ-3 or other developmental screening tool. | 552    | Baby's Development |   |  | X   | X  |  | X   | X   | X  | X  |
| Month 12                       | Continue to promote parents' observation and reflection skills with baby.   | 554    | Baby's Development | X   | X  | X   | X  |  |   |   |  |  |
| Month 12                       | Encourage family to read with baby every day.   | 556    | Baby's Development |   |  | X   |  |  |   | X   |  |  |
| Month 12                       | Help parents understand social-emotional well-being and complete screening.   | 558    | Baby's Development | X   | X  |   |  | X  | X   | X   |  |  |
| Month 12                       | Explain how play and homemade toys can promote learning.  | 560    | Baby's Development |   |  | X   | X  | X  | X   | X   | X  | X  |

| DOMAIN: Social and Emotional Development  |  |              |                    |   |  |   |  |   |  |   |  |   |  |   |   |   |   |
|---|--|--------------|--------------------|---|--|---|--|---|--|---|--|---|--|---|---|---|---|
| Baby's 1st Year   |  | SUB-DOMAINS: |                    |   | SE_SD1   |   |  | SE_SD2  |  | SE_SD3                                      |  |   |  | SE_SD4  |   |   |   |
|   |  |              |                    |   | Relationships with Adults  |   |  | Relationships with Other Children   |  | Emotional Functioning                       |  |   |  | Sense of Identity and Belonging                               |   |   |   |
| Domain Key  |  | GOALS:       |                    |   | Goal 1   | Goal 2  | Goal 3   | Goal 4  | Goal 5   | Goal 6                                      | Goal 7   | Goal 8  | Goal 9   | Goal 10   | Goal 11   | Goal 12   | Goal 13   |
| ATL: Approaches to Learning<br>SE: Social and Emotional Development<br>LC: Language and Communication<br>C: Cognition<br>PMP: Perceptual, Motor, and Physical Development |  |              |                    |   | Child develops expectations of consistent, positive interactions through secure relationships with familiar adults | Child uses expectations learned through repeated experiences in primary relationships to develop relationships with other adults. | Child learns to use adults as a resource to meet needs | Child shows interest in, interacts with & develops personal relationships with other children | Child imitates and engages in play with other children | Child learns to express a range of emotions | Child recognizes & interprets emotions of others with support from familiar adults | Child expresses care and concern towards others | Child manages emotions with support from familiar adults | Child shows awareness about self & how to connect with others | Child understands some characteristics of self & others | Child shows confidence in own abilities through relationships with others | Child develops a sense of belonging through relationships with others |
| SECTION   | Purposes from Partners for a Healthy Baby (PHB)  | PAGE #       | CATEGORY           |   |  |   |  |   |  |   |  |   |  |   |   |   |   |
| Month 1   | Ensure Mom has adequate support during the postpartum period.  | 6            | Family Development | X | X  | X   |  |   |  |   |  | X   |  |   |   |   |   |
| Month 1   | Ask about Mom's relationship with baby's father and talk about the importance of his involvement with baby.  | 8            | Family Development | X | X  | X   |  |   |  |   | X  | X   |  |   |   | X   |   |
| Month 1   | Help Dad/partner feel competent in his ability to care for his baby.   | 10           | Family Development | X |  |   |  |   |  |   |  | X   |  |   |   | X   |   |
| Month 1   | Make sure Dad/partner has a plan for when he feels frustrated with his baby.   | 12           | Family Development | X |  | X   |  |   |  |   |  |   |  |   |   |   |   |
| Month 1   | Help Dad/partner understand why breastfeeding is important and how he can be supportive.   | 14           | Family Development |   |  |   |  |   |  |   |  |   |  |   |   |   |   |
| Month 1   | Help Dad/partner understand the difference between the baby blues and postpartum depression, and how to help.  | 16           | Family Development | X |  | X   |  |   |  |   |  |   |  |   |   |   |   |
| Month 1   | Ask Dad/partner about strategies he uses for calming his crying baby.  | 18           | Family Development | X |  | X   |  |   |  |   |  | X   |  |   |   |   |   |
| Month 1   | Talk about arrangements Mom has made for child support/public assistance.  | 20           | Family Development |   |  |   |  |   |  |   |  |   |  |   |   |   |   |
| Month 1   | If Mom smokes, encourage her to breastfeed and take precautions to minimize the impact on her baby. Be sure Mom knows that using street drugs or prescription drugs while breastfeeding can harm her baby. | 22           | Family Health      |   |  |   |  |   |  |   |  |   |  |   |   |   |   |
| Month 1   | If Mom is breastfeeding, explain that any alcohol she drinks may harm her baby.  | 24           | Family Health      |   |  |   |  |   |  |   |  |   |  |   |   |   |   |
| Month 1   | Talk with Mom about birth control options.   | 26           | Family Health      |   |  |   |  |   |  |   |  |   |  |   |   |   |   |
| Month 1   | Discuss options for birth control if Mom is breastfeeding.   | 28           | Family Health      |   |  |   |  |   |  |   |  |   |  |   |   |   |   |
| Month 1   | Ensure family has health care coverage and a medical home.   | 30           | Family Health      |   |  |   |  |   |  |   |  |   |  |   |   |   |   |
| Month 1   | Make sure family has food in the home and has signed up for WIC.   | 32           | Family Health      |   |  |   |  |   |  |   |  |   |  |   |   |   |   |
| Month 1   | If Mom is breastfeeding make sure her diet is healthy and balanced.  | 34           | Family Health      |   |  |   |  |   |  |   |  |   |  |   |   |   |   |
| Month 1   | Help Mom manage typical physical discomforts that follow childbirth.   | 36           | Family Health      |   |  |   |  |   |  |   |  |   |  |   |   |   |   |
| Month 1   | If Mom had a cesarean birth, discuss her recovery and when to call the doctor.   | 38           | Family Health      |   |  |   |  |   |  |   |  |   |  |   |   |   |   |
| Month 1   | Explain that feeling really tired after childbirth is normal and suggest ways to manage fatigue.   | 40           | Family Health      |   |  |   |  |   |  |   |  |   |  |   |   |   |   |
| Month 1   | Ensure Mom schedules her postpartum checkup.   | 42           | Family Health      |   |  |   |  |   |  |   |  |   |  |   |   |   |   |
| Month 1   | Prepare family for the exhaustion and emotional challenges of the first few weeks.   | 44           | Family Health      |   |  |   |  |   |  |   |  |   |  |   |   |   |   |
| Month 1   | Ask how family is coping with the baby blues and help them recognize any signs of depression.  | 46           | Family Health      | X |  | X   |  |   |  |   |  | X   |  |   |   |   |   |
| Month 1   | Discuss benefits of breastfeeding with family.   | 48           | Caring for Baby    | X | X  | X   |  |   |  |   |  |   |  |   |   |   |   |
| Month 1   | Talk about breastfeeding myths.  | 50           | Caring for Baby    | X | X  | X   |  |   |  |   |  |   |  |   |   |   |   |
| Month 1   | Talk with Mom about breastfeeding her newborn.   | 52           | Caring for Baby    | X | X  | X   |  |   |  |   |  |   |  |   |   |   |   |
| Month 1   | Make sure family knows how to select and prepare formula as needed.  | 54           | Caring for Baby    | X |  | X   |  |   |  |   |  |   |  |   |   |   |   |
| Month 1   | If bottle feeding, talk about steps to ensure success.   | 56           | Caring for Baby    | X |  | X   |  |   |  |   |  |   |  |   |   |   |   |
| Month 1   | Explain how to be sure baby is getting enough to eat.  | 58           | Caring for Baby    | X |  | X   |  |   |  |   |  |   |  |   |   |   |   |
| Month 1   | Ask how often baby is fed and if there are any problems with feeding.  | 60           | Caring for Baby    | X |  | X   |  |   |  |   |  |   |  |   |   |   |   |
| Month 1   | Ask how feedings are going and talk about how to burp the baby.  | 62           | Caring for Baby    | X |  | X   |  |   |  |   |  |   |  |   |   |   |   |
| Month 1   | Follow up on safety issues with family.  | 64           | Caring for Baby    | X |  | X   |  |   |  |   |  |   |  |   |   |   |   |
| Month 1   | Ask about baby's first checkup and immunizations.  | 66           | Caring for Baby    | X |  | X   |  |   |  |   |  |   |  |   |   |   |   |
| Month 1   | Talk about how to tell if baby is sick.  | 68           | Caring for Baby    | X |  | X   |  |   |  |   |  |   |  |   |   |   |   |
| Month 1   | Show parents how to care for umbilical cord, diaper rash, and circumcision.  | 70           | Caring for Baby    | X |  | X   |  |   |  |   |  |   |  |   |   |   |   |
| Month 1   | Talk about symptoms of colic and handling the stress it can bring.   | 72           | Caring for Baby    | X |  | X   |  |   |  |   |  | X   |  |   |   |   |   |
| Month 1   | Make sure family knows how to change diaper.   | 74           | Caring for Baby    | X | X  | X   |  |   |  |   |  |   |  |   |   | X   |   |
| Month 1   | Talk about choosing quality child care.  | 76           | Caring for Baby    | X | X  | X   |  |   |  |   |  |   |  |   |   |   |   |
| Month 1   | Talk about bathing baby.   | 78           | Caring for Baby    | X | X  | X   |  |   |  |   |  |   |  |   |   |   |   |
| Month 1   | Ask about baby's sleep patterns and how family copes with less sleep.  | 80           | Caring for Baby    | X |  | X   |  |   |  |   |  |   |  |   |   |   |   |
| Month 1   | Talk about how all babies develop at different rates and explain the Watch Me Grow handouts.   | 82           | Caring for Baby    | X |  | X   |  |   |  |   |  | X   |  |   |   | X   |   |
| Month 1   | Talk about being careful observers so they can learn what their baby likes and how he learns.  | 84           | Baby's Development | X |  | X   |  |   |  |   |  | X   |  |   |   |   |   |
| Month 1   | Talk with family about baby's motor development.   | 86           | Baby's Development | X |  | X   |  |   |  |   |  | X   |  |   |   |   |   |
| Month 1   | Help family recognize and respond to baby's signals.   | 88           | Baby's Development | X | X  | X   |  |   |  | X   |  | X   |  |   |   | X   |   |
| Month 1   | Explain why it is important to talk, sing, and read with their baby.   | 92           | Baby's Development | X |  | X   |  |   |  |   |  |   |  |   |   |   |   |
| Month 1   | Summarize baby's early language development.   | 94           | Baby's Development | X | X  | X   |  |   |  | X   | X  | X   |  |   | X   | X   |   |
| Month 1   | Help parents bond with baby.   | 96           | Baby's Development | X | X  | X   |  |   |  | X   | X  | X   |  |   | X   | X   |   |
| Month 1   | Talk about ways to bond if baby stays in the hospital.   | 100          | Baby's Development | X | X  | X   |  |   |  |   |  | X   |  |   |   | X   |   |
| Month 1   | Help parents read baby's cues and anticipate needs before baby gets fussy.   | 102          | Baby's Development | X | X  | X   |  |   |  | X   |  | X   |  |   |   |   |   |
| Month 1   | Build parent's confidence and competence in calming baby when fussy.   | 104          | Baby's Development | X | X  | X   |  |   |  |   |  | X   |  |   |   |   |   |
| Month 1   | Help parents understand the importance of touch in building a close relationship with baby.  | 106          | Baby's Development | X | X  | X   |  |   |  |   |  | X   |  |   |   |   |   |
| Month 1   | Help family understand baby's early social emotional development and complete screening.   | 108          | Baby's Development | X | X  | X   |  |   |  | X   | X  | X   | X  | X   | X   | X   |   |
| Month 1   | Talk about baby's cognitive development.   | 110          | Baby's Development | X | X  | X   |  |   |  | X   | X  | X   | X  | X   | X   | X   |   |
| Month 1   | Talk about baby's play skills and why play is important.   | 114          | Baby's Development | X | X  | X   |  |   |  |   |  |   |  |   |   |   |   |
| Month 1   | Ensure Mom has enough support.   | 118          | Baby's Development |   |  |   |  |   |  |   |  |   |  |   |   |   |   |
| Month 2   | Help siblings adjust to the new baby.  | 128          | Family Development |   |  |   | X  | X   |  |   |  |   |  |   |   | X   |   |
| Month 2   | Help military parents stay connected with their newborn and family during deployment.  | 130          | Family Development | X | X  | X   |  |   |  |   |  |   |  |   |   | X   |   |
| Month 2   | Let Dad/partner share what he has learned about baby's cues and responding to baby's needs.  | 132          | Family Development | X | X  | X   |  |   |  |   |  | X   |  |   |   | X   |   |
| Month 2   | Ask Dad/partner how he's adjusting to his new baby.  | 134          | Family Development | X | X  | X   |  |   |  |   |  |   |  |   |   | X   |   |
| Month 2   | Explain that new dads can experience depression.   | 136          | Family Development | X |  | X   |  |   |  |   |  |   |  |   |   |   |   |
| Month 2   | Help family keep track of their spending.  | 138          | Family Development | X |  | X   |  |   |  |   |  |   |  |   |   |   |   |
| Month 2   | Encourage Mom to return to school and suggest ways to make it easier.  | 140          | Family Development |   |  |   |  |   |  |   |  |   |  |   |   |   |   |
| Month 2   |  | 142          | Family Development |   |  |   |  |   |  |   |  |   |  |   |   |   |   |

| DOMAIN: Social and Emotional Development  |   |   |  |   |  |   |  |   |  |   |   |   |   |         |
|---|---|---|--|---|--|---|--|---|--|---|---|---|---|---------|
| Baby's 1st Year   | SUB-DOMAINS:  |   |  | SE_SD1  |  |   | SE_SD2   |   | SE_SD3   |   |   | SE_SD4  |   |         |
|   |   |   |  | Relationships with Adults   |  |   | Relationships with Other Children  |   | Emotional Functioning                                    |   |   | Sense of Identity and Belonging   |   |         |
|   | GOALS:  | Goal 1  | Goal 2   | Goal 3  | Goal 4   | Goal 5                                      | Goal 6   | Goal 7  | Goal 8   | Goal 9  | Goal 10   | Goal 11   | Goal 12   | Goal 13 |
| Domain Key<br>ATL: Approaches to Learning<br>SE: Social and Emotional Development<br>LC: Language and Communication<br>C: Cognition<br>PMP: Perceptual, Motor, and Physical Development | Child develops expectations of consistent, positive interactions through secure relationships with familiar adults  | Child uses expectations learned through repeated experiences in primary relationships to develop relationships with other adults. | Child learns to use adults as a resource to meet needs | Child shows interest in, interacts with & develops personal relationships with other children | Child imitates and engages in play with other children | Child learns to express a range of emotions | Child recognizes & interprets emotions of others with support from familiar adults | Child expresses care and concern towards others | Child manages emotions with support from familiar adults | Child shows awareness about self & how to connect with others | Child understands some characteristics of self & others | Child shows confidence in own abilities through relationships with others | Child develops a sense of belonging through relationships with others |         |
| SECTION   | Purposes from Partners for a Healthy Baby (PHB)   | PAGE #  | CATEGORY   |   |  |   |  |   |  |   |   |   |   |         |
| Month 2   | Talk with the family about how exposure to cigarette smoke can be harmful to the baby.  | 144   | Family Health  |   |  |   |  |   |  |   |   |   |   |         |
| Month 2   | Find out how Mom's postpartum checkup went and follow up on her choice of birth control.  | 146   | Family Health  |   |  |   |  |   |  |   |   |   |   |         |
| Month 2   | If Mom has a history of depression or is taking antidepressants, discuss options for birth control. Make sure the family has health care coverage and help them resolve any insurance or Medicaid problems. | 148   | Family Health  |   |  |   |  |   |  |   |   |   |   |         |
| Month 2   | Talk about the amount of protein needed for breastfeeding moms.   | 150   | Family Health  |   |  |   |  |   |  |   |   |   |   |         |
| Month 2   | Help Mom find ways to cope with the loss of sleep.  | 154   | Family Health  |   |  |   |  |   |  |   |   |   |   |         |
| Month 2   | Ask Mom about her postpartum checkup and how she's feeling about her post-pregnancy body.   | 156   | Family Health  |   |  |   |  |   |  |   |   |   |   |         |
| Month 2   | Talk about the stress and demands of parenting a new baby.  | 158   | Family Health  |   |  |   |  |   |  |   |   |   |   |         |
| Month 2   | Explain the importance of emotional health.   | 160   | Family Health  | x   |  |   |  |   | x  |   |   |   |   |         |
| Month 2   | Encourage Mom to continue breastfeeding.  | 162   | Caring for Baby  |   |  |   |  |   |  |   |   |   |   |         |
| Month 2   | Explain how to express and store breast milk.   | 164   | Caring for Baby  |   |  |   |  |   |  |   |   |   |   |         |
| Month 2   | Talk about safety issues when taking baby out in a car.   | 166   | Caring for Baby  |   |  |   |  |   |  |   |   |   |   |         |
| Month 2   | Discuss dangers of secondhand smoke.  | 168   | Caring for Baby  |   |  |   |  |   |  |   |   |   |   |         |
| Month 2   | Encourage parents to insist that everyone caring for baby follow the daily care routines being established.   | 170   | Caring for Baby  | x   | x  |   |  |   |  |   |   |   |   |         |
| Month 2   | Explain the importance of performing baby's daily care routines with respect.   | 172   | Caring for Baby  | x   | x  | x   |  |   |  |   |   |   | x   |         |
| Month 2   | Talk with family about using a pacifier.  | 174   | Caring for Baby  |   |  |   |  |   |  | x   |   |   |   |         |
| Month 2   | Help all the adults raising the child to cooperate together in co-parenting.  | 176   | Caring for Baby  | x   | x  |   |  |   |  | x   |   |   | x   |         |
| Month 2   | Explain what new skills baby is likely to learn this month and discuss the ASQ-3 or other developmental screening tool.   | 178   | Baby's Development                                     | x   |  |   |  | x   |  | x   | x   |   |   |         |
| Month 2   | Continue to promote parents' observation and reflection skills with baby.   | 180   | Baby's Development                                     | x   | x  | x   |  | x   |  |   |   |   |   |         |
| Month 2   | Help the family understand the value of turn-taking with baby.  | 182   | Baby's Development                                     | x   | x  |   |  |   |  |   |   |   |   |         |
| Month 2   | Explain early emotional cues and how babies learn from imitating feelings of others.  | 184   | Baby's Development                                     |   |  |   |  | x   | x  |   |   |   |   |         |
| Month 2   | Talk about importance of comforting baby, especially when hurt, sick, or upset.   | 186   | Baby's Development                                     | x   |  | x   |  |   |  | x   |   |   |   |         |
| Month 3   | Help family identify their dreams and achieve their goals.  | 192   | Family Development                                     |   |  |   |  |   |  |   |   |   |   |         |
| Month 3   | Talk about strategies for solving everyday problems.  | 194   | Family Development                                     |   |  |   |  |   |  |   |   |   |   |         |
| Month 3   | Ask how the new baby has changed family relationships.  | 196   | Family Development                                     | x   | x  |   | x  |   |  |   |   |   |   |         |
| Month 3   | Ask how grandparents relate to baby and encourage their involvement.  | 198   | Family Development                                     | x   | x  |   |  |   |  |   |   |   |   |         |
| Month 3   | Talk with Dad/partner to see how he's doing with interpreting and responding to his baby's cues.  | 200   | Family Development                                     | x   |  | x   |  |   | x  |   | x   |   |   |         |
| Month 3   | Encourage family to make plans to avoid missing work/school if baby is sick.  | 202   | Family Development                                     |   |  |   |  |   |  |   |   |   |   |         |
| Month 3   | Check on family's budget and make any necessary revisions.  | 204   | Family Development                                     |   |  |   |  |   |  |   |   |   |   |         |
| Month 3   | If there are smokers in the home, find out why they smoke and offer suggestions to help them quit or cut back.  | 206   | Family Health  |   |  |   |  |   |  |   |   |   |   |         |
| Month 3   | Talk about the importance of handwashing to prevent the spread of illness.  | 208   | Family Health  |   |  |   |  |   |  |   |   |   |   |         |
| Month 3   | Help Mom with strategies for exercising.  | 210   | Family Health  |   |  |   |  |   |  |   |   |   |   |         |
| Month 3   | Explain why doing Kegel exercises is important.   | 212   | Family Health  |   |  |   |  |   |  |   |   |   |   |         |
| Month 3   | Talk with Mom about recovering from a difficult or unplanned birth experience.  | 214   | Family Health  |   |  |   |  |   |  |   |   |   |   |         |
| Month 3   | Talk with family about how relationships, sleep, exercise, nutrition, gratitude, and stress influence emotional health.   | 216   | Family Health  | x   |  |   |  |   |  |   |   |   |   |         |
| Month 3   | Explain how sleep affects mood and discuss ways to get more sleep.  | 218   | Family Health  | x   |  |   |  |   |  |   |   |   |   |         |
| Month 3   | Discuss ways to reduce illness when starting child care.  | 220   | Caring for Baby  |   |  |   |  |   |  |   |   |   |   |         |
| Month 3   | Talk about getting baby ready for an outing.  | 222   | Caring for Baby  | x   |  | x   |  |   |  | x   |   |   |   |         |
| Month 3   | Follow up on baby's sleep routine.  | 224   | Caring for Baby  |   |  |   |  |   |  | x   |   |   | x   |         |
| Month 3   | Discuss any concerns about spoiling baby.   | 226   | Caring for Baby  | x   | x  | x   |  |   |  | x   |   |   |   |         |
| Month 3   | Explain what new skills baby is likely to learn this month.   | 228   | Baby's Development                                     |   |  |   |  | x   |  |   |   |   |   |         |
| Month 3   | Continue to promote parents' observation and reflection skills with baby.   | 230   | Baby's Development                                     | x   |  |   |  |   |  | x   |   |   |   |         |
| Month 3   | Talk with parents about the importance of shared reading and what books are best for babies.  | 232   | Baby's Development                                     |   |  |   |  |   |  |   |   |   |   |         |
| Month 3   | Explain how attachments are formed and strengthened.  | 234   | Baby's Development                                     | x   | x  | x   |  |   |  |   |   |   |   |         |
| Month 3   | Help parents understand ways to help baby learn to self-soothe.   | 236   | Baby's Development                                     |   |  |   |  |   |  | x   |   |   |   |         |
| Month 3   | Talk about impact of a fussy baby on parent-child relationship and offer strategies to have "the happiest baby on the block."   | 238   | Baby's Development                                     |   |  |   |  |   |  | x   |   |   |   |         |
| Month 3   | Help parents understand how they can influence their baby's brain development.  | 240   | Baby's Development                                     | x   |  | x   |  |   |  |   | x   |   |   |         |
| Month 4   | Help family identify their dreams for their baby.   | 246   | Family Development                                     | x   | x  |   |  |   |  |   |   |   |   |         |
| Month 4   | Talk about traits needed to be successful.  | 248   | Family Development                                     |   |  |   |  |   |  |   |   |   |   |         |
| Month 4   | Discuss how Mom's relationships might be healthy or harmful for her baby.   | 250   | Family Development                                     | x   | x  |   |  |   |  |   |   |   |   |         |
| Month 4   | Help military family adjust when reunited.  | 252   | Family Development                                     | x   | x  |   |  |   |  |   |   |   |   |         |
| Month 4   | Talk about how Dad/partner can develop a close relationship with his baby, even though they don't live together.  | 254   | Family Development                                     | x   | x  |   |  |   |  |   |   |   |   |         |
| Month 4   | If parent is working, ask about current job and options for advancement.  | 256   | Family Development                                     |   |  |   |  |   |  |   |   |   |   |         |
| Month 4   | Help family make a realistic monthly budget.  | 258   | Family Development                                     |   |  |   |  |   |  |   |   |   |   |         |
| Month 4   | Make sure Mom and her partner understand the benefits of spacing pregnancies.   | 260   | Family Health  | x   |  |   | x  |   |  |   |   |   |   |         |
| Month 4   | Talk with family members about how excess weight can affect their health.   | 262   | Family Health  |   |  |   |  |   |  |   |   |   |   |         |
| Month 4   | Help family understand how depression can impact their baby.  | 264   | Family Health  | x   |  |   |  |   | x  | x   |   | x   |   |         |



| DOMAIN: Social and Emotional Development |   |              |                    |  |  |  |   |  |   |  |   |  |   |   |   |   |
|--|---|--------------|--------------------|--|--|--|---|--|---|--|---|--|---|---|---|---|
| Baby's 1st Year                          |   | SUB-DOMAINS: |                    | SE_SD1   |  |  | SE_SD2  |  | SE_SD3                                      |  |   | SE_SD4   |   |   |   |   |
|  |   |              |                    | Relationships with Adults  |  |  | Relationships with Other Children   |  | Emotional Functioning                       |  |   | Sense of Identity and Belonging                          |   |   |   |   |
| SECTION                                  | Purposes from Partners for a Healthy Baby (PHB)   | PAGE #       | CATEGORY           | GOALS:   |  |  |   | Goal 6   | Goal 7                                      | Goal 8   | Goal 9  | Goal 10  | Goal 11   | Goal 12   | Goal 13   |   |
|  |   |              |                    | Goal 1   | Goal 2   | Goal 3   | Goal 4  |  |   |  |   |  |   |   |   | Goal 5  |
|  |   |              |                    | Child develops expectations of consistent, positive interactions through secure relationships with familiar adults | Child uses learned through repeated experiences in primary relationships to develop relationships with other adults. | Child learns to use adults as a resource to meet needs | Child shows interest in, interacts with & develops personal relationships with other children | Child imitates and engages in play with other children | Child learns to express a range of emotions | Child recognizes & interprets emotions of others with support from familiar adults | Child expresses care and concern towards others | Child manages emotions with support from familiar adults | Child shows awareness about self & how to connect with others | Child understands some characteristics of self & others | Child shows confidence in own abilities through relationships with others | Child develops a sense of belonging through relationships with others |
| Month 4                                  | Help Mom and partner have realistic expectations about parenting.   | 266          | Family Health      | X  |  |  |   |  |   |  |   |  |   |   |   |   |
| Month 4                                  | Talk about signs of teething and how to take care of baby's new teeth.  | 268          | Caring for Baby    |  |  |  |   |  |   |  | X   |  |   |   |   |   |
| Month 4                                  | Explain separation is hard for babies and discuss how to ease transitions, especially if dealing with shared custody. | 270          | Caring for Baby    | X  | X  | X  |   |  |   |  |   | X  |   |   |   | X   |
| Month 4                                  | Explain what new skills baby is likely to learn this month and discuss ASQ-3 or other developmental screening tool.   | 272          | Baby's Development | X  | X  | X  |   |  | X   |  |   |  | X   |   |   | X   |
| Month 4                                  | Continue to promote parents' observation and reflection skills with baby.   | 274          | Baby's Development | X  |  |  | X   |  | X   |  |   | X  |   |   |   |   |
| Month 4                                  | Explain the concept of "parentese" and why it is important.   | 276          | Baby's Development |  |  |  |   |  |   |  |   |  |   |   |   |   |
| Month 4                                  | Discuss issues related to dual-language learning.   | 278          | Baby's Development | X  | X  |  |   |  |   |  |   |  |   |   |   | X   |
| Month 4                                  | Discuss how to build a trusting relationship with baby.   | 280          | Baby's Development | X  | X  | X  |   |  |   |  |   |  |   |   |   | X   |
| Month 4                                  | Talk about how to choose good toys for baby.  | 282          | Baby's Development |  |  |  |   |  |   |  |   |  |   |   |   |   |
| Month 5                                  | Talk about changes to their family with the birth of their baby.  | 288          | Family Development | X  |  |  | X   |  |   |  |   |  |   |   |   | X   |
| Month 5                                  | Help family learn how to manage their time and set priorities.  | 290          | Family Development |  |  |  |   |  |   |  |   |  |   |   |   |   |
| Month 5                                  | Encourage friendships with other mothers and ask about changes in relationships at school or work.                    | 292          | Family Development |  | X  |  | X   |  |   |  |   |  |   |   |   |   |
| Month 5                                  | If Dad does not live with his baby, talk about the importance of staying connected.                                   | 294          | Family Development | X  |  |  |   |  |   |  |   |  |   |   |   |   |
| Month 5                                  | Talk about importance of saving money for baby's future.  | 296          | Family Development |  |  |  |   |  |   |  |   |  |   |   |   |   |
| Month 5                                  | Discuss alcohol or drug abuse by family members living in the home.   | 298          | Family Health      |  |  |  |   |  |   |  |   |  |   |   |   |   |
| Month 5                                  | Explain how getting outside during the day can make you feel better.  | 300          | Family Health      | X  |  |  |   |  |   |  |   | X  |   |   |   |   |
| Month 5                                  | Talk about any issues with breastfeeding, including dealing with a teething baby.                                     | 302          | Caring for Baby    |  |  |  |   |  |   |  |   |  |   |   |   |   |
| Month 5                                  | Talk about safety concerns with different types of baby gear and contraptions.  | 304          | Caring for Baby    |  |  |  |   |  |   |  |   |  |   |   |   |   |
| Month 5                                  | Explain importance of baby having consistent caregivers.  | 306          | Caring for Baby    | X  | X  | X  |   |  |   |  |   |  |   |   |   |   |
| Month 5                                  | Explain what new skills baby is likely to learn this month.   | 308          | Baby's Development | X  |  |  |   |  | X   | X  |   | X  | X   | X   | X   |   |
| Month 5                                  | Continue to promote parents' observation and reflection skills with baby.   | 310          | Baby's Development |  |  |  |   |  | X   |  |   | X  |   |   |   |   |
| Month 5                                  | Provide tips for sharing books with baby.   | 312          | Baby's Development |  |  |  |   |  |   |  |   |  |   |   |   |   |
| Month 5                                  | Talk about household objects that are safe and educational for baby.  | 314          | Baby's Development |  |  |  |   |  |   |  |   |  |   |   |   |   |
| Month 5                                  | Encourage family to make decisions with baby in mind.   | 320          | Family Development | X  |  | X  |   |  |   |  |   |  |   |   |   |   |
| Month 6                                  | Ask Dad/partner how he was parented and what kind of father he wants to be.   | 322          | Family Development | X  |  |  |   |  |   |  |   |  |   |   |   |   |
| Month 6                                  | Ask how Mom is doing balancing school/work with parenting.  | 324          | Family Development | X  |  |  |   |  |   |  |   |  |   |   |   |   |
| Month 6                                  | Ask about satisfaction with family planning method and, if appropriate, address reproductive coercion.                | 326          | Family Health      |  |  |  |   |  |   |  |   |  |   |   |   |   |
| Month 6                                  | See how Mom is feeling about her post-pregnancy body.   | 328          | Family Health      |  |  |  |   |  |   |  |   |  |   |   |   |   |
| Month 6                                  | Help list healthy ways to manage stress to benefit the whole family.  | 330          | Family Health      | X  |  |  |   |  |   |  |   | X  |   |   |   |   |
| Month 6                                  | Talk about introducing solid foods and how to watch for signs of allergies.   | 332          | Caring for Baby    |  |  |  |   |  |   |  |   |  |   |   |   |   |
| Month 6                                  | Talk about choking concerns.  | 334          | Caring for Baby    |  |  |  |   |  |   |  |   |  |   |   |   |   |
| Month 6                                  | Talk about how to handle disagreements between co-parents.  | 336          | Caring for Baby    | X  |  |  |   |  |   |  |   | X  |   |   |   |   |
| Month 6                                  | Explain what new skills baby is likely to learn this month and discuss ASQ-3 or other developmental screening tool.   | 338          | Baby's Development | X  | X  |  | X   | X  | X   |  | X   | X  |   |   | X   |   |
| Month 6                                  | Continue to promote parents' observation and reflection skills with baby.   | 340          | Baby's Development |  |  |  |   |  | X   |  |   | X  |   |   | X   |   |
| Month 6                                  | Encourage parents to use songs or games with baby that include hand motions.  | 342          | Baby's Development |  |  |  |   |  |   |  |   |  | X   |   | X   |   |
| Month 6                                  | Help parents understand social-emotional well-being & conduct screening.  | 344          | Baby's Development | X  | X  | X  |   |  | X   |  |   | X  |   |   |   | X   |
| Month 6                                  | Help parents understand why babies look to trusted adults to guide their reactions.                                   | 346          | Baby's Development | X  | X  | X  |   |  | X   | X  |   | X  |   |   |   |   |
| Month 6                                  | Explain how stress negatively impacts learning and brain development.   | 348          | Baby's Development | X  | X  | X  |   |  |   |  |   | X  |   |   |   |   |
| Month 7                                  | Discuss family's progress toward their goals and offer suggestions for overcoming challenges.                         | 354          | Family Development |  |  |  |   |  |   |  |   |  |   |   |   |   |
| Month 7                                  | Talk with Dad/partner about the importance of providing love, protection, and economic support.                       | 356          | Family Development | X  | X  | X  |   |  |   |  |   | X  |   |   |   |   |
| Month 7                                  | Review why condom use is important for preventing STIs.   | 358          | Family Health      |  |  |  |   |  |   |  |   |  |   |   |   |   |
| Month 7                                  | Encourage family mealtimes.   | 360          | Family Health      |  |  |  |   |  |   |  |   |  |   |   |   | X   |
| Month 7                                  | Ask about mood swings and talk about impact on baby.  | 362          | Family Health      | X  |  | X  |   |  | X   | X  |   | X  | X   |   |   |   |
| Month 7                                  | Ask how baby is handling solids and what foods have been tried.   | 364          | Caring for Baby    |  |  |  |   |  |   |  |   |  |   |   |   |   |
| Month 7                                  | Talk with family about how to baby-proof their house to prevent accidents.  | 366          | Caring for Baby    |  |  |  |   |  |   |  |   |  |   |   |   |   |
| Month 7                                  | Talk about the challenge of constant supervision.   | 368          | Caring for Baby    |  |  |  |   |  |   |  |   |  |   |   |   |   |
| Month 7                                  | Explain what new skills baby is likely to learn this month.   | 370          | Baby's Development | X  | X  | X  | X   | X  | X   |  | X   | X  |   | X   | X   | X   |
| Month 7                                  | Continue to promote parents' observation and reflection skills with baby.   | 372          | Baby's Development | X  |  |  |   |  | X   |  |   | X  |   |   |   |   |
| Month 7                                  | Talk about baby's new motor skills and the benefits of crawling.  | 374          | Baby's Development |  |  |  |   |  |   |  |   |  |   |   |   |   |
| Month 7                                  | Discuss ways to help baby explore books and print. Summarize and preview baby's upcoming language development.        | 378          | Baby's Development | X  |  |  |   |  |   |  |   |  |   | X   |   | X   |
| Month 7                                  | Continue discussion of baby's social-emotional development and complete screening.                                    | 380          | Baby's Development |  |  |  |   |  |   |  |   |  |   |   |   |   |
| Month 7                                  | Explain how stranger anxiety shows growing parent-child attachment.   | 384          | Baby's Development | X  | X  | X  | X   | X  | X   | X  | X   | X  | X   | X   | X   | X   |
| Month 7                                  | Talk about upcoming changes in cognitive development and preview new skills.  | 388          | Baby's Development | X  | X  | X  |   |  | X   |  |   | X  |   |   |   |   |
| Month 7                                  | Talk about upcoming changes in cognitive development and preview new skills.  | 390          | Baby's Development |  |  |  |   |  |   |  |   | X  | X   | X   | X   | X   |
| Month 7                                  | Talk about baby's play skills and why play is important.  | 394          | Baby's Development |  |  | X  | X   | X  |   |  |   | X  |   | X   | X   |   |

| DOMAIN: Social and Emotional Development  |   |   |  |   |  |   |  |   |  |   |   |   |   |         |
|---|---|---|--|---|--|---|--|---|--|---|---|---|---|---------|
| Baby's 1st Year   | SUB-DOMAINS:  |   |  | SE_SD1  |  |   | SE_SD2   |   |  | SE_SD3  |   |   | SE_SD4  |         |
|   |   |   |  | Relationships with Adults   |  |   | Relationships with Other Children  |   |  | Emotional Functioning   |   |   | Sense of Identity and Belonging                                       |         |
|   | GOALS:  | Goal 1  | Goal 2   | Goal 3  | Goal 4   | Goal 5                                      | Goal 6   | Goal 7  | Goal 8   | Goal 9  | Goal 10   | Goal 11   | Goal 12   | Goal 13 |
| Domain Key<br>ATL: Approaches to Learning<br>SE: Social and Emotional Development<br>LC: Language and Communication<br>C: Cognition<br>PMP: Perceptual, Motor, and Physical Development | Child develops expectations of consistent, positive interactions through secure relationships with familiar adults  | Child uses expectations learned through repeated experiences in primary relationships to develop relationships with other adults. | Child learns to use adults as a resource to meet needs | Child shows interest in, interacts with & develops personal relationships with other children | Child imitates and engages in play with other children | Child learns to express a range of emotions | Child recognizes & interprets emotions of others with support from familiar adults | Child expresses care and concern towards others | Child manages emotions with support from familiar adults | Child shows awareness about self & how to connect with others | Child understands some characteristics of self & others | Child shows confidence in own abilities through relationships with others | Child develops a sense of belonging through relationships with others |         |
| SECTION   | Purposes from Partners for a Healthy Baby (PHB)   | PAGE #  | CATEGORY   |   |  |   |  |   |  |   |   |   |   |         |
| Month 8   | Encourage family to have a "can-do" attitude to overcome barriers and reach their goals.  | 402   | Family Development                                     |   |  |   |  |   |  |   |   |   |   |         |
| Month 8   | Discuss relationship boundaries and how to say "no."  | 404   | Family Development                                     | X   |  |   |  |   |  |   |   |   |   |         |
| Month 8   | Encourage Dad/partner to support his baby's increasing mobility, and continued need for reassurance and supervision.  | 406   | Family Development                                     | X   | X  | X   |  |   |  |   |   |   |   |         |
| Month 8   | Talk about progress with budgeting.   | 408   | Family Development                                     |   |  |   |  |   |  |   |   |   |   |         |
| Month 8   | Talk with Mom about emergency contraception.  | 410   | Family Health  |   |  |   |  |   |  |   |   |   |   |         |
| Month 8   | Talk about how to communicate effectively with health care providers.   | 412   | Family Health  |   |  |   |  |   |  |   |   |   |   |         |
| Month 8   | Remind family that exercise can reduce stress and control weight.   | 414   | Family Health  |   |  |   |  |   |  |   |   |   |   |         |
| Month 8   | Talk about how exercise can improve mood and lessen depression.   | 416   | Family Health  |   |  |   |  |   |  | X   |   |   |   |         |
| Month 8   | Discuss ways to redirect baby to keep her safe. Explain what new skills baby is likely to learn this month and discuss ASQ-3 or other developmental screening tool. | 418   | Caring for Baby  | X   |  | X   |  |   |  |   |   |   |   |         |
| Month 8   | Continue to promote parents' observation and reflection skills with baby.   | 420   | Baby's Development                                     | X   | X  | X   | X  | X   |  | X   | X   | X   | X   |         |
| Month 8   | Encourage parents to use language to teach baby what to expect next.  | 422   | Baby's Development                                     | X   |  |   | X  |   |  | X   |   |   |   |         |
| Month 8   | Explain how having a parent nearby provides a "secure base" with baby's expanding need to explore.  | 424   | Baby's Development                                     | X   | X  | X   |  |   |  | X   |   |   |   |         |
| Month 8   | Explain how play helps baby learn.  | 426   | Baby's Development                                     | X   |  |   |  |   |  | X   |   |   |   |         |
| Month 8   | Help parents compare how they were raised with how they want to raise their child.  | 428   | Baby's Development                                     | X   |  |   |  |   |  | X   |   |   |   |         |
| Month 9   | Help parents compare how they were raised with how they want to raise their child.  | 434   | Family Development                                     | X   |  |   |  |   |  |   |   |   |   |         |
| Month 9   | Explain how physical changes after childbirth may affect Mom's sexual relationship.   | 436   | Family Health  |   |  |   |  |   |  |   |   |   |   |         |
| Month 9   | Talk about what to do in case of a fire.  | 438   | Family Health  |   |  |   |  |   |  |   |   |   |   |         |
| Month 9   | Talk about problems with salt and how to cut down.  | 440   | Family Health  |   |  |   |  |   |  |   |   |   |   |         |
| Month 9   | Make sure Mom knows signs of vaginal infections and what to do.   | 442   | Family Health  |   |  |   |  |   |  |   |   |   |   |         |
| Month 9   | Remind family how nutrition affects emotional health.   | 444   | Family Health  |   |  |   |  |   |  |   |   |   |   |         |
| Month 9   | Talk about how to promote a feeling of safety in the home and community.  | 446   | Family Health  | X   |  |   |  |   |  | X   |   |   |   |         |
| Month 9   | Teach parents how to prevent the spread of illness.   | 448   | Caring for Baby  |   |  |   |  |   |  |   |   |   |   |         |
| Month 9   | Help family adjust baby's nap schedule as needed.   | 450   | Caring for Baby  |   |  | X   |  |   |  |   |   |   | X   |         |
| Month 9   | Talk about the value of unhurried time and focused attention.   | 452   | Caring for Baby  | X   |  | X   |  |   |  | X   |   |   | X   |         |
| Month 9   | Explain what new skills baby is likely to learn this month.   | 454   | Baby's Development                                     | X   | X  | X   |  | X   | X  |   | X   | X   | X   |         |
| Month 9   | Continue to promote parents' observation and reflection skills with baby.   | 456   | Baby's Development                                     |   |  |   |  | X   |  | X   |   |   |   |         |
| Month 9   | Talk about the importance of baby's use of gestures as a way to communicate.  | 458   | Baby's Development                                     |   |  | X   |  |   |  |   | X   | X   | X   |         |
| Month 9   | Help family understand baby's temperament and how to adapt to different situations.   | 460   | Baby's Development                                     | X   | X  | X   |  | X   |  | X   |   |   |   |         |
| Month 9   | Explain early brain development and how parents can promote it.   | 462   | Baby's Development                                     | X   |  | X   |  |   |  | X   |   |   | X   |         |
| Month 9   | Encourage family to be assertive and advocate for baby.   | 468   | Family Development                                     | X   |  | X   |  |   |  |   |   |   |   |         |
| Month 10  | Talk about preventing and repairing misunderstandings.  | 470   | Family Development                                     |   |  |   |  |   |  |   |   |   |   |         |
| Month 10  | Ask about the impact of fatherhood on Dad's/partner's friendships.  | 472   | Family Development                                     |   |  |   |  |   |  |   |   |   |   |         |
| Month 10  | Talk about following workplace policies and having a good work ethic.   | 474   | Family Development                                     |   |  |   |  |   |  |   |   |   |   |         |
| Month 10  | Talk about the link between drug and/or alcohol addiction and unresolved trauma.  | 476   | Family Health  |   |  |   |  |   |  |   |   |   |   |         |
| Month 10  | If there are guns in the home, remind parents to make sure they are kept unloaded in a locked cabinet.  | 478   | Family Health  |   |  |   |  |   |  |   |   |   |   |         |
| Month 10  | Help Mom use laughter to cope with daily ups and downs.   | 480   | Family Health  | X   |  |   |  |   |  | X   |   |   |   |         |
| Month 10  | If Mom is weaning baby, find out how they are doing and offer help with any difficulties.   | 482   | Caring for Baby  | X   |  |   |  |   |  |   |   |   |   |         |
| Month 10  | Talk about keeping baby safe in the sun.  | 484   | Caring for Baby  |   |  |   |  |   |  |   |   |   |   |         |
| Month 10  | Talk about what it means when baby shakes his head "no."  | 486   | Caring for Baby  | X   |  |   |  | X   |  | X   | X   |   |   |         |
| Month 10  | Explain what new skills baby is likely to learn this month and discuss ASQ-3 or other developmental screening tool.   | 488   | Baby's Development                                     |   |  |   |  | X   |  | X   | X   | X   | X   |         |
| Month 10  | Continue to promote parents' observation and reflection skills with baby.   | 490   | Baby's Development                                     |   |  | X   |  | X   |  | X   |   |   |   |         |
| Month 10  | Encourage turn-taking conversations between parents and baby.   | 492   | Baby's Development                                     |   |  |   |  |   |  |   | X   |   |   |         |
| Month 10  | Help parents understand ways to enhance their child's healthy brain development.  | 494   | Baby's Development                                     | X   |  |   |  | X   | X  |   | X   | X   |   |         |
| Month 11  | If visits will end on baby's 1st birthday, begin planning the transition.   | 500   | Family Development                                     |   |  |   |  |   |  |   |   |   |   |         |
| Month 11  | Encourage efforts to budget and save money.   | 502   | Family Development                                     |   |  |   |  |   |  |   |   |   |   |         |
| Month 11  | Talk with Mom about her efforts toward weight loss.   | 504   | Family Health  |   |  |   |  |   |  |   |   |   |   |         |
| Month 11  | Talk about value of simplifying and organizing to reduce stress and support emotional health.   | 506   | Family Health  |   |  |   |  |   |  | X   |   |   |   |         |
| Month 11  | Explain the dangers of lead poisoning.  | 508   | Caring for Baby  |   |  |   |  |   |  |   |   |   |   |         |
| Month 11  | Discuss difference between "spoiling" and responding to baby's needs.   | 510   | Caring for Baby  | X   | X  | X   |  |   |  | X   |   |   |   |         |
| Month 11  | Ask how baby manages transitions.   | 512   | Caring for Baby  | X   |  |   |  | X   |  | X   |   |   | X   |         |
| Month 11  | Explain what new skills baby is likely to learn this month.   | 514   | Baby's Development                                     | X   | X  | X   | X  |   |  | X   | X   | X   | X   |         |
| Month 11  | Continue to promote parents' observation and reflection skills with baby.   | 516   | Baby's Development                                     | X   |  |   |  | X   |  | X   |   |   |   |         |
| Month 11  | Talk about labeling everyday objects to help children learn new words.  | 518   | Baby's Development                                     |   |  |   |  |   |  |   |   |   |   |         |
| Month 11  | Help family understand that how they respond affects baby's feelings and self-worth.  | 520   | Baby's Development                                     |   |  |   |  |   |  |   |   | X   |   |         |
| Month 11  | Explain why you can't get an infant to "sit still" or "behave."   | 522   | Baby's Development                                     |   |  |   |  |   |  | X   |   |   |   |         |
| Month 11  | Help family take pride in progress toward their goals and talk about setting long-range goals.  | 528   | Family Development                                     |   |  |   |  |   |  |   |   |   |   |         |

| DOMAIN: Social and Emotional Development         |   |  |   |  |   |  |   |  |   |  |   |   |   |   |
|--|---|--|---|--|---|--|---|--|---|--|---|---|---|---|
| Baby's 1st Year                                  |   | SUB-DOMAINS:   |   |  |   |  |   |  |   |  |   |   |   |   |
|  |   | SE_SD1   |   |  | SE_SD2  |  | SE_SD3                                      |  |   |  | SE_SD4  |   |   |   |
|  |   | Relationships with Adults  |   |  | Relationships with Other Children   |  | Emotional Functioning                       |  |   |  | Sense of Identity and Belonging                               |   |   |   |
| Domain Key                                       |   | GOALS:   |   |  |   |  |   |  |   |  |   |   |   |   |
| ATL: Approaches to Learning                      |   | Goal 1   | Goal 2  | Goal 3   | Goal 4  | Goal 5   | Goal 6                                      | Goal 7   | Goal 8  | Goal 9   | Goal 10   | Goal 11   | Goal 12   | Goal 13   |
| SE: Social and Emotional Development             |   | Child develops expectations of consistent, positive interactions through secure relationships with familiar adults | Child uses expectations learned through repeated experiences in primary relationships to develop relationships with other adults. | Child learns to use adults as a resource to meet needs | Child shows interest in, interacts with & develops personal relationships with other children | Child imitates and engages in play with other children | Child learns to express a range of emotions | Child recognizes & interprets emotions of others with support from familiar adults | Child expresses care and concern towards others | Child manages emotions with support from familiar adults | Child shows awareness about self & how to connect with others | Child understands some characteristics of self & others | Child shows confidence in own abilities through relationships with others | Child develops a sense of belonging through relationships with others |
| LC: Language and Communication                   |   |  |   |  |   |  |   |  |   |  |   |   |   |   |
| C: Cognition                                     |   |  |   |  |   |  |   |  |   |  |   |   |   |   |
| PMP: Perceptual, Motor, and Physical Development |   |  |   |  |   |  |   |  |   |  |   |   |   |   |
| SECTION  | Purposes from Partners for a Healthy Baby (PHB)   | PAGE #   | CATEGORY  |  |   |  |   |  |   |  |   |   |   |   |
| Month 12   | If visits are ending now, acknowledge that change is difficult and reach closure.                                   | 530  | Family Development  | X  | X   |  |   |  |   |  |   |   |   |   |
| Month 12   | Encourage Dad/partner to be nurturing and affectionate with his 1-year-old.   | 532  | Family Development  | X  |   |  |   |  |   |  |   |   | X   |   |
| Month 12   | Talk about using a checking account to keep track of budget.  | 534  | Family Development  |  |   |  |   |  |   |  |   |   |   |   |
| Month 12   | Review reasons to avoid pregnancy and prevent sexually transmitted infections (STIs).                               | 536  | Family Health   |  |   |  |   |  |   |  |   |   |   |   |
| Month 12   | Help family prevent fire hazards and carbon monoxide poisoning.   | 538  | Family Health   |  |   |  |   |  |   |  |   |   |   |   |
| Month 12   | Ask about the emotional tone of the household and explain how it shapes baby's development.                         | 540  | Family Health   | X  | X   |  |   | X  | X   | X  | X   |   | X   | X   |
| Month 12   | Discuss eating habits and healthy snack ideas.  | 542  | Caring for Baby   |  |   |  |   |  |   |  |   |   |   | X   |
| Month 12   | Encourage regular tooth brushing and dental visits.   | 544  | Caring for Baby   |  |   |  |   |  |   |  |   |   |   | X   |
| Month 12   | Discuss satisfaction with child care arrangements.  | 546  | Caring for Baby   | X  | X   | X  |   |  |   |  |   |   |   | X   |
| Month 12   | Help family plan baby's first birthday.   | 548  | Caring for Baby   |  |   |  | X   |  |   |  |   | X   |   | X   |
| Month 12   | Talk about the likelihood of temper tantrums and how to handle them.  | 550  | Caring for Baby   |  |   |  | X   |  |   | X  |   |   |   |   |
| Month 12   | Explain what new skills baby is likely to learn this month and discuss ASQ-3 or other developmental screening tool. | 552  | Baby's Development  | X  |   | X  |   |  |   |  | X   |   | X   |   |
| Month 12   | Continue to promote parents' observation and reflection skills with baby.   | 554  | Baby's Development  | X  | X   |  | X   |  |   | X  | X   |   |   |   |
| Month 12   | Encourage family to read with baby every day.   | 556  | Baby's Development  | X  |   |  |   |  |   |  |   |   |   | X   |
| Month 12   | Help parents understand social-emotional well-being and complete screening.   | 558  | Baby's Development  | X  | X   | X  | X   | X  | X   | X  | X   |   |   |   |
| Month 12   | Explain how play and homemade toys can promote learning.  | 560  | Baby's Development  |  |   |  |   |  |   |  |   |   | X   |   |

| DOMAIN: Language and Communication  |   |              |                    |  |  |   |   |  |   |  |  |   |  |  |   |   |  |
|---|---|--------------|--------------------|--|--|---|---|--|---|--|--|---|--|--|---|---|--|
| Baby's 1st Year   |   | SUB-DOMAINS: |                    | LC_SD1   |  | LC_SD2  |   |  |   | LC_SD3   |  | LC_SD4  |  |  |   |   |  |
|   |   |              |                    | Attending and Understanding  |  | Communicating and Speaking  |   |  |   | Vocabulary   |  | Emergent Literacy   |  |  |   |   |  |
| Domain Key<br>ATL: Approaches to Learning<br>SE: Social and Emotional Development<br>LC: Language and Communication<br>C: Cognition<br>PMP: Perceptual, Motor, and Physical Development |   | GOALS:       |                    | Goal 1   | Goal 2   | Goal 3  | Goal 4  | Goal 5   | Goal 6  | Goal 7   | Goal 8                                   | Goal 9  | Goal 10  | Goal 11                                    | Goal 12   | Goal 13   |  |
|   |   |              |                    | Child attends to, understands & responds to communication & language from others | Child learns from communication & language experiences with others | Child communicates needs & wants non-verbally & by using language | Child uses non-verbal communication & language to engage others in interactions | Child uses increasingly complex language in conversation with others | Child initiates non-verbal communication & language to learn & gain information | Child understands an increasing number of words in communication | Child uses an increasing number of words | Child attends to, repeats & uses some rhymes, phrases or refrains from stories or songs | Child handles books & relates them to their stories or information | Child recognizes pictures, symbols & words | Child comprehends meaning from pictures & stories | Child makes marks & uses them to represent objects or actions |  |
| SECTION   | Purposes from Partners for a Healthy Baby (PHB)   | PAGE #       | CATEGORY           |  |  |   |   |  |   |  |  |   |  |  |   |   |  |
| Month 1   | Ensure Mom has adequate support during the postpartum period.   | 6            | Family Development |  |  |   |   |  |   |  |  |   |  |  |   |   |  |
| Month 1   | Ask about Mom's relationship with baby's father and talk about the importance of his involvement with baby.   | 8            | Family Development |  |  |   |   |  |   |  |  |   |  |  |   |   |  |
| Month 1   | Help Dad/partner feel competent in his ability to care for his baby.  | 10           | Family Development |  |  | X   |   |  |   |  |  |   |  |  |   |   |  |
| Month 1   | Make sure Dad/partner has a plan for when he feels frustrated with his baby.                                  | 12           | Family Development |  |  |   |   |  |   |  |  |   |  |  |   |   |  |
| Month 1   | Help Dad/partner understand why breastfeeding is important and how he can be supportive.                      | 14           | Family Development |  |  |   |   |  |   |  |  |   |  |  |   |   |  |
| Month 1   | Help Dad/partner understand the difference between the baby blues and postpartum depression, and how to help. | 16           | Family Development |  |  |   |   |  |   |  |  |   |  |  |   |   |  |
| Month 1   | Ask Dad/partner about strategies he uses for calming his crying baby.   | 18           | Family Development |  |  | X   |   |  |   |  |  |   |  |  |   |   |  |
| Month 1   | Talk about arrangements Mom has made for child support/public assistance.                                     | 20           | Family Development |  |  |   |   |  |   |  |  |   |  |  |   |   |  |
| Month 1   | If Mom smokes, encourage her to breastfeed and take precautions to minimize the impact on her baby.           | 22           | Family Health      |  |  |   |   |  |   |  |  |   |  |  |   |   |  |
| Month 1   | Be sure Mom knows that using street drugs or prescription drugs while breastfeeding can harm her baby.        | 24           | Family Health      |  |  |   |   |  |   |  |  |   |  |  |   |   |  |
| Month 1   | If Mom is breastfeeding, explain that any alcohol she drinks may harm her baby.                               | 26           | Family Health      |  |  |   |   |  |   |  |  |   |  |  |   |   |  |
| Month 1   | Talk with Mom about birth control options.  | 28           | Family Health      |  |  |   |   |  |   |  |  |   |  |  |   |   |  |
| Month 1   | Discuss options for birth control if Mom is breastfeeding.  | 30           | Family Health      |  |  |   |   |  |   |  |  |   |  |  |   |   |  |
| Month 1   | Ensure family has health care coverage and a medical home.  | 32           | Family Health      |  |  |   |   |  |   |  |  |   |  |  |   |   |  |
| Month 1   | Make sure family has food in the home and has signed up for WIC.  | 34           | Family Health      |  |  |   |   |  |   |  |  |   |  |  |   |   |  |
| Month 1   | If Mom is breastfeeding make sure her diet is healthy and balanced.   | 36           | Family Health      |  |  |   |   |  |   |  |  |   |  |  |   |   |  |
| Month 1   | Help Mom manage typical physical discomforts that follow childbirth.  | 38           | Family Health      |  |  |   |   |  |   |  |  |   |  |  |   |   |  |
| Month 1   | If Mom had a cesarean birth, discuss her recovery and when to call the doctor.                                | 40           | Family Health      |  |  |   |   |  |   |  |  |   |  |  |   |   |  |
| Month 1   | Explain that feeling really tired after childbirth is normal and suggest ways to manage fatigue.              | 42           | Family Health      |  |  |   |   |  |   |  |  |   |  |  |   |   |  |
| Month 1   | Ensure Mom schedules her postpartum checkup.  | 44           | Family Health      |  |  |   |   |  |   |  |  |   |  |  |   |   |  |
| Month 1   | Prepare family for the exhaustion and emotional challenges of the first few weeks.                            | 46           | Family Health      |  |  |   |   |  |   |  |  |   |  |  |   |   |  |
| Month 1   | Ask how family is coping with the baby blues and help them recognize any signs of depression.                 | 48           | Family Health      |  |  |   |   |  |   |  |  |   |  |  |   |   |  |
| Month 1   | Discuss benefits of breastfeeding with family.  | 50           | Caring for Baby    |  |  |   |   |  |   |  |  |   |  |  |   |   |  |
| Month 1   | Talk about breastfeeding myths.   | 52           | Caring for Baby    |  |  |   |   |  |   |  |  |   |  |  |   |   |  |
| Month 1   | Talk with Mom about breastfeeding her newborn.  | 54           | Caring for Baby    | X  | X  | X   |   |  |   |  |  |   |  |  |   |   |  |
| Month 1   | Make sure family knows how to select and prepare formula as needed.   | 56           | Caring for Baby    |  |  |   |   |  |   |  |  |   |  |  |   |   |  |
| Month 1   | If bottle feeding, talk about steps to ensure success.  | 58           | Caring for Baby    | X  | X  | X   |   |  |   |  |  |   |  |  |   |   |  |
| Month 1   | Explain how to be sure baby is getting enough to eat.   | 60           | Caring for Baby    |  |  |   |   |  |   |  |  |   |  |  |   |   |  |
| Month 1   | Ask how often baby is fed and if there are any problems with feeding.   | 62           | Caring for Baby    |  |  |   |   |  |   |  |  |   |  |  |   |   |  |
| Month 1   | Ask how feedings are going and talk about how to burp the baby.   | 64           | Caring for Baby    |  |  |   |   |  |   |  |  |   |  |  |   |   |  |
| Month 1   | Follow up on safety issues with family.   | 66           | Caring for Baby    |  |  |   |   |  |   |  |  |   |  |  |   |   |  |
| Month 1   | Ask about baby's first checkup and immunizations.   | 68           | Caring for Baby    |  |  |   |   |  |   |  |  |   |  |  |   |   |  |
| Month 1   | Talk about how to tell if baby is sick.   | 70           | Caring for Baby    |  |  | X   |   |  |   |  |  |   |  |  |   |   |  |
| Month 1   | Show parents how to care for umbilical cord, diaper rash, and circumcision.                                   | 72           | Caring for Baby    |  |  |   |   |  |   |  |  |   |  |  |   |   |  |
| Month 1   | Talk about symptoms of colic and handling the stress it can bring.  | 74           | Caring for Baby    | X  | X  | X   |   |  |   |  |  |   |  |  |   |   |  |
| Month 1   | Make sure family knows how to change diaper.  | 76           | Caring for Baby    | X  | X  |   |   |  |   |  |  |   |  |  |   |   |  |
| Month 1   | Talk about choosing quality child care.   | 78           | Caring for Baby    |  |  |   |   |  |   |  |  |   |  |  |   |   |  |
| Month 1   | Talk about bathing baby.  | 80           | Caring for Baby    |  |  |   |   |  |   |  |  |   |  |  |   |   |  |
| Month 1   | Ask about baby's sleep patterns and how family copes with less sleep.   | 82           | Caring for Baby    |  |  |   | X   |  |   |  |  |   |  |  |   |   |  |
| Month 1   | Talk about how all babies develop at different rates and explain the Watch Me Grow handouts.                  | 84           | Baby's Development | X  | X  | X   |   |  |   |  |  |   |  |  |   |   |  |
| Month 1   | Talk about being careful observers so they can learn what their baby likes and how he learns.                 | 86           | Baby's Development | X  |  | X   |   |  |   |  |  | X   |  |  |   |   |  |
| Month 1   | Talk with family about baby's motor development.  | 88           | Baby's Development |  |  |   |   |  |   |  |  |   |  |  |   |   |  |
| Month 1   | Help family recognize and respond to baby's signals.  | 92           | Baby's Development |  |  | X   | X   |  |   |  |  |   |  |  |   |   |  |
| Month 1   | Explain why it is important to talk, sing, and read with their baby.  | 94           | Baby's Development | X  | X  | X   | X   |  |   |  | X  |   |  |  |   |   |  |
| Month 1   | Summarize baby's early language development.  | 96           | Baby's Development | X  | X  | X   | X   | X  | X   | X  |  |   | X  |  |   |   |  |
| Month 1   | Help parents bond with baby.  | 100          | Baby's Development |  |  |   |   |  |   |  |  |   |  |  |   |   |  |
| Month 1   | Talk about ways to bond if baby stays in the hospital.  | 102          | Baby's Development |  |  |   |   |  |   |  |  |   |  |  |   |   |  |
| Month 1   | Help parents read baby's cues and anticipate needs before baby gets fussy.                                    | 104          | Baby's Development |  |  | X   | X   |  |   |  |  |   |  |  |   |   |  |
| Month 1   | Build parent's confidence and competence in calming baby when fussy.  | 106          | Baby's Development |  |  | X   |   |  |   |  |  |   |  |  |   |   |  |
| Month 1   | Help parents understand the importance of touch in building a close relationship with baby.                   | 108          | Baby's Development |  |  |   |   |  |   |  |  |   |  |  |   |   |  |
| Month 1   | Help family understand baby's early social emotional development and complete screening.                      | 110          | Baby's Development | X  | X  | X   | X   |  |   |  |  |   |  |  |   |   |  |
| Month 1   | Talk about baby's cognitive development.  | 114          | Baby's Development | X  | X  | X   |   |  | X   |  |  | X   |  |  |   |   |  |
| Month 1   | Talk about baby's play skills and why play is important.  | 118          | Baby's Development | X  |  |   | X   | X  | X   |  |  |   |  |  |   |   |  |
| Month 2   | Ensure Mom has enough support.  | 128          | Family Development |  |  |   |   |  |   |  |  |   |  |  |   |   |  |
| Month 2   | Help siblings adjust to the new baby.   | 130          | Family Development |  |  |   |   |  |   |  |  |   |  |  |   |   |  |
| Month 2   | Help military parents stay connected with their newborn and family during deployment.                         | 132          | Family Development |  |  |   |   |  |   |  |  |   |  |  |   |   |  |
| Month 2   | Let Dad/partner share what he has learned about baby's cues and responding to baby's needs.                   | 134          | Family Development |  |  | X   |   |  |   |  |  |   |  |  |   |   |  |
| Month 2   | Ask Dad/partner how he's adjusting to his new baby.   | 136          | Family Development |  |  |   |   |  |   |  |  |   |  |  |   |   |  |
| Month 2   | Explain that new dads can experience depression.  | 138          | Family Development |  |  |   |   |  |   |  |  |   |  |  |   |   |  |
| Month 2   | Help family keep track of their spending.   | 140          | Family Development |  |  |   |   |  |   |  |  |   |  |  |   |   |  |
| Month 2   | Encourage Mom to return to school and suggest ways to make it easier.   | 142          | Family Development |  |  |   |   |  |   |  |  |   |  |  |   |   |  |
| Month 2   | Talk with the family about how exposure to cigarette smoke can be harmful to the baby.                        | 144          | Family Health      |  |  |   |   |  |   |  |  |   |  |  |   |   |  |
| Month 2   | Find out how Mom's postpartum checkup went and follow up on her choice of birth control.                      | 146          | Family Health      |  |  |   |   |  |   |  |  |   |  |  |   |   |  |
| Month 2   | If Mom has a history of depression or is taking antidepressants, discuss options for birth control.           | 148          | Family Health      |  |  |   |   |  |   |  |  |   |  |  |   |   |  |

| DOMAIN: Language and Communication |   |              |                    |  |  |   |   |  |   |  |  |   |  |  |   |   |
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| Baby's 1st Year                    |   | SUB-DOMAINS: |                    | LC_SD1   |  | LC_SD2  |   |  |   | LC_SD3   |  | LC_SD4  |  |  |   |   |
|                                    |   | GOALS:       |                    | Attending and Understanding  |  | Communicating and Speaking  |   |  |   | Vocabulary   |  | Emergent Literacy   |  |  |   |   |
| SECTION                            | Purposes from Partners for a Healthy Baby (PHB)   | PAGE #       | CATEGORY           | Goal 1   | Goal 2   | Goal 3  | Goal 4  | Goal 5   | Goal 6  | Goal 7   | Goal 8                                   | Goal 9  | Goal 10  | Goal 11                                    | Goal 12   | Goal 13   |
|                                    |   |              |                    | Child attends to, understands & responds to communication & language from others | Child learns from communication & language experiences with others | Child communicates needs & wants non-verbally & by using language | Child uses non-verbal communication & language to engage others in interactions | Child uses increasingly complex language in conversation with others | Child initiates non-verbal communication & language to learn & gain information | Child understands an increasing number of words in communication | Child uses an increasing number of words | Child attends to, repeats & uses some rhymes, phrases or refrains from stories or songs | Child handles books & relates them to their stories or information | Child recognizes pictures, symbols & words | Child comprehends meaning from pictures & stories | Child makes marks & uses them to represent objects or actions |
| Month 2                            | Make sure the family has health care coverage and help them resolve any insurance or Medicaid problems.                       | 150          | Family Health      |  |  |   |   |  |   |  |  |   |  |  |   |   |
| Month 2                            | Talk about the amount of protein needed for breastfeeding moms.   | 152          | Family Health      |  |  |   |   |  |   |  |  |   |  |  |   |   |
| Month 2                            | Help Mom find ways to cope with the loss of sleep.  | 154          | Family Health      |  |  |   |   |  |   |  |  |   |  |  |   |   |
| Month 2                            | Ask Mom about her postpartum checkup and how she's feeling about her post-pregnancy body.                                     | 156          | Family Health      |  |  |   |   |  |   |  |  |   |  |  |   |   |
| Month 2                            | Talk about the stress and demands of parenting a new baby.  | 158          | Family Health      |  |  |   |   |  |   |  |  |   |  |  |   |   |
| Month 2                            | Explain the importance of emotional health.   | 160          | Family Health      |  |  |   |   |  |   |  |  |   |  |  |   |   |
| Month 2                            | Encourage Mom to continue breastfeeding.  | 162          | Caring for Baby    |  |  |   |   |  |   |  |  |   |  |  |   |   |
| Month 2                            | Explain how to express and store breast milk.   | 164          | Caring for Baby    |  |  |   |   |  |   |  |  |   |  |  |   |   |
| Month 2                            | Talk about safety issues when taking baby out in a car.   | 166          | Caring for Baby    |  |  |   |   |  |   |  |  |   |  |  |   |   |
| Month 2                            | Discuss dangers of secondhand smoke.  | 168          | Caring for Baby    |  |  |   |   |  |   |  |  |   |  |  |   |   |
| Month 2                            | Encourage parents to insist that everyone caring for baby follow the daily care routines being established.                   | 170          | Caring for Baby    |  |  |   |   |  |   |  |  |   |  |  |   |   |
| Month 2                            | Explain the importance of performing baby's daily care routines with respect.   | 172          | Caring for Baby    | x  |  |   |   |  |   | x  |  |   |  |  |   |   |
| Month 2                            | Talk with family about using a pacifier.  | 174          | Caring for Baby    |  |  |   |   |  |   |  |  |   |  |  |   |   |
| Month 2                            | Help all the adults raising the child to cooperate together in co-parenting.  | 176          | Caring for Baby    |  |  |   |   |  |   |  |  |   |  |  |   |   |
| Month 2                            | Explain what new skills baby is likely to learn this month and discuss the ASQ-3 or other developmental screening tool.       | 178          | Baby's Development | x  | x  | x   | x   | x  |   |  |  | x   |  |  | x   |   |
| Month 2                            | Continue to promote parents' observation and reflection skills with baby.   | 180          | Baby's Development | x  | x  | x   | x   |  |   |  |  |   |  |  |   |   |
| Month 2                            | Help the family understand the value of turn-taking with baby.  | 182          | Baby's Development | x  | x  | x   | x   | x  |   |  |  |   |  |  |   |   |
| Month 2                            | Explain early emotional cues and how babies learn from imitating feelings of others.  | 184          | Baby's Development |  |  |   |   |  |   |  |  |   |  |  |   |   |
| Month 2                            | Talk about importance of comforting baby, especially when hurt, sick, or upset.   | 186          | Baby's Development |  |  |   |   |  |   |  |  |   |  |  |   |   |
| Month 3                            | Help family identify their dreams and achieve their goals.  | 192          | Family Development |  |  |   |   |  |   |  |  |   |  |  |   |   |
| Month 3                            | Talk about strategies for solving everyday problems.  | 194          | Family Development |  |  |   |   |  |   |  |  |   |  |  |   |   |
| Month 3                            | Ask how the new baby has changed family relationships.  | 196          | Family Development |  |  |   |   |  |   |  |  |   |  |  |   |   |
| Month 3                            | Ask how grandparents relate to baby and encourage their involvement.  | 198          | Family Development |  |  |   |   |  |   |  |  |   |  |  |   |   |
| Month 3                            | Talk with Dad/partner to see how he's doing with interpreting and responding to his baby's cues.                              | 200          | Family Development | x  |  | x   |   |  |   |  |  |   |  |  |   |   |
| Month 3                            | Encourage family to make plans to avoid missing work/school if baby is sick.  | 202          | Family Development |  |  |   |   |  |   |  |  |   |  |  |   |   |
| Month 3                            | Check on family's budget and make any necessary revisions.  | 204          | Family Development |  |  |   |   |  |   |  |  |   |  |  |   |   |
| Month 3                            | If there are smokers in the home, find out why they smoke and offer suggestions to help them quit or cut back.                | 206          | Family Health      |  |  |   |   |  |   |  |  |   |  |  |   |   |
| Month 3                            | Talk about the importance of handwashing to prevent the spread of illness.  | 208          | Family Health      |  |  |   |   |  |   |  |  |   |  |  |   |   |
| Month 3                            | Help Mom with strategies for exercising.  | 210          | Family Health      |  |  |   |   |  |   |  |  |   |  |  |   |   |
| Month 3                            | Explain why doing Kegel exercises is important.   | 212          | Family Health      |  |  |   |   |  |   |  |  |   |  |  |   |   |
| Month 3                            | Talk with Mom about recovering from a difficult or unplanned birth experience.  | 214          | Family Health      |  |  |   |   |  |   |  |  |   |  |  |   |   |
| Month 3                            | Talk with family about how relationships, sleep, exercise, nutrition, gratitude, and stress influence emotional health.       | 216          | Family Health      |  |  |   |   |  |   |  |  |   |  |  |   |   |
| Month 3                            | Explain how sleep affects mood and discuss ways to get more sleep.  | 218          | Family Health      |  |  |   |   |  |   |  |  |   |  |  |   |   |
| Month 3                            | Discuss ways to reduce illness when starting child care.  | 220          | Caring for Baby    |  |  |   |   |  |   |  |  |   |  |  |   |   |
| Month 3                            | Talk about getting baby ready for an outing.  | 222          | Caring for Baby    |  |  |   |   |  |   |  |  |   |  |  |   |   |
| Month 3                            | Follow up on baby's sleep routine.  | 224          | Caring for Baby    |  |  |   |   |  |   |  |  |   |  |  |   |   |
| Month 3                            | Discuss any concerns about spoiling baby.   | 226          | Caring for Baby    |  |  |   |   |  |   |  |  |   |  |  |   |   |
| Month 3                            | Explain what new skills baby is likely to learn this month.   | 228          | Baby's Development | x  | x  | x   | x   | x  |   | x  |  |   |  |  |   |   |
| Month 3                            | Continue to promote parents' observation and reflection skills with baby.   | 230          | Baby's Development |  |  | x   | x   |  |   |  |  |   | x  | x  | x   |   |
| Month 3                            | Talk with parents about the importance of shared reading and what books are best for babies.                                  | 232          | Baby's Development |  |  |   |   |  |   |  |  | x   | x  | x  | x   |   |
| Month 3                            | Explain how attachments are formed and strengthened.  | 234          | Baby's Development |  |  |   |   |  |   |  |  |   |  |  |   |   |
| Month 3                            | Help parents understand ways to help baby learn to self-soothe.   | 236          | Baby's Development |  |  |   |   |  |   |  |  |   |  |  |   |   |
| Month 3                            | Talk about impact of a fussy baby on parent-child relationship and offer strategies to have "the happiest baby on the block." | 238          | Baby's Development |  |  |   |   |  |   |  |  |   |  |  |   |   |
| Month 3                            | Help parents understand how they can influence their baby's brain development.  | 240          | Baby's Development | x  | x  |   | x   |  |   |  |  | x   |  | x  | x   |   |
| Month 4                            | Help family identify their dreams for their baby.   | 246          | Family Development | x  | x  |   |   |  |   |  |  |   |  |  |   |   |
| Month 4                            | Talk about traits needed to be successful.  | 248          | Family Development |  |  |   |   |  |   |  |  |   |  |  |   |   |
| Month 4                            | Discuss how Mom's relationships might be healthy or harmful for her baby.   | 250          | Family Development |  |  |   |   |  |   |  |  |   |  |  |   |   |
| Month 4                            | Help military family adjust when reunited.  | 252          | Family Development |  |  |   |   |  |   |  |  |   |  |  |   |   |
| Month 4                            | Talk about how Dad/partner can develop a close relationship with his baby, even though they don't live together.              | 254          | Family Development |  |  |   |   |  |   |  |  |   |  |  |   |   |
| Month 4                            | If parent is working, ask about current job and options for advancement.  | 256          | Family Development |  |  |   |   |  |   |  |  |   |  |  |   |   |
| Month 4                            | Help family make a realistic monthly budget.  | 258          | Family Development |  |  |   |   |  |   |  |  |   |  |  |   |   |
| Month 4                            | Make sure Mom and her partner understand the benefits of spacing pregnancies.   | 260          | Family Health      |  |  |   |   |  |   |  |  |   |  |  |   |   |
| Month 4                            | Talk with family members about how excess weight can affect their health.   | 262          | Family Health      |  |  |   |   |  |   |  |  |   |  |  |   |   |
| Month 4                            | Help family understand how depression can impact their baby.  | 264          | Family Health      |  |  |   |   |  |   |  |  |   |  |  |   |   |
| Month 4                            | Help Mom and partner have realistic expectations about parenting.   | 266          | Family Health      |  |  |   |   |  |   |  |  |   |  |  |   |   |
| Month 4                            | Talk about signs of teething and how to take care of baby's new teeth.  | 268          | Caring for Baby    |  |  |   |   |  |   |  |  |   |  |  |   |   |
| Month 4                            | Explain separation is hard for babies and discuss how to ease transitions, especially if dealing with shared custody.         | 270          | Caring for Baby    | x  |  |   |   |  |   |  |  |   |  |  |   |   |
| Month 4                            | Explain what new skills baby is likely to learn this month and discuss ASQ-3 or other developmental screening tool.           | 272          | Baby's Development | x  | x  | x   | x   | x  |   |  |  | x   |  |  | x   |   |
| Month 4                            | Continue to promote parents' observation and reflection skills with baby.   | 274          | Baby's Development | x  |  |   |   |  |   |  |  |   | x  |  |   |   |

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| Month 4                            | Explain the concept of "parentese" and why it is important.   | 276          | Baby's Development | X  | X  |   | X   | X  |   | X  | X  | X   |  |  |   |   |
| Month 4                            | Discuss issues related to dual-language learning. Discuss how to build a trusting relationship with baby.   | 278          | Baby's Development | X  | X  |   |   |  |   | X  |  | X   |  |  |   |   |
| Month 4                            | Talk about how to choose good toys for baby.  | 280          | Baby's Development |  |  |   |   |  |   |  |  |   |  |  |   |   |
| Month 4                            | Talk about changes to their family with the birth of their baby.  | 282          | Baby's Development |  |  |   |   |  |   |  |  |   |  |  |   |   |
| Month 5                            | Help family learn how to manage their time and set priorities.  | 288          | Family Development |  |  |   |   |  |   |  |  |   |  |  |   |   |
| Month 5                            | Encourage friendships with other mothers and ask about changes in relationships at school or work.  | 290          | Family Development |  |  |   |   |  |   |  |  |   |  |  |   |   |
| Month 5                            | If Dad does not live with his baby, talk about the importance of staying connected.   | 292          | Family Development |  |  |   |   |  |   |  |  |   |  |  |   |   |
| Month 5                            | Talk about importance of saving money for baby's future.  | 294          | Family Development |  |  |   |   |  |   |  |  |   |  |  |   |   |
| Month 5                            | Discuss alcohol or drug abuse by family members living in the home.   | 296          | Family Development |  |  |   |   |  |   |  |  |   |  |  |   |   |
| Month 5                            | Explain how getting outside during the day can make you feel better.  | 298          | Family Health      |  |  |   |   |  |   |  |  |   |  |  |   |   |
| Month 5                            | Talk about any issues with breastfeeding, including dealing with a teething baby.   | 300          | Family Health      |  |  |   |   |  |   |  |  |   |  |  |   |   |
| Month 5                            | Talk about safety concerns with different types of baby gear and contraptions.  | 302          | Caring for Baby    |  |  |   |   |  |   |  |  |   |  |  |   |   |
| Month 5                            | Explain importance of baby having consistent caregivers.  | 304          | Caring for Baby    |  |  |   |   |  |   |  |  |   |  |  |   |   |
| Month 5                            | Explain what new skills baby is likely to learn this month.   | 306          | Caring for Baby    | X  | X  | X   | X   | X  | X   |  |  |   |  |  |   |   |
| Month 5                            | Continue to promote parents' observation and reflection skills with baby.   | 308          | Baby's Development |  |  |   |   |  |   |  |  |   | X  |  |   |   |
| Month 5                            | Provide tips for sharing books with baby.   | 310          | Baby's Development | X  | X  |   |   |  |   | X  |  | X   | X  | X  | X   |   |
| Month 5                            | Talk about household objects that are safe and educational for baby.  | 312          | Baby's Development |  |  |   |   |  |   |  |  |   |  |  |   |   |
| Month 5                            | Encourage family to make decisions with baby in mind.   | 314          | Baby's Development |  |  |   |   |  |   |  |  |   |  |  |   |   |
| Month 6                            | Ask Dad/partner how he was parented and what kind of father he wants to be.   | 320          | Family Development |  |  |   |   |  |   |  |  |   |  |  |   |   |
| Month 6                            | Ask how Mom is doing balancing school/work with parenting.  | 322          | Family Development |  |  |   |   |  |   |  |  |   |  |  |   |   |
| Month 6                            | Ask about satisfaction with family planning method and, if appropriate, address reproductive coercion.  | 324          | Family Development |  |  |   |   |  |   |  |  |   |  |  |   |   |
| Month 6                            | See how Mom is feeling about her post-pregnancy body.   | 326          | Family Health      |  |  |   |   |  |   |  |  |   |  |  |   |   |
| Month 6                            | Help list healthy ways to manage stress to benefit the whole family.  | 328          | Family Health      |  |  |   |   |  |   |  |  |   |  |  |   |   |
| Month 6                            | Talk about introducing solid foods and how to watch for signs of allergies.   | 330          | Family Health      |  |  |   |   |  |   |  |  |   |  |  |   |   |
| Month 6                            | Talk about choking concerns.  | 332          | Caring for Baby    |  |  |   |   |  |   |  |  |   |  |  |   |   |
| Month 6                            | Talk about how to handle disagreements between co-parents.  | 334          | Caring for Baby    |  |  |   |   |  |   |  |  |   |  |  |   |   |
| Month 6                            | Explain what new skills baby is likely to learn this month and discuss ASQ-3 or other developmental screening tool.   | 336          | Caring for Baby    | X  | X  | X   | X   | X  | X   |  |  |   | X  | X  | X   |   |
| Month 6                            | Continue to promote parents' observation and reflection skills with baby.   | 338          | Baby's Development |  |  |   | X   | X  | X   |  |  |   | X  | X  | X   |   |
| Month 6                            | Encourage parents to use songs or games with baby that include hand motions.  | 340          | Baby's Development | X  | X  |   |   | X  |   |  |  | X   |  |  |   |   |
| Month 6                            | Help parents understand social-emotional well-being & conduct screening.  | 342          | Baby's Development |  |  |   |   |  |   |  |  |   |  |  |   |   |
| Month 6                            | Help parents understand why babies look to trusted adults to guide their reactions.   | 344          | Baby's Development |  |  |   |   |  |   |  |  |   |  |  |   |   |
| Month 6                            | Explain how stress negatively impacts learning and brain development.   | 346          | Baby's Development |  |  |   |   |  |   |  |  |   |  |  |   |   |
| Month 6                            | Discuss family's progress toward their goals and offer suggestions for overcoming challenges.   | 348          | Baby's Development |  |  | X   |   |  |   |  |  |   |  |  |   |   |
| Month 7                            | Talk with Dad/partner about the importance of providing love, protection, and economic support.   | 354          | Family Development |  |  |   |   |  |   |  |  |   |  |  |   |   |
| Month 7                            | Review why condom use is important for preventing STIs.   | 356          | Family Development |  |  |   |   |  |   |  |  |   |  |  |   |   |
| Month 7                            | Encourage family mealtimes.   | 358          | Family Health      | X  | X  | X   | X   |  |   | X  |  |   |  |  |   |   |
| Month 7                            | Ask about mood swings and talk about impact on baby.  | 360          | Family Health      |  |  |   |   |  |   |  |  |   |  |  |   |   |
| Month 7                            | Ask how baby is handling solids and what foods have been tried.   | 362          | Family Health      |  |  |   |   |  |   |  |  |   |  |  |   |   |
| Month 7                            | Talk with family about how to baby-proof their house to prevent accidents.  | 364          | Caring for Baby    |  |  |   |   |  |   |  |  |   |  |  |   |   |
| Month 7                            | Talk about the challenge of constant supervision. Explain what new skills baby is likely to learn this month.   | 366          | Caring for Baby    |  |  |   |   |  |   |  |  |   |  |  |   |   |
| Month 7                            | Continue to promote parents' observation and reflection skills with baby.   | 368          | Baby's Development | X  | X  | X   | X   |  |   | X  |  |   |  |  |   |   |
| Month 7                            | Talk about baby's new motor skills and the benefits of crawling.  | 370          | Baby's Development |  |  |   |   |  |   |  |  | X   | X  | X  | X   |   |
| Month 7                            | Discuss ways to help baby explore books and print. Summarize and preview baby's upcoming language development.  | 372          | Baby's Development | X  | X  |   |   | X  |   | X  |  | X   | X  | X  | X   |   |
| Month 7                            | Continue discussion of baby's social-emotional development and complete screening.  | 374          | Baby's Development | X  | X  | X   | X   | X  | X   | X  | X  | X   | X  | X  | X   |   |
| Month 7                            | Explain how stranger anxiety shows growing parent-child attachment.   | 380          | Baby's Development | X  | X  | X   | X   |  |   |  |  |   |  |  |   |   |
| Month 7                            | Talk about upcoming changes in cognitive development and preview new skills.  | 384          | Baby's Development | X  | X  | X   | X   |  |   |  |  |   |  |  |   |   |
| Month 7                            | Talk about baby's play skills and why play is important.  | 388          | Baby's Development | X  | X  | X   | X   |  |   |  |  |   |  |  |   |   |
| Month 7                            | Encourage family to have a "can-do" attitude to overcome barriers and reach their goals.  | 390          | Baby's Development | X  | X  | X   | X   |  |   | X  |  | X   | X  | X  | X   |   |
| Month 8                            | Discuss relationship boundaries and how to say "no."  | 394          | Baby's Development | X  | X  | X   | X   |  |   |  |  |   |  |  |   |   |
| Month 8                            | Encourage Dad/partner to support his baby's increasing mobility, and continued need for reassurance and supervision.  | 402          | Family Development |  |  |   |   |  |   |  |  |   |  |  |   |   |
| Month 8                            | Talk about progress with budgeting.   | 404          | Family Development |  |  |   |   |  |   |  |  |   |  |  |   |   |
| Month 8                            | Talk with Mom about emergency contraception.  | 406          | Family Development |  |  |   |   |  |   |  |  |   |  |  |   |   |
| Month 8                            | Talk about how to communicate effectively with health care providers.   | 408          | Family Health      |  |  |   |   |  |   |  |  |   |  |  |   |   |
| Month 8                            | Remind family that exercise can reduce stress and control weight.   | 410          | Family Health      |  |  |   |   |  |   |  |  |   |  |  |   |   |
| Month 8                            | Talk about how exercise can improve mood and lessen depression.   | 412          | Family Health      |  |  |   |   |  |   |  |  |   |  |  |   |   |
| Month 8                            | Discuss ways to redirect baby to keep her safe. Explain what new skills baby is likely to learn this month and discuss ASQ-3 or other developmental screening tool. | 414          | Family Health      |  |  |   |   |  |   |  |  |   |  |  |   |   |
| Month 8                            |   | 416          | Family Health      |  |  |   |   |  |   |  |  |   |  |  |   |   |
| Month 8                            |   | 418          | Caring for Baby    | X  | X  |   |   |  |   |  |  |   |  |  |   |   |
| Month 8                            |   | 420          | Baby's Development | X  | X  | X   | X   | X  |   | X  |  |   | X  |  | X   |   |

| DOMAIN: Language and Communication               |   |  |                    |   |  |   |   |  |   |  |  |   |  |  |   |   |         |
|--|---|--|--------------------|---|--|---|---|--|---|--|--|---|--|--|---|---|---------|
| Baby's 1st Year                                  |   | SUB-DOMAINS:   |                    |   | LC_SD1   |   | LC_SD2  |  |   |  | LC_SD3                                   |   | LC_SD4   |  |   |   |         |
|  |   |  |                    |   | Attending and Understanding  |   | Communicating and Speaking  |  |   |  | Vocabulary                               |   | Emergent Literacy  |  |   |   |         |
| Domain Key                                       |   | GOALS:   |                    |   | Goal 1   | Goal 2  | Goal 3  | Goal 4   | Goal 5  | Goal 6   | Goal 7                                   | Goal 8  | Goal 9   | Goal 10                                    | Goal 11   | Goal 12   | Goal 13 |
| ATL: Approaches to Learning                      |   | Child attends to, understands & responds to communication & language from others |                    |   | Child learns from communication & language experiences with others | Child communicates needs & wants non-verbally & by using language | Child uses non-verbal communication & language to engage others in interactions | Child uses increasingly complex language in conversation with others | Child initiates non-verbal communication & language to learn & gain information | Child understands an increasing number of words in communication | Child uses an increasing number of words | Child attends to, repeats & uses some rhymes, phrases or refrains from stories or songs | Child handles books & relates them to their stories or information | Child recognizes pictures, symbols & words | Child comprehends meaning from pictures & stories | Child makes marks & uses them to represent objects or actions |         |
| SE: Social and Emotional Development             |   |  |                    |   |  |   |   |  |   |  |  |   |  |  |   |   |         |
| LC: Language and Communication                   |   |  |                    |   |  |   |   |  |   |  |  |   |  |  |   |   |         |
| C: Cognition                                     |   |  |                    |   |  |   |   |  |   |  |  |   |  |  |   |   |         |
| PMP: Perceptual, Motor, and Physical Development |   |  |                    |   |  |   |   |  |   |  |  |   |  |  |   |   |         |
| SECTION  | Purposes from Partners for a Healthy Baby (PHB)   | PAGE #   | CATEGORY           |   |  |   |   |  |   |  |  |   |  |  |   |   |         |
| Month 8  | Continue to promote parents' observation and reflection skills with baby.   | 422  | Baby's Development |   |  |   |   |  |   |  |  |   |  |  |   |   |         |
| Month 8  | Encourage parents to use language to teach baby what to expect next.  | 424  | Baby's Development | X | X  |   |   |  |   |  | X  |   |  | X  |   |   |         |
| Month 8  | Explain how having a parent nearby provides a "secure base" with baby's expanding need to explore.                  | 426  | Baby's Development |   |  |   |   |  |   |  |  |   |  |  |   |   |         |
| Month 8  | Explain how play helps baby learn.  | 428  | Baby's Development |   |  |   | X   |  |   |  |  |   |  |  |   |   |         |
| Month 9  | Help parents compare how they were raised with how they want to raise their child.                                  | 434  | Family Development |   |  |   |   |  |   |  |  |   |  |  |   |   |         |
| Month 9  | Explain how physical changes after childbirth may affect Mom's sexual relationship.                                 | 436  | Family Health      |   |  |   |   |  |   |  |  |   |  |  |   |   |         |
| Month 9  | Talk about what to do in case of a fire.  | 438  | Family Health      |   |  |   |   |  |   |  |  |   |  |  |   |   |         |
| Month 9  | Talk about problems with salt and how to cut down.  | 440  | Family Health      |   |  |   |   |  |   |  |  |   |  |  |   |   |         |
| Month 9  | Make sure Mom knows signs of vaginal infections and what to do.   | 442  | Family Health      |   |  |   |   |  |   |  |  |   |  |  |   |   |         |
| Month 9  | Remind family how nutrition affects emotional health.   | 444  | Family Health      |   |  |   |   |  |   |  |  |   |  |  |   |   |         |
| Month 9  | Talk about how to promote a feeling of safety in the home and community.  | 446  | Family Health      |   |  |   |   |  |   |  |  |   |  |  |   |   |         |
| Month 9  | Teach parents how to prevent the spread of illness.   | 448  | Caring for Baby    |   |  |   |   |  |   |  |  |   |  |  |   |   |         |
| Month 9  | Help family adjust baby's nap schedule as needed.   | 450  | Caring for Baby    |   |  |   |   |  |   |  |  |   |  |  |   |   |         |
| Month 9  | Talk about the value of unhurried time and focused attention.   | 452  | Caring for Baby    |   |  |   |   |  |   |  |  |   |  |  |   |   |         |
| Month 9  | Explain what new skills baby is likely to learn this month.   | 454  | Baby's Development | X | X  | X   | X   | X  | X   | X  |  |   |  |  |   |   |         |
| Month 9  | Continue to promote parents' observation and reflection skills with baby.   | 456  | Baby's Development |   |  |   |   |  |   |  |  |   | X  | X  | X   |   |         |
| Month 9  | Talk about the importance of baby's use of gestures as a way to communicate.  | 458  | Baby's Development |   |  | X   | X   | X  | X   |  |  |   |  |  |   |   |         |
| Month 9  | Help family understand baby's temperament and how to adapt to different situations.                                 | 460  | Baby's Development |   |  |   |   |  |   |  |  |   |  |  |   |   |         |
| Month 9  | Explain early brain development and how parents can promote it.   | 462  | Baby's Development | X | X  |   |   |  |   |  |  | X   | X  |  |   |   |         |
| Month 10   | Encourage family to be assertive and advocate for baby.   | 468  | Family Development |   |  |   |   |  |   |  |  |   |  |  |   |   |         |
| Month 10   | Talk about preventing and repairing misunderstandings.  | 470  | Family Development |   |  |   |   |  |   |  |  |   |  |  |   |   |         |
| Month 10   | Ask about the impact of fatherhood on Dad's/partner's friendships.  | 472  | Family Development |   |  |   |   |  |   |  |  |   |  |  |   |   |         |
| Month 10   | Talk about following workplace policies and having a good work ethic.   | 474  | Family Development |   |  |   |   |  |   |  |  |   |  |  |   |   |         |
| Month 10   | Talk about the link between drug and/or alcohol addiction and unresolved trauma.                                    | 476  | Family Health      |   |  |   |   |  |   |  |  |   |  |  |   |   |         |
| Month 10   | If there are guns in the home, remind parents to make sure they are kept unloaded in a locked cabinet.              | 478  | Family Health      |   |  |   |   |  |   |  |  |   |  |  |   |   |         |
| Month 10   | Help Mom use laughter to cope with daily ups and downs.   | 480  | Family Health      |   |  |   |   |  |   |  |  |   |  |  |   |   |         |
| Month 10   | If Mom is weaning baby, find out how they are doing and offer help with any difficulties.                           | 482  | Caring for Baby    |   |  |   |   |  |   |  |  |   |  |  |   |   |         |
| Month 10   | Talk about keeping baby safe in the sun.  | 484  | Caring for Baby    |   |  |   |   |  |   |  |  |   |  |  |   |   |         |
| Month 10   | Talk about what it means when baby shakes his head "no."  | 486  | Caring for Baby    | X | X  | X   | X   | X  |   |  | X  |   |  |  |   |   |         |
| Month 10   | Explain what new skills baby is likely to learn this month and discuss ASQ-3 or other developmental screening tool. | 488  | Baby's Development | X | X  | X   | X   | X  |   | X  | X  | X   | X  | X  | X   | X   |         |
| Month 10   | Continue to promote parents' observation and reflection skills with baby.   | 490  | Baby's Development |   |  |   |   | X  |   |  | X  | X   | X  | X  | X   |   |         |
| Month 10   | Encourage turn-taking conversations between parents and baby.   | 492  | Baby's Development | X | X  | X   | X   | X  | X   | X  | X  |   |  |  |   |   |         |
| Month 10   | Help parents understand ways to enhance their child's healthy brain development.                                    | 494  | Baby's Development | X | X  |   |   |  |   |  | X  | X   | X  | X  | X   | X   |         |
| Month 11   | If visits will end on baby's 1st birthday, begin planning the transition.   | 500  | Family Development |   |  |   |   |  |   |  |  |   |  |  |   |   |         |
| Month 11   | Encourage efforts to budget and save money.   | 502  | Family Development |   |  |   |   |  |   |  |  |   |  |  |   |   |         |
| Month 11   | Talk with Mom about her efforts toward weight loss.   | 504  | Family Health      |   |  |   |   |  |   |  |  |   |  |  |   |   |         |
| Month 11   | Talk about value of simplifying and organizing to reduce stress and support emotional health.                       | 506  | Family Health      |   |  |   |   |  |   |  |  |   |  |  |   |   |         |
| Month 11   | Explain the dangers of lead poisoning.  | 508  | Caring for Baby    |   |  |   |   |  |   |  |  |   |  |  |   |   |         |
| Month 11   | Discuss difference between "spoiling" and responding to baby's needs.   | 510  | Caring for Baby    | X | X  | X   |   |  |   |  |  |   |  |  |   |   |         |
| Month 11   | Ask how baby manages transitions.   | 512  | Caring for Baby    | X | X  |   |   |  |   |  |  |   |  |  |   |   |         |
| Month 11   | Explain what new skills baby is likely to learn this month.   | 514  | Baby's Development | X | X  |   | X   | X  |   | X  |  |   |  |  |   | X   |         |
| Month 11   | Continue to promote parents' observation and reflection skills with baby.   | 516  | Baby's Development |   |  |   |   |  |   |  |  | X   | X  | X  | X   |   |         |
| Month 11   | Talk about labeling everyday objects to help children learn new words.  | 518  | Baby's Development | X | X  |   |   |  |   | X  |  |   |  |  |   |   |         |
| Month 11   | Help family understand that how they respond affects baby's feelings and self-worth.                                | 520  | Baby's Development |   |  |   |   |  |   |  |  |   |  |  |   |   |         |
| Month 11   | Explain why you can't get an infant to "sit still" or "behave."   | 522  | Baby's Development |   |  |   |   |  |   |  |  |   |  |  |   |   |         |
| Month 12   | Help family take pride in progress toward their goals and talk about setting long-range goals.                      | 528  | Family Development |   |  |   |   |  |   |  |  |   |  |  |   |   |         |
| Month 12   | If visits are ending now, acknowledge that change is difficult and reach closure.                                   | 530  | Family Development |   |  |   |   |  |   |  |  |   |  |  |   |   |         |
| Month 12   | Encourage Dad/partner to be nurturing and affectionate with his 1-year-old.   | 532  | Family Development |   |  |   |   |  |   |  |  |   |  |  |   |   |         |
| Month 12   | Talk about using a checking account to keep track of budget.  | 534  | Family Development |   |  |   |   |  |   |  |  |   |  |  |   |   |         |
| Month 12   | Review reasons to avoid pregnancy and prevent sexually transmitted infections (STIs).                               | 536  | Family Health      |   |  |   |   |  |   |  |  |   |  |  |   |   |         |
| Month 12   | Help family prevent fire hazards and carbon monoxide poisoning.   | 538  | Family Health      |   |  |   |   |  |   |  |  |   |  |  |   |   |         |
| Month 12   | Ask about the emotional tone of the household and explain how it shapes baby's development.                         | 540  | Family Health      | X | X  |   |   |  |   |  |  |   |  |  |   |   |         |
| Month 12   | Discuss eating habits and healthy snack ideas.  | 542  | Caring for Baby    |   |  |   |   |  |   |  |  |   |  |  |   |   |         |
| Month 12   | Encourage regular tooth brushing and dental visits.   | 544  | Caring for Baby    |   |  |   |   |  |   |  |  |   |  |  |   |   |         |
| Month 12   | Discuss satisfaction with child care arrangements.  | 546  | Caring for Baby    |   | X  |   |   |  |   |  |  |   |  |  |   |   |         |
| Month 12   | Help family plan baby's first birthday.   | 548  | Caring for Baby    |   |  |   |   |  |   |  |  | X   |  |  |   |   |         |
| Month 12   | Talk about the likelihood of temper tantrums and how to handle them.  | 550  | Caring for Baby    |   |  |   |   |  |   |  |  |   |  |  |   |   |         |
| Month 12   | Explain what new skills baby is likely to learn this month and discuss ASQ-3 or other developmental screening tool. | 552  | Baby's Development | X | X  | X   | X   | X  | X   | X  | X  | X   | X  | X  | X   | X   |         |
| Month 12   | Continue to promote parents' observation and reflection skills with baby.   | 554  | Baby's Development | X | X  | X   |   |  |   |  |  |   | X  | X  | X   |   |         |
| Month 12   | Encourage family to read with baby every day.   | 556  | Baby's Development | X | X  |   |   |  |   |  |  | X   | X  | X  | X   |   |         |
| Month 12   | Help parents understand social-emotional well-being and complete screening.   | 558  | Baby's Development | X | X  | X   | X   |  |   |  |  |   |  |  |   |   |         |

| DOMAIN: Language and Communication  |  |  |                    |  |   |   |  |   |  |  |   |  |  |   |   |         |
|---|--|--|--------------------|--|---|---|--|---|--|--|---|--|--|---|---|---------|
| Baby's 1st Year   |  | SUB-DOMAINS:   |                    | LC_SD1   |   | LC_SD2  |  |   |  | LC_SD3                                   |   | LC_SD4   |  |   |   |         |
|   |  | Attending and Understanding  |                    | Communicating and Speaking   |   |   |  | Vocabulary  |  | Emergent Literacy                        |   |  |  |   |   |         |
| Domain Key  |  | GOALS:   |                    | Goal 1   | Goal 2  | Goal 3  | Goal 4   | Goal 5  | Goal 6   | Goal 7                                   | Goal 8  | Goal 9   | Goal 10                                    | Goal 11   | Goal 12   | Goal 13 |
| ATL: Approaches to Learning<br>SE: Social and Emotional Development<br>LC: Language and Communication<br>C: Cognition<br>PMP: Perceptual, Motor, and Physical Development |  | Child attends to, understands & responds to communication & language from others |                    | Child learns from communication & language experiences with others | Child communicates needs & wants non-verbally & by using language | Child uses non-verbal communication & language to engage others in interactions | Child uses increasingly complex language in conversation with others | Child initiates non-verbal communication & language to learn & gain information | Child understands an increasing number of words in communication | Child uses an increasing number of words | Child attends to, repeats & uses some rhymes, phrases or refrains from stories or songs | Child handles books & relates them to their stories or information | Child recognizes pictures, symbols & words | Child comprehends meaning from pictures & stories | Child makes marks & uses them to represent objects or actions |         |
| SECTION   | Purposes from Partners for a Healthy Baby (PHB)          | PAGE #   | CATEGORY           | X  | X   |   |  |   |  |  |   |  |  |   |   |         |
| Month 12  | Explain how play and homemade toys can promote learning. | 560  | Baby's Development |  |   |   |  |   |  |  |   |  |  |   |   |         |



| DOMAIN: Cognition   |   |                           |                    |   |  |  |   |   |   |   |  |  |  |  |  |  |
|---|---|---------------------------|--------------------|---|--|--|---|---|---|---|--|--|--|--|--|--|
| Baby's 1st Year   |   | SUB-DOMAINS:              |                    |   | C_SD1  |  | C_SD2   |   |   | C_SD3   |  | C_SD4  |  |  | C_SD5  |  |
|   |   | Exploration and Discovery |                    | Memory  |  |  | Reasoning and Problem-Solving                                     |   | Emergent Mathematical Thinking                                  |   |  | Imitation and Symbolic Representation and Play                               |  |  |  |  |
| SECTION   | Purposes from Partners for a Healthy Baby (PHB)   | PAGE #                    | CATEGORY           | Goal 1  | Goal 2   | Goal 3   | Goal 4  | Goal 5  | Goal 6  | Goal 7  | Goal 8                                     | Goal 9   | Goal 10  | Goal 11  | Goal 12  | Goal 13  |
| Domain Key<br>ATL: Approaches to Learning<br>SE: Social and Emotional Development<br>LC: Language and Communication<br>C: Cognition<br>PMP: Perceptual, Motor, and Physical Development |   |                           |                    | Child actively explores people & objects to understand self, others & objects | Child uses understanding of causal relationships to act on social & physical environment | Child recognizes differences between familiar & unfamiliar people, objects actions or events | Child recognizes stability of people & objects in the environment | Child uses memory as a foundation for more complex actions & thoughts | Child learns to use a variety of strategies in solving problems | Child uses reasoning & planning ahead to solve problems | Child develops sense of numbers & quantity | Child uses spatial awareness to understand objects & their movement in space | Child uses matching & sorting of objects or people to understand similar & different characteristics | Child observes & imitates sounds, gestures, actions, & behaviors | Child uses objects & symbols to represent something else | Child uses pretend play to increase understanding of culture, environment, & experiences |
| Month 1   | Ensure Mom has adequate support during the postpartum period.   | 6                         | Family Development |   |  | X  |   |   |   |   |  |  |  |  |  |  |
| Month 1   | Ask about Mom's relationship with baby's father and talk about the importance of his involvement with baby.   | 8                         | Family Development |   |  | X  |   |   |   |   |  |  |  |  |  |  |
| Month 1   | Help Dad/partner feel competent in his ability to care for his baby.  | 10                        | Family Development |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 1   | Make sure Dad/partner has a plan for when he feels frustrated with his baby.                                  | 12                        | Family Development |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 1   | Help Dad/partner understand why breastfeeding is important and how he can be supportive.                      | 14                        | Family Development |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 1   | Help Dad/partner understand the difference between the baby blues and postpartum depression, and how to help. | 16                        | Family Development |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 1   | Ask Dad/partner about strategies he uses for calming his crying baby.   | 18                        | Family Development |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 1   | Talk about arrangements Mom has made for child support/public assistance.                                     | 20                        | Family Development |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 1   | If Mom smokes, encourage her to breastfeed and take precautions to minimize the impact on her baby.           | 22                        | Family Health      |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 1   | Be sure Mom knows that using street drugs or prescription drugs while breastfeeding can harm her baby.        | 24                        | Family Health      |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 1   | If Mom is breastfeeding, explain that any alcohol she drinks may harm her baby.                               | 26                        | Family Health      |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 1   | Talk with Mom about birth control options.  | 28                        | Family Health      |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 1   | Discuss options for birth control if Mom is breastfeeding.  | 30                        | Family Health      |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 1   | Ensure family has health care coverage and a medical home.  | 32                        | Family Health      |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 1   | Make sure family has food in the home and has signed up for WIC.  | 34                        | Family Health      |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 1   | If Mom is breastfeeding make sure her diet is healthy and balanced.   | 36                        | Family Health      |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 1   | Help Mom manage typical physical discomforts that follow childbirth.  | 38                        | Family Health      |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 1   | If Mom had a cesarean birth, discuss her recovery and when to call the doctor.                                | 40                        | Family Health      |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 1   | Explain that feeling really tired after childbirth is normal and suggest ways to manage fatigue.              | 42                        | Family Health      |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 1   | Ensure Mom schedules her postpartum checkup.  | 44                        | Family Health      |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 1   | Prepare family for the exhaustion and emotional challenges of the first few weeks.                            | 46                        | Family Health      |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 1   | Ask how family is coping with the baby blues and help them recognize any signs of depression.                 | 48                        | Family Health      |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 1   | Discuss benefits of breastfeeding with family.  | 50                        | Caring for Baby    |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 1   | Talk about breastfeeding myths.   | 52                        | Caring for Baby    |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 1   | Talk with Mom about breastfeeding her newborn.  | 54                        | Caring for Baby    | X   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 1   | Make sure family knows how to select and prepare formula as needed.   | 56                        | Caring for Baby    |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 1   | If bottle feeding, talk about steps to ensure success.  | 58                        | Caring for Baby    | X   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 1   | Explain how to be sure baby is getting enough to eat.   | 60                        | Caring for Baby    |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 1   | Ask how often baby is fed and if there are any problems with feeding.   | 62                        | Caring for Baby    |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 1   | Ask how feedings are going and talk about how to burp the baby.   | 64                        | Caring for Baby    |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 1   | Follow up on safety issues with family.   | 66                        | Caring for Baby    |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 1   | Ask about baby's first checkup and immunizations.   | 68                        | Caring for Baby    |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 1   | Talk about how to tell if baby is sick.   | 70                        | Caring for Baby    |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 1   | Show parents how to care for umbilical cord, diaper rash, and circumcision.                                   | 72                        | Caring for Baby    |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 1   | Talk about symptoms of colic and handling the stress it can bring.  | 74                        | Caring for Baby    |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 1   | Make sure family knows how to change diaper.  | 76                        | Caring for Baby    | X   |  |  |   | X   |   |   |  |  |  |  |  |  |
| Month 1   | Talk about choosing quality child care.   | 78                        | Caring for Baby    |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 1   | Talk about bathing baby.  | 80                        | Caring for Baby    |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 1   | Ask about baby's sleep patterns and how family copes with less sleep.   | 82                        | Caring for Baby    |   |  | X  |   | X   |   |   |  |  |  |  |  |  |
| Month 1   | Talk about how all babies develop at different rates and explain the Watch Me Grow handouts.                  | 84                        | Baby's Development |   |  | X  |   |   |   |   |  |  |  | X  |  |  |
| Month 1   | Talk about being careful observers so they can learn what their baby likes and how he learns.                 | 86                        | Baby's Development |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 1   | Talk with family about baby's motor development.  | 88                        | Baby's Development |   |  |  |   | X   |   |   |  |  |  |  |  |  |
| Month 1   | Help family recognize and respond to baby's signals.  | 92                        | Baby's Development |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 1   | Explain why it is important to talk, sing, and read with their baby.  | 94                        | Baby's Development |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 1   | Summarize baby's early language development.  | 96                        | Baby's Development |   |  | X  |   |   |   |   |  |  |  |  |  |  |
| Month 1   | Help parents bond with baby.  | 100                       | Baby's Development |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 1   | Talk about ways to bond if baby stays in the hospital.  | 102                       | Baby's Development |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 1   | Help parents read baby's cues and anticipate needs before baby gets fussy.                                    | 104                       | Baby's Development |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 1   | Build parent's confidence and competence in calming baby when fussy.  | 106                       | Baby's Development |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 1   | Help parents understand the importance of touch in building a close relationship with baby.                   | 108                       | Baby's Development |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 1   | Help family understand baby's early social emotional development and complete screening.                      | 110                       | Baby's Development |   |  | X  |   |   | X   |   |  |  | X  |  |  |  |

| DOMAIN: Cognition   |   |        |                    |                           |        |        |        |        |                               |        |                                |        |         |  |         |         |
|---|---|--------|--------------------|---------------------------|--------|--------|--------|--------|-------------------------------|--------|--------------------------------|--------|---------|--|---------|---------|
| Baby's 1st Year   | SUB-DOMAINS:  |        |                    | C_SD1                     |        | C_SD2  |        |        | C_SD3                         |        | C_SD4                          |        |         | C_SD5  |         |         |
|   |   |        |                    | Exploration and Discovery |        | Memory |        |        | Reasoning and Problem-Solving |        | Emergent Mathematical Thinking |        |         | Imitation and Symbolic Representation and Play |         |         |
|   | GOALS:  |        |                    | Goal 1                    | Goal 2 | Goal 3 | Goal 4 | Goal 5 | Goal 6                        | Goal 7 | Goal 8                         | Goal 9 | Goal 10 | Goal 11  | Goal 12 | Goal 13 |
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| Month 1   | Talk about baby's cognitive development.  | 114    | Baby's Development | x                         | x      | x      |        | x      | x                             | x      | x                              | x      | x       |  |         |         |
| Month 1   | Talk about baby's play skills and why play is important.  | 118    | Baby's Development | x                         | x      |        |        |        |                               |        |                                | x      | x       | x  |         |         |
| Month 2   | Ensure Mom has enough support.  | 128    | Family Development |                           |        |        |        |        |                               |        |                                |        |         |  |         |         |
| Month 2   | Help siblings adjust to the new baby.   | 130    | Family Development |                           |        |        |        |        |                               |        |                                |        |         |  |         |         |
| Month 2   | Help military parents stay connected with their newborn and family during deployment.                                   | 132    | Family Development |                           |        |        |        |        |                               |        |                                |        |         |  |         |         |
| Month 2   | Let Dad/partner share what he has learned about baby's cues and responding to baby's needs.                             | 134    | Family Development |                           |        |        |        |        |                               |        |                                |        |         |  |         |         |
| Month 2   | Ask Dad/partner how he's adjusting to his new baby.   | 136    | Family Development |                           |        |        |        |        |                               |        |                                |        |         |  |         |         |
| Month 2   | Explain that new dads can experience depression.  | 138    | Family Development |                           |        |        |        |        |                               |        |                                |        |         |  |         |         |
| Month 2   | Help family keep track of their spending.   | 140    | Family Development |                           |        |        |        |        |                               |        |                                |        |         |  |         |         |
| Month 2   | Encourage Mom to return to school and suggest ways to make it easier.   | 142    | Family Development |                           |        |        |        |        |                               |        |                                |        |         |  |         |         |
| Month 2   | Talk with the family about how exposure to cigarette smoke can be harmful to the baby.                                  | 144    | Family Health      |                           |        |        |        |        |                               |        |                                |        |         |  |         |         |
| Month 2   | Find out how Mom's postpartum checkup went and follow up on her choice of birth control.                                | 146    | Family Health      |                           |        |        |        |        |                               |        |                                |        |         |  |         |         |
| Month 2   | If Mom has a history of depression or is taking antidepressants, discuss options for birth control.                     | 148    | Family Health      |                           |        |        |        |        |                               |        |                                |        |         |  |         |         |
| Month 2   | Make sure the family has health care coverage and help them resolve any insurance or Medicaid problems.                 | 150    | Family Health      |                           |        |        |        |        |                               |        |                                |        |         |  |         |         |
| Month 2   | Talk about the amount of protein needed for breastfeeding moms.   | 152    | Family Health      |                           |        |        |        |        |                               |        |                                |        |         |  |         |         |
| Month 2   | Help Mom find ways to cope with the loss of sleep.  | 154    | Family Health      |                           |        |        |        |        |                               |        |                                |        |         |  |         |         |
| Month 2   | Ask Mom about her postpartum checkup and how she's feeling about her post-pregnancy body.                               | 156    | Family Health      |                           |        |        |        |        |                               |        |                                |        |         |  |         |         |
| Month 2   | Talk about the stress and demands of parenting a new baby.  | 158    | Family Health      |                           |        |        |        |        |                               |        |                                |        |         |  |         |         |
| Month 2   | Explain the importance of emotional health.   | 160    | Family Health      |                           |        |        |        |        |                               |        |                                |        |         |  |         |         |
| Month 2   | Encourage Mom to continue breastfeeding.  | 162    | Caring for Baby    |                           |        |        |        |        |                               |        |                                |        |         |  |         |         |
| Month 2   | Explain how to express and store breast milk.   | 164    | Caring for Baby    |                           |        |        |        |        |                               |        |                                |        |         |  |         |         |
| Month 2   | Talk about safety issues when taking baby out in a car.   | 166    | Caring for Baby    |                           |        |        |        |        |                               |        |                                |        |         |  |         |         |
| Month 2   | Discuss dangers of secondhand smoke.  | 168    | Caring for Baby    |                           |        |        |        |        |                               |        |                                |        |         |  |         |         |
| Month 2   | Encourage parents to insist that everyone caring for baby follow the daily care routines being established.             | 170    | Caring for Baby    |                           |        | x      |        |        |                               |        |                                |        |         |  |         |         |
| Month 2   | Explain the importance of performing baby's daily care routines with respect.   | 172    | Caring for Baby    |                           |        | x      |        | x      |                               |        |                                |        |         |  |         |         |
| Month 2   | Talk with family about using a pacifier.  | 174    | Caring for Baby    |                           |        |        |        |        |                               |        |                                |        |         |  |         |         |
| Month 2   | Help all the adults raising the child to cooperate together in co-parenting.  | 176    | Caring for Baby    |                           |        |        |        |        |                               |        |                                |        |         |  |         |         |
| Month 2   | Explain what new skills baby is likely to learn this month and discuss the ASQ-3 or other developmental screening tool. | 178    | Baby's Development | x                         |        | x      |        |        |                               |        | x                              | x      | x       |  |         |         |
| Month 2   | Continue to promote parents' observation and reflection skills with baby.   | 180    | Baby's Development | x                         | x      |        |        |        |                               |        |                                |        |         |  |         |         |
| Month 2   | Help the family understand the value of turn-taking with baby.  | 182    | Baby's Development |                           |        |        |        |        |                               |        |                                |        |         |  |         |         |
| Month 2   | Explain early emotional cues and how babies learn from imitating feelings of others.                                    | 184    | Baby's Development |                           |        |        |        |        |                               |        |                                |        |         |  |         |         |
| Month 2   | Talk about importance of comforting baby, especially when hurt, sick, or upset.   | 186    | Baby's Development |                           |        |        |        |        |                               |        |                                |        |         |  |         |         |
| Month 3   | Help family identify their dreams and achieve their goals.  | 192    | Family Development |                           |        |        |        |        |                               |        |                                |        |         |  |         |         |
| Month 3   | Talk about strategies for solving everyday problems.  | 194    | Family Development |                           |        |        |        |        |                               |        |                                |        |         |  |         |         |
| Month 3   | Ask how the new baby has changed family relationships.  | 196    | Family Development |                           |        |        |        |        |                               |        |                                |        |         |  |         |         |
| Month 3   | Ask how grandparents relate to baby and encourage their involvement.  | 198    | Family Development |                           |        |        |        |        |                               |        |                                |        |         |  |         |         |
| Month 3   | Talk with Dad/partner to see how he's doing with interpreting and responding to his baby's cues.                        | 200    | Family Development |                           |        | x      |        |        |                               |        |                                |        |         |  |         |         |
| Month 3   | Encourage family to make plans to avoid missing work/school if baby is sick.  | 202    | Family Development |                           |        |        |        |        |                               |        |                                |        |         |  |         |         |
| Month 3   | Check on family's budget and make any necessary revisions.  | 204    | Family Development |                           |        |        |        |        |                               |        |                                |        |         |  |         |         |
| Month 3   | If there are smokers in the home, find out why they smoke and offer suggestions to help them quit or cut back.          | 206    | Family Health      |                           |        |        |        |        |                               |        |                                |        |         |  |         |         |
| Month 3   | Talk about the importance of handwashing to prevent the spread of illness.  | 208    | Family Health      |                           |        |        |        |        |                               |        |                                |        |         |  |         |         |
| Month 3   | Help Mom with strategies for exercising.  | 210    | Family Health      |                           |        |        |        |        |                               |        |                                |        |         |  |         |         |
| Month 3   | Explain why doing Kegel exercises is important.   | 212    | Family Health      |                           |        |        |        |        |                               |        |                                |        |         |  |         |         |
| Month 3   | Talk with Mom about recovering from a difficult or unplanned birth experience.  | 214    | Family Health      |                           |        |        |        |        |                               |        |                                |        |         |  |         |         |
| Month 3   | Talk with family about how relationships, sleep, exercise, nutrition, gratitude, and stress influence emotional health. | 216    | Family Health      |                           |        |        |        |        |                               |        |                                |        |         |  |         |         |
| Month 3   | Explain how sleep affects mood and discuss ways to get more sleep.  | 218    | Family Health      |                           |        |        |        |        |                               |        |                                |        |         |  |         |         |
| Month 3   | Discuss ways to reduce illness when starting child care.  | 220    | Caring for Baby    |                           |        |        |        |        |                               |        |                                |        |         |  |         |         |
| Month 3   | Talk about getting baby ready for an outing.  | 222    | Caring for Baby    |                           |        |        |        |        |                               |        |                                |        |         |  |         |         |
| Month 3   | Follow up on baby's sleep routine.  | 224    | Caring for Baby    |                           |        |        |        |        |                               |        |                                |        |         |  |         |         |
| Month 3   | Discuss any concerns about spoiling baby.   | 226    | Caring for Baby    |                           |        |        |        |        |                               |        |                                |        |         |  |         |         |
| Month 3   | Explain what new skills baby is likely to learn this month.   | 228    | Baby's Development | x                         | x      | x      |        |        | x                             | x      |                                | x      | x       | x  |         |         |
| Month 3   | Continue to promote parents' observation and reflection skills with baby.   | 230    | Baby's Development | x                         |        |        |        |        |                               |        |                                |        |         |  |         |         |

| DOMAIN: Cognition   |   |                           |                    |   |  |  |   |   |   |   |  |  |  |  |  |  |
|---|---|---------------------------|--------------------|---|--|--|---|---|---|---|--|--|--|--|--|--|
| Baby's 1st Year   |   | SUB-DOMAINS:              |                    |   | C_SD1  |  | C_SD2   |   |   | C_SD3   |  | C_SD4  |  |  | C_SD5  |  |
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| Month 3   | Talk with parents about the importance of shared reading and what books are best for babies.                                  | 232                       | Baby's Development |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 3   | Explain how attachments are formed and strengthened.  | 234                       | Baby's Development |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 3   | Help parents understand ways to help baby learn to self-soothe.   | 236                       | Baby's Development |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 3   | Talk about impact of a fussy baby on parent-child relationship and offer strategies to have "the happiest baby on the block." | 238                       | Baby's Development |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 3   | Help parents understand how they can influence their baby's brain development.  | 240                       | Baby's Development | x   | x  | x  | x   |   |   |   |  | x  | x  | x  |  |  |
| Month 4   | Help family identify their dreams for their baby.   | 246                       | Family Development | x   |  | x  |   |   |   |   |  |  |  |  |  |  |
| Month 4   | Talk about traits needed to be successful.  | 248                       | Family Development |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 4   | Discuss how Mom's relationships might be healthy or harmful for her baby.   | 250                       | Family Development |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 4   | Help military family adjust when reunited.  | 252                       | Family Development |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 4   | Talk about how Dad/partner can develop a close relationship with his baby, even though they don't live together.              | 254                       | Family Development |   |  | x  |   |   |   |   |  |  |  |  |  |  |
| Month 4   | If parent is working, ask about current job and options for advancement.  | 256                       | Family Development |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 4   | Help family make a realistic monthly budget.  | 258                       | Family Development |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 4   | Make sure Mom and her partner understand the benefits of spacing pregnancies.   | 260                       | Family Health      |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 4   | Talk with family members about how excess weight can affect their health.   | 262                       | Family Health      |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 4   | Help family understand how depression can impact their baby.  | 264                       | Family Health      |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 4   | Help Mom and partner have realistic expectations about parenting.   | 266                       | Family Health      |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 4   | Talk about signs of teething and how to take care of baby's new teeth.  | 268                       | Caring for Baby    |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 4   | Explain separation is hard for babies and discuss how to ease transitions, especially if dealing with shared custody.         | 270                       | Caring for Baby    |   |  | x  |   | x   |   |   |  |  |  |  |  |  |
| Month 4   | Explain what new skills baby is likely to learn this month and discuss ASQ-3 or other developmental screening tool.           | 272                       | Baby's Development | x   |  | x  |   |   |   |   |  | x  | x  |  |  |  |
| Month 4   | Continue to promote parents' observation and reflection skills with baby.   | 274                       | Baby's Development | x   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 4   | Explain the concept of "parentese" and why it is important.   | 276                       | Baby's Development |   |  |  |   |   |   |   |  |  |  | x  |  |  |
| Month 4   | Discuss issues related to dual-language learning.   | 278                       | Baby's Development |   |  |  |   |   |   |   |  |  |  | x  |  |  |
| Month 4   | Discuss how to build a trusting relationship with baby.   | 280                       | Baby's Development |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 4   | Talk about how to choose good toys for baby.  | 282                       | Baby's Development | x   | x  | x  |   |   |   |   |  |  |  |  |  |  |
| Month 5   | Talk about changes to their family with the birth of their baby.  | 288                       | Family Development |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 5   | Help family learn how to manage their time and set priorities.  | 290                       | Family Development |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 5   | Encourage friendships with other mothers and ask about changes in relationships at school or work.                            | 292                       | Family Development |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 5   | If Dad does not live with his baby, talk about the importance of staying connected.   | 294                       | Family Development |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 5   | Talk about importance of saving money for baby's future.  | 296                       | Family Development |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 5   | Discuss alcohol or drug abuse by family members living in the home.   | 298                       | Family Health      |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 5   | Explain how getting outside during the day can make you feel better.  | 300                       | Family Health      |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 5   | Talk about any issues with breastfeeding, including dealing with a teething baby.   | 302                       | Caring for Baby    |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 5   | Talk about safety concerns with different types of baby gear and contraptions.  | 304                       | Caring for Baby    | x   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 5   | Explain importance of baby having consistent caregivers.  | 306                       | Caring for Baby    |   |  | x  |   |   |   |   |  |  |  |  |  |  |
| Month 5   | Explain what new skills baby is likely to learn this month.   | 308                       | Baby's Development | x   |  | x  | x   |   | x   | x   |  | x  | x  | x  |  |  |
| Month 5   | Continue to promote parents' observation and reflection skills with baby.   | 310                       | Baby's Development | x   |  |  |   |   |   |   |  | x  |  |  |  |  |
| Month 5   | Provide tips for sharing books with baby.   | 312                       | Baby's Development |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 5   | Talk about household objects that are safe and educational for baby.  | 314                       | Baby's Development | x   | x  | x  |   |   | x   | x   | x  | x  | x  | x  |  |  |
| Month 6   | Encourage family to make decisions with baby in mind.   | 320                       | Family Development |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 6   | Ask Dad/partner how he was parented and what kind of father he wants to be.   | 322                       | Family Development |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 6   | Ask how Mom is doing balancing school/work with parenting.  | 324                       | Family Development |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 6   | Ask about satisfaction with family planning method and, if appropriate, address reproductive coercion.                        | 326                       | Family Health      |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 6   | See how Mom is feeling about her post-pregnancy body.   | 328                       | Family Health      |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 6   | Help list healthy ways to manage stress to benefit the whole family.  | 330                       | Family Health      |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 6   | Talk about introducing solid foods and how to watch for signs of allergies.   | 332                       | Caring for Baby    |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 6   | Talk about choking concerns.  | 334                       | Caring for Baby    | x   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 6   | Talk about how to handle disagreements between co-parents.  | 336                       | Caring for Baby    |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 6   | Explain what new skills baby is likely to learn this month and discuss ASQ-3 or other developmental screening tool.           | 338                       | Baby's Development | x   | x  | x  | x   |   |   |   |  |  | x  | x  |  |  |
| Month 6   | Continue to promote parents' observation and reflection skills with baby.   | 340                       | Baby's Development | x   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 6   | Encourage parents to use songs or games with baby that include hand motions.  | 342                       | Baby's Development |   |  |  |   | x   |   |   | x  | x  |  | x  |  |  |
| Month 6   | Help parents understand social-emotional well-being & conduct screening.  | 344                       | Baby's Development |   |  | x  |   |   |   |   |  |  |  |  |  |  |

| DOMAIN: Cognition   |  |              |                    |   |  |  |   |   |   |   |  |  |  |  |  |  |
|---|--|--------------|--------------------|---|--|--|---|---|---|---|--|--|--|--|--|--|
| Baby's 1st Year   |  | SUB-DOMAINS: |                    | C_SD1   |  | C_SD2  |   |   | C_SD3   |   | C_SD4                                    |  |  | C_SD5  |  |  |
|   |  |              |                    | Exploration and Discovery   |  | Memory   |   |   | Reasoning and Problem-Solving                                   |   | Emergent Mathematical Thinking           |  |  | Imitation and Symbolic Representation and Play                   |  |  |
| SECTION   | Purposes from Partners for a Healthy Baby (PHB)  | PAGE #       | CATEGORY           | Goal 1  | Goal 2   | Goal 3   | Goal 4  | Goal 5  | Goal 6  | Goal 7  | Goal 8                                   | Goal 9   | Goal 10  | Goal 11  | Goal 12  | Goal 13  |
| Domain Key<br>ATL: Approaches to Learning<br>SE: Social and Emotional Development<br>LC: Language and Communication<br>C: Cognition<br>PMP: Perceptual, Motor, and Physical Development |  |              |                    | Child actively explores people & objects to understand self, others & objects | Child uses understanding of causal relationships to act on social & physical environment | Child recognizes differences between familiar & unfamiliar people, objects actions or events | Child recognizes stability of people & objects in the environment | Child uses memory as a foundation for more complex actions & thoughts | Child learns to use a variety of strategies in solving problems | Child uses reasoning & planning ahead to solve problems | Child develops sense of numbers quantity | Child uses spatial awareness to understand objects & their movement in space | Child uses matching & sorting of objects or people to understand similar & different characteristics | Child observes & imitates sounds, gestures, actions, & behaviors | Child uses objects & symbols to represent something else | Child uses pretend play to increase understanding of culture, environment, & experiences |
| Month 6   | Help parents understand why babies look to trusted adults to guide their reactions.                                  | 346          | Baby's Development | X   |  |  |   |   |   |   |  |  |  | X  |  |  |
| Month 6   | Explain how stress negatively impacts learning and brain development.  | 348          | Baby's Development |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 7   | Discuss family's progress toward their goals and offer suggestions for overcoming challenges.                        | 354          | Family Development |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 7   | Talk with Dad/partner about the importance of providing love, protection, and economic support.                      | 356          | Family Development |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 7   | Review why condom use is important for preventing STIs.  | 358          | Family Health      |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 7   | Encourage family mealtimes.  | 360          | Family Health      |   |  |  |   | X   |   |   |  |  |  |  |  |  |
| Month 7   | Ask about mood swings and talk about impact on baby.   | 362          | Family Health      |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 7   | Ask how baby is handling solids and what foods have been tried.  | 364          | Caring for Baby    | X   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 7   | Talk with family about how to baby-proof their house to prevent accidents.   | 366          | Caring for Baby    | X   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 7   | Talk about the challenge of constant supervision.  | 368          | Caring for Baby    | X   | X  |  |   |   |   |   |  |  |  | X  |  | X  |
| Month 7   | Explain what new skills baby is likely to learn this month.  | 370          | Baby's Development | X   | X  | X  | X   | X   | X   | X   |  | X  |  | X  |  |  |
| Month 7   | Continue to promote parents' observation and reflection skills with baby.  | 372          | Baby's Development |   |  |  |   | X   |   |   |  |  |  |  |  |  |
| Month 7   | Talk about baby's new motor skills and the benefits of crawling.   | 374          | Baby's Development |   | X  |  |   |   |   |   |  |  |  | X  |  |  |
| Month 7   | Discuss ways to help baby explore books and print.   | 378          | Baby's Development | X   |  | X  |   | X   |   |   |  |  |  |  |  |  |
| Month 7   | Summarize and preview baby's upcoming language development.  | 380          | Baby's Development |   | X  |  |   |   |   |   |  |  |  | X  |  |  |
| Month 7   | Continue discussion of baby's social-emotional development and complete screening.                                   | 384          | Baby's Development |   | X  | X  | X   | X   |   |   |  |  | X  | X  |  |  |
| Month 7   | Explain how stranger anxiety shows growing parent-child attachment.  | 388          | Baby's Development |   |  | X  | X   | X   |   |   |  |  |  |  |  |  |
| Month 7   | Talk about upcoming changes in cognitive development and preview new skills.   | 390          | Baby's Development | X   | X  | X  | X   | X   | X   | X   | X  | X  | X  | X  |  |  |
| Month 7   | Talk about baby's play skills and why play is important.   | 394          | Baby's Development | X   | X  | X  | X   | X   | X   | X   |  |  |  | X  |  |  |
| Month 8   | Encourage family to have a "can-do" attitude to overcome barriers and reach their goals.                             | 402          | Family Development |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 8   | Discuss relationship boundaries and how to say "no."   | 404          | Family Development |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 8   | Encourage Dad/partner to support his baby's increasing mobility, and continued need for reassurance and supervision. | 406          | Family Development | X   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 8   | Talk about progress with budgeting.  | 408          | Family Development |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 8   | Talk with Mom about emergency contraception.   | 410          | Family Health      |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 8   | Talk about how to communicate effectively with health care providers.  | 412          | Family Health      |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 8   | Remind family that exercise can reduce stress and control weight.  | 414          | Family Health      |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 8   | Talk about how exercise can improve mood and lessen depression.  | 416          | Family Health      |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 8   | Discuss ways to redirect baby to keep her safe.  | 418          | Caring for Baby    | X   | X  |  |   | X   |   |   |  |  |  |  |  |  |
| Month 8   | Explain what new skills baby is likely to learn this month and discuss ASQ-3 or other developmental screening tool.  | 420          | Baby's Development | X   | X  | X  |   | X   | X   | X   |  |  |  | X  |  |  |
| Month 8   | Continue to promote parents' observation and reflection skills with baby.  | 422          | Baby's Development |   |  | X  | X   | X   |   |   |  |  |  |  |  |  |
| Month 8   | Encourage parents to use language to teach baby what to expect next.   | 424          | Baby's Development |   |  | X  |   | X   |   |   |  |  |  | X  |  |  |
| Month 8   | Explain how having a parent nearby provides a "secure base" with baby's expanding need to explore.                   | 426          | Baby's Development | X   |  |  | X   |   |   |   |  |  |  |  |  |  |
| Month 8   | Explain how play helps baby learn.   | 428          | Baby's Development | X   | X  | X  | X   | X   | X   | X   |  | X  |  | X  | X  |  |
| Month 9   | Help parents compare how they were raised with how they want to raise their child.                                   | 434          | Family Development |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 9   | Explain how physical changes after childbirth may affect Mom's sexual relationship.                                  | 436          | Family Health      |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 9   | Talk about what to do in case of a fire.   | 438          | Family Health      |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 9   | Talk about problems with salt and how to cut down.   | 440          | Family Health      |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 9   | Make sure Mom knows signs of vaginal infections and what to do.  | 442          | Family Health      |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 9   | Remind family how nutrition affects emotional health.  | 444          | Family Health      |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 9   | Talk about how to promote a feeling of safety in the home and community.   | 446          | Family Health      |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 9   | Teach parents how to prevent the spread of illness.  | 448          | Caring for Baby    |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 9   | Help family adjust baby's nap schedule as needed.  | 450          | Caring for Baby    |   |  | X  |   | X   |   |   |  |  |  |  |  |  |
| Month 9   | Talk about the value of unhurried time and focused attention.  | 452          | Caring for Baby    |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 9   | Explain what new skills baby is likely to learn this month.  | 454          | Baby's Development | X   | X  | X  | X   | X   | X   | X   |  | X  |  | X  |  |  |
| Month 9   | Continue to promote parents' observation and reflection skills with baby.  | 456          | Baby's Development | X   |  |  |   |   |   |   |  | X  |  |  |  |  |
| Month 9   | Talk about the importance of baby's use of gestures as a way to communicate.   | 458          | Baby's Development |   |  |  |   |   | X   |   |  |  |  | X  |  |  |
| Month 9   | Help family understand baby's temperament and how to adapt to different situations.                                  | 460          | Baby's Development |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 9   | Explain early brain development and how parents can promote it.  | 462          | Baby's Development | X   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 10  | Encourage family to be assertive and advocate for baby.  | 468          | Family Development |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 10  | Talk about preventing and repairing misunderstandings.   | 470          | Family Development |   |  |  |   |   |   |   |  |  |  |  |  |  |
| Month 10  | Ask about the impact of fatherhood on Dad's/partner's friendships.   | 472          | Family Development |   |  |  |   |   |   |   |  |  |  |  |  |  |

| DOMAIN: Cognition   |   |        |                    |                           |        |        |        |        |                               |        |                                |        |         |  |         |         |
|---|---|--------|--------------------|---------------------------|--------|--------|--------|--------|-------------------------------|--------|--------------------------------|--------|---------|--|---------|---------|
| Baby's 1st Year   | SUB-DOMAINS:  |        |                    | C_SD1                     |        | C_SD2  |        |        | C_SD3                         |        | C_SD4                          |        |         | C_SD5  |         |         |
|   |   |        |                    | Exploration and Discovery |        | Memory |        |        | Reasoning and Problem-Solving |        | Emergent Mathematical Thinking |        |         | Imitation and Symbolic Representation and Play   |         |         |
|   | GOALS:  |        |                    | Goal 1                    | Goal 2 | Goal 3 | Goal 4 | Goal 5 | Goal 6                        | Goal 7 | Goal 8                         | Goal 9 | Goal 10 | Goal 11  | Goal 12 | Goal 13 |
| Domain Key<br>ATL: Approaches to Learning<br>SE: Social and Emotional Development<br>LC: Language and Communication<br>C: Cognition<br>PMP: Perceptual, Motor, and Physical Development |   |        |                    |                           |        |        |        |        |                               |        |                                |        |         | Child actively explores people & objects to understand self, others & objects<br>Child uses understanding of causal relationships to act on social & physical environment<br>Child recognizes differences between familiar & unfamiliar people, objects, actions or events<br>Child recognizes stability of people & objects in the environment<br>Child uses memory as a foundation for more complex actions & thoughts<br>Child learns to use a variety of strategies in solving problems<br>Child uses reasoning & planning ahead to solve problems<br>Child develops sense of numbers & quantity<br>Child uses spatial awareness to understand objects & their movement in space<br>Child uses matching & sorting of objects or people to understand similar & different characteristics<br>Child observes & imitates sounds, gestures, actions, & behaviors<br>Child uses objects & symbols to represent something else<br>Child uses pretend play to increase understanding of culture, environment, & experiences |         |         |
| SECTION   | Purposes from Partners for a Healthy Baby (PHB)   | PAGE # | CATEGORY           | Goal 1                    | Goal 2 | Goal 3 | Goal 4 | Goal 5 | Goal 6                        | Goal 7 | Goal 8                         | Goal 9 | Goal 10 | Goal 11  | Goal 12 | Goal 13 |
| Month 10  | Talk about following workplace policies and having a good work ethic.   | 474    | Family Development |                           |        |        |        |        |                               |        |                                |        |         |  |         |         |
| Month 10  | Talk about the link between drug and/or alcohol addiction and unresolved trauma.                                    | 476    | Family Health      |                           |        |        |        |        |                               |        |                                |        |         |  |         |         |
| Month 10  | If there are guns in the home, remind parents to make sure they are kept unloaded in a locked cabinet.              | 478    | Family Health      |                           |        |        |        |        |                               |        |                                |        |         |  |         |         |
| Month 10  | Help Mom use laughter to cope with daily ups and downs.   | 480    | Family Health      |                           |        |        |        |        |                               |        |                                |        |         |  |         |         |
| Month 10  | If Mom is weaning baby, find out how they are doing and offer help with any difficulties.                           | 482    | Caring for Baby    |                           |        |        |        | X      |                               |        |                                |        |         |  |         |         |
| Month 10  | Talk about keeping baby safe in the sun.  | 484    | Caring for Baby    |                           |        |        |        |        |                               |        |                                |        |         |  |         |         |
| Month 10  | Talk about what it means when baby shakes his head "no."  | 486    | Caring for Baby    |                           |        |        |        | X      |                               |        |                                |        |         | X  |         |         |
| Month 10  | Explain what new skills baby is likely to learn this month and discuss ASQ-3 or other developmental screening tool. | 488    | Baby's Development | X                         | X      | X      | X      | X      | X                             | X      |                                | X      |         | X  |         |         |
| Month 10  | Continue to promote parents' observation and reflection skills with baby.   | 490    | Baby's Development | X                         |        |        |        |        |                               |        |                                |        |         |  |         |         |
| Month 10  | Encourage turn-taking conversations between parents and baby.   | 492    | Baby's Development |                           |        |        |        |        |                               |        |                                |        |         | X  |         |         |
| Month 10  | Help parents understand ways to enhance their child's healthy brain development.                                    | 494    | Baby's Development | X                         | X      | X      |        | X      | X                             | X      | X                              | X      | X       |  |         |         |
| Month 11  | If visits will end on baby's 1st birthday, begin planning the transition.   | 500    | Family Development |                           |        |        |        |        |                               |        |                                |        |         |  |         |         |
| Month 11  | Encourage efforts to budget and save money. Talk with Mom about her efforts toward weight loss.                     | 502    | Family Development |                           |        |        |        |        |                               |        |                                |        |         |  |         |         |
| Month 11  | Talk about value of simplifying and organizing to reduce stress and support emotional health.                       | 504    | Family Health      |                           |        |        |        |        |                               |        |                                |        |         |  |         |         |
| Month 11  | Explain the dangers of lead poisoning.  | 506    | Family Health      |                           |        |        |        |        |                               |        |                                |        |         |  |         |         |
| Month 11  | Discuss difference between "spoiling" and responding to baby's needs.   | 510    | Caring for Baby    |                           |        |        |        |        |                               |        |                                |        |         |  |         |         |
| Month 11  | Ask how baby manages transitions.   | 512    | Caring for Baby    |                           |        |        |        | X      |                               |        |                                |        |         |  |         |         |
| Month 11  | Explain what new skills baby is likely to learn this month.   | 514    | Baby's Development | X                         | X      | X      |        | X      | X                             |        |                                | X      |         | X  |         |         |
| Month 11  | Continue to promote parents' observation and reflection skills with baby.   | 516    | Baby's Development | X                         | X      | X      |        | X      |                               |        |                                |        |         | X  |         |         |
| Month 11  | Talk about labeling everyday objects to help children learn new words.  | 518    | Baby's Development |                           |        | X      |        |        |                               |        |                                |        |         |  |         |         |
| Month 11  | Help family understand that how they respond affects baby's feelings and self-worth.                                | 520    | Baby's Development | X                         |        |        |        |        |                               | X      |                                |        |         |  |         |         |
| Month 11  | Explain why you can't get an infant to "sit still" or "behave."   | 522    | Baby's Development |                           |        |        |        |        |                               |        |                                |        |         |  |         |         |
| Month 12  | Help family take pride in progress toward their goals and talk about setting long-range goals.                      | 528    | Family Development |                           |        |        |        |        |                               |        |                                |        |         |  |         |         |
| Month 12  | If visits are ending now, acknowledge that change is difficult and reach closure.                                   | 530    | Family Development |                           |        |        |        |        |                               |        |                                |        |         |  |         |         |
| Month 12  | Encourage Dad/partner to be nurturing and affectionate with his 1-year-old.   | 532    | Family Development | X                         |        |        |        |        |                               |        |                                |        |         |  |         |         |
| Month 12  | Talk about using a checking account to keep track of budget.  | 534    | Family Development |                           |        |        |        |        |                               |        |                                |        |         |  |         |         |
| Month 12  | Review reasons to avoid pregnancy and prevent sexually transmitted infections (STIs).                               | 536    | Family Health      |                           |        |        |        |        |                               |        |                                |        |         |  |         |         |
| Month 12  | Help family prevent fire hazards and carbon monoxide poisoning.   | 538    | Family Health      |                           |        |        |        |        |                               |        |                                |        |         |  |         |         |
| Month 12  | Ask about the emotional tone of the household and explain how it shapes baby's development.                         | 540    | Family Health      |                           |        |        |        |        |                               |        |                                |        |         | X  |         |         |
| Month 12  | Discuss eating habits and healthy snack ideas.  | 542    | Caring for Baby    | X                         |        | X      |        |        |                               |        |                                |        |         |  |         |         |
| Month 12  | Encourage regular tooth brushing and dental visits.   | 544    | Caring for Baby    |                           |        |        |        |        |                               |        |                                |        |         | X  |         | X       |
| Month 12  | Discuss satisfaction with child care arrangements.  | 546    | Caring for Baby    | X                         |        |        |        |        |                               |        |                                |        |         |  |         |         |
| Month 12  | Help family plan baby's first birthday.   | 548    | Caring for Baby    |                           |        |        |        |        |                               |        |                                |        |         |  |         |         |
| Month 12  | Talk about the likelihood of temper tantrums and how to handle them.  | 550    | Caring for Baby    |                           |        |        |        |        |                               |        |                                |        |         |  |         |         |
| Month 12  | Explain what new skills baby is likely to learn this month and discuss ASQ-3 or other developmental screening tool. | 552    | Baby's Development | X                         | X      | X      | X      | X      | X                             | X      | X                              | X      | X       | X  | X       | X       |
| Month 12  | Continue to promote parents' observation and reflection skills with baby.   | 554    | Baby's Development | X                         |        | X      | X      | X      |                               |        |                                |        |         |  |         |         |
| Month 12  | Encourage family to read with baby every day.   | 556    | Baby's Development |                           |        | X      |        | X      |                               |        |                                |        |         |  |         |         |
| Month 12  | Help parents understand social-emotional well-being and complete screening.   | 558    | Baby's Development | X                         | X      | X      | X      | X      |                               |        |                                |        |         | X  |         |         |
| Month 12  | Explain how play and homemade toys can promote learning.  | 560    | Baby's Development | X                         | X      | X      | X      | X      | X                             | X      | X                              | X      | X       | X  | X       | X       |

| DOMAIN: Perceptual, Motor, and Physical Development   |   |                       |                    |  |  |   |  |   |   |  |  |  |  |  |
|---|---|-----------------------|--------------------|--|--|---|--|---|---|--|--|--|--|--|
| Baby's 1st Year   |   | SUB-DOMAINS:          |                    |  |  |   |  |   |   |  |  |  |  |  |
|   |   | PMP_SD1<br>Perception |                    | PMP_SD2<br>Gross Motor   |  |   | PMP_SD3<br>Fine Motor  |   |   | PMP_SD4<br>Health, Safety, and Nutrition                 |  |  |  |  |
| Domain Key<br>ATL: Approaches to Learning<br>SE: Social and Emotional Development<br>LC: Language and Communication<br>C: Cognition<br>PMP: Perceptual, Motor, and Physical Development |   | GOALS:                |                    | Goal 1   | Goal 2   | Goal 3  | Goal 4   | Goal 5  | Goal 6  | Goal 7   | Goal 8                                   | Goal 9   | Goal 10  | Goal 11  |
| SECTION   | Purposes from Partners for a Healthy Baby (PHB)   | PAGE #                | CATEGORY           | Child uses perceptual information to understand objects, experiences, & interactions | Child uses perceptual information in directing own actions, experiences & interactions | Child demonstrates effective & efficient use of large muscles for movement & position | Child demonstrates effective & efficient use of large muscles to explore the environment | Child uses sensory information & body awareness to understand how their body relates to the environment | Child coordinates hand & eye movements to perform actions | Child uses hands for exploration, play, & daily routines | Child adjusts reach & grasp to use tools | Child demonstrates healthy behaviors with increasing independence as part of everyday routines | Child uses safe behaviors with support from adults | Child demonstrates increasing interest in healthy eating habits & making nutritious food choices |
| Month 1   | Ensure Mom has adequate support during the postpartum period.   | 6                     | Family Development |  |  |   |  |   |   |  |  |  |  |  |
| Month 1   | Ask about Mom's relationship with baby's father and talk about the importance of his involvement with baby.   | 8                     | Family Development |  |  |   |  |   |   |  |  |  |  |  |
| Month 1   | Help Dad/partner feel competent in his ability to care for his baby.  | 10                    | Family Development |  |  |   |  |   |   |  |  |  |  |  |
| Month 1   | Make sure Dad/partner has a plan for when he feels frustrated with his baby.                                  | 12                    | Family Development |  |  |   |  |   |   |  |  |  |  |  |
| Month 1   | Help Dad/partner understand why breastfeeding is important and how he can be supportive.                      | 14                    | Family Development |  |  |   |  |   |   |  |  |  |  |  |
| Month 1   | Help Dad/partner understand the difference between the baby blues and postpartum depression, and how to help. | 16                    | Family Development |  |  |   |  |   |   |  |  |  |  |  |
| Month 1   | Ask Dad/partner about strategies he uses for calming his crying baby.   | 18                    | Family Development |  |  |   |  |   |   |  |  |  |  |  |
| Month 1   | Talk about arrangements Mom has made for child support/public assistance.                                     | 20                    | Family Development |  |  |   |  |   |   |  |  |  |  |  |
| Month 1   | If Mom smokes, encourage her to breastfeed and take precautions to minimize the impact on her baby.           | 22                    | Family Health      |  |  |   |  |   |   |  |  |  |  |  |
| Month 1   | Be sure Mom knows that using street drugs or prescription drugs while breastfeeding can harm her baby.        | 24                    | Family Health      |  |  |   |  |   |   |  |  |  |  |  |
| Month 1   | If Mom is breastfeeding, explain that any alcohol she drinks may harm her baby.                               | 26                    | Family Health      |  |  |   |  |   |   |  |  |  |  |  |
| Month 1   | Talk with Mom about birth control options.  | 28                    | Family Health      |  |  |   |  |   |   |  |  |  |  |  |
| Month 1   | Discuss options for birth control if Mom is breastfeeding.  | 30                    | Family Health      |  |  |   |  |   |   |  |  |  |  |  |
| Month 1   | Ensure family has health care coverage and a medical home.  | 32                    | Family Health      |  |  |   |  |   |   |  |  |  |  |  |
| Month 1   | Make sure family has food in the home and has signed up for WIC.  | 34                    | Family Health      |  |  |   |  |   |   |  |  |  |  | X  |
| Month 1   | If Mom is breastfeeding make sure her diet is healthy and balanced.   | 36                    | Family Health      |  |  |   |  |   |   |  |  |  |  | X  |
| Month 1   | Help Mom manage typical physical discomforts that follow childbirth.  | 38                    | Family Health      |  |  |   |  |   |   |  |  |  |  |  |
| Month 1   | If Mom had a cesarean birth, discuss her recovery and when to call the doctor.                                | 40                    | Family Health      |  |  |   |  |   |   |  |  |  |  |  |
| Month 1   | Explain that feeling really tired after childbirth is normal and suggest ways to manage fatigue.              | 42                    | Family Health      |  |  |   |  |   |   |  |  |  |  |  |
| Month 1   | Ensure Mom schedules her postpartum checkup.  | 44                    | Family Health      |  |  |   |  |   |   |  |  |  |  |  |
| Month 1   | Prepare family for the exhaustion and emotional challenges of the first few weeks.                            | 46                    | Family Health      |  |  |   |  |   |   |  |  |  |  |  |
| Month 1   | Ask how family is coping with the baby blues and help them recognize any signs of depression.                 | 48                    | Family Health      |  |  |   |  |   |   |  |  |  |  |  |
| Month 1   | Discuss benefits of breastfeeding with family.  | 50                    | Caring for Baby    |  |  |   |  |   |   |  |  |  |  | X  |
| Month 1   | Talk about breastfeeding myths.   | 52                    | Caring for Baby    |  |  |   |  |   |   |  |  |  |  | X  |
| Month 1   | Talk with Mom about breastfeeding her newborn.  | 54                    | Caring for Baby    |  |  |   |  |   |   |  |  |  |  | X  |
| Month 1   | Make sure family knows how to select and prepare formula as needed.   | 56                    | Caring for Baby    |  |  |   |  |   |   |  |  |  |  | X  |
| Month 1   | If bottle feeding, talk about steps to ensure success.  | 58                    | Caring for Baby    |  |  |   |  |   |   |  |  |  |  | X  |
| Month 1   | Explain how to be sure baby is getting enough to eat.   | 60                    | Caring for Baby    |  |  |   |  |   |   |  |  |  |  | X  |
| Month 1   | Ask how often baby is fed and if there are any problems with feeding.   | 62                    | Caring for Baby    |  |  |   |  |   |   |  |  |  |  |  |
| Month 1   | Ask how feedings are going and talk about how to burp the baby.   | 64                    | Caring for Baby    |  |  |   |  |   |   |  |  |  |  |  |
| Month 1   | Follow up on safety issues with family.   | 66                    | Caring for Baby    |  |  |   |  |   |   |  |  |  | X  |  |
| Month 1   | Ask about baby's first checkup and immunizations.   | 68                    | Caring for Baby    |  |  |   |  |   |   |  |  |  |  |  |
| Month 1   | Talk about how to tell if baby is sick.   | 70                    | Caring for Baby    |  |  |   |  |   |   |  |  |  |  |  |
| Month 1   | Show parents how to care for umbilical cord, diaper rash, and circumcision.                                   | 72                    | Caring for Baby    |  |  |   |  |   |   |  |  |  |  |  |
| Month 1   | Talk about symptoms of colic and handling the stress it can bring.  | 74                    | Caring for Baby    |  |  |   |  |   |   |  |  |  |  |  |
| Month 1   | Make sure family knows how to change diaper.  | 76                    | Caring for Baby    |  |  |   |  |   |   |  |  | X  |  |  |
| Month 1   | Talk about choosing quality child care.   | 78                    | Caring for Baby    |  |  |   |  |   |   |  |  |  |  |  |
| Month 1   | Talk about bathing baby.  | 80                    | Caring for Baby    | X  |  |   |  |   |   |  |  | X  |  |  |
| Month 1   | Ask about baby's sleep patterns and how family copes with less sleep.   | 82                    | Caring for Baby    | X  | X  |   |  |   |   |  |  | X  |  |  |
| Month 1   | Talk about how all babies develop at different rates and explain the Watch Me Grow handouts.                  | 84                    | Baby's Development | X  |  | X   |  | X   |   |  |  |  |  |  |
| Month 1   | Talk about being careful observers so they can learn what their baby likes and how he learns.                 | 86                    | Baby's Development |  |  |   |  |   |   |  |  |  |  |  |
| Month 1   | Talk with family about baby's motor development.  | 88                    | Baby's Development | X  | X  | X   | X  | X   | X   | X  | X  |  |  |  |
| Month 1   | Help family recognize and respond to baby's signals.  | 92                    | Baby's Development |  |  |   |  |   |   |  |  |  |  |  |
| Month 1   | Explain why it is important to talk, sing, and read with their baby.  | 94                    | Baby's Development |  |  |   |  |   |   |  |  |  |  |  |
| Month 1   | Summarize baby's early language development.  | 96                    | Baby's Development | X  | X  | X   | X  |   |   |  |  |  |  |  |
| Month 1   | Help parents bond with baby.  | 100                   | Baby's Development |  |  |   |  |   |   |  |  |  |  |  |
| Month 1   | Talk about ways to bond if baby stays in the hospital.  | 102                   | Baby's Development |  |  |   |  |   |   |  |  |  |  |  |
| Month 1   | Help parents read baby's cues and anticipate needs before baby gets fussy.                                    | 104                   | Baby's Development |  |  |   |  |   |   |  |  |  |  |  |
| Month 1   | Build parent's confidence and competence in calming baby when fussy.  | 106                   | Baby's Development | X  | X  |   |  |   |   |  |  |  |  |  |
| Month 1   | Help parents understand the importance of touch in building a close relationship with baby.                   | 108                   | Baby's Development | X  | X  |   |  |   |   |  |  |  |  |  |
| Month 1   | Help family understand baby's early social emotional development and complete screening.                      | 110                   | Baby's Development | X  |  |   |  |   |   |  |  |  |  |  |
| Month 1   | Talk about baby's cognitive development.  | 114                   | Baby's Development | X  | X  | X   |  | X   | X   | X  |  |  |  |  |
| Month 1   | Talk about baby's play skills and why play is important.  | 118                   | Baby's Development | X  | X  |   |  |   |   | X  |  |  |  |  |
| Month 2   | Ensure Mom has enough support.  | 128                   | Family Development |  |  |   |  |   |   |  |  |  |  |  |
| Month 2   | Help siblings adjust to the new baby.   | 130                   | Family Development |  |  |   |  |   |   |  |  |  |  |  |
| Month 2   | Help military parents stay connected with their newborn and family during deployment.                         | 132                   | Family Development |  |  |   |  |   |   |  |  |  |  |  |

| DOMAIN: Perceptual, Motor, and Physical Development   |   |                       |                    |  |  |   |  |   |   |  |  |  |  |  |
|---|---|-----------------------|--------------------|--|--|---|--|---|---|--|--|--|--|--|
| Baby's 1st Year   |   | SUB-DOMAINS:          |                    |  |  |   |  |   |   |  |  |  |  |  |
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| Month 2   | Let Dad/partner share what he has learned about baby's cues and responding to baby's needs.                                   | 134                   | Family Development |  |  |   |  |   |   |  |  |  |  |  |
| Month 2   | Ask Dad/partner how he's adjusting to his new baby.   | 136                   | Family Development |  |  |   |  |   |   |  |  |  |  |  |
| Month 2   | Explain that new dads can experience depression.  | 138                   | Family Development |  |  |   |  |   |   |  |  |  |  |  |
| Month 2   | Help family keep track of their spending.   | 140                   | Family Development |  |  |   |  |   |   |  |  |  |  |  |
| Month 2   | Encourage Mom to return to school and suggest ways to make it easier.   | 142                   | Family Development |  |  |   |  |   |   |  |  |  |  |  |
| Month 2   | Talk with the family about how exposure to cigarette smoke can be harmful to the baby.  | 144                   | Family Health      |  |  |   |  |   |   |  |  | X  |  |  |
| Month 2   | Find out how Mom's postpartum checkup went and follow up on her choice of birth control.                                      | 146                   | Family Health      |  |  |   |  |   |   |  |  |  |  |  |
| Month 2   | If Mom has a history of depression or is taking antidepressants, discuss options for birth control.                           | 148                   | Family Health      |  |  |   |  |   |   |  |  |  |  |  |
| Month 2   | Make sure the family has health care coverage and help them resolve any insurance or Medicaid problems.                       | 150                   | Family Health      |  |  |   |  |   |   |  |  |  |  |  |
| Month 2   | Talk about the amount of protein needed for breastfeeding moms.   | 152                   | Family Health      |  |  |   |  |   |   |  |  |  |  | X  |
| Month 2   | Help Mom find ways to cope with the loss of sleep.  | 154                   | Family Health      |  |  |   |  |   |   |  |  |  |  |  |
| Month 2   | Ask Mom about her postpartum checkup and how she's feeling about her post-pregnancy body.                                     | 156                   | Family Health      |  |  |   |  |   |   |  |  |  |  |  |
| Month 2   | Talk about the stress and demands of parenting a new baby.  | 158                   | Family Health      |  |  |   |  |   |   |  |  |  |  |  |
| Month 2   | Explain the importance of emotional health.   | 160                   | Family Health      |  |  |   |  |   |   |  |  |  |  |  |
| Month 2   | Encourage Mom to continue breastfeeding.  | 162                   | Caring for Baby    |  |  |   |  |   |   |  |  |  |  | X  |
| Month 2   | Explain how to express and store breast milk.   | 164                   | Caring for Baby    |  |  |   |  |   |   |  |  |  |  | X  |
| Month 2   | Talk about safety issues when taking baby out in a car.   | 166                   | Caring for Baby    |  |  |   |  |   |   |  |  |  | X  |  |
| Month 2   | Discuss dangers of secondhand smoke.  | 168                   | Caring for Baby    |  |  |   |  |   |   |  |  | X  |  |  |
| Month 2   | Encourage parents to insist that everyone caring for baby follow the daily care routines being established.                   | 170                   | Caring for Baby    |  |  |   |  |   |   |  |  |  |  |  |
| Month 2   | Explain the importance of performing baby's daily care routines with respect.   | 172                   | Caring for Baby    | X  |  |   |  |   |   |  |  |  |  |  |
| Month 2   | Talk with family about using a pacifier.  | 174                   | Caring for Baby    |  |  |   |  |   |   |  |  |  |  |  |
| Month 2   | Help all the adults raising the child to cooperate together in co-parenting.  | 176                   | Caring for Baby    |  |  |   |  |   |   |  |  |  |  |  |
| Month 2   | Explain what new skills baby is likely to learn this month and discuss the ASQ-3 or other developmental screening tool.       | 178                   | Baby's Development | X  | X  | X   |  | X   | X   | X  |  |  |  |  |
| Month 2   | Continue to promote parents' observation and reflection skills with baby.   | 180                   | Baby's Development |  |  |   |  |   |   |  |  |  |  |  |
| Month 2   | Help the family understand the value of turn-taking with baby.  | 182                   | Baby's Development |  |  |   |  |   |   |  |  |  |  |  |
| Month 2   | Explain early emotional cues and how babies learn from imitating feelings of others.  | 184                   | Baby's Development |  |  |   |  |   |   |  |  |  |  |  |
| Month 2   | Talk about importance of comforting baby, especially when hurt, sick, or upset.   | 186                   | Baby's Development |  |  |   |  |   |   |  |  |  |  |  |
| Month 3   | Help family identify their dreams and achieve their goals.  | 192                   | Family Development |  |  |   |  |   |   |  |  |  |  |  |
| Month 3   | Talk about strategies for solving everyday problems.  | 194                   | Family Development |  |  |   |  |   |   |  |  |  |  |  |
| Month 3   | Ask how the new baby has changed family relationships.  | 196                   | Family Development |  |  |   |  |   |   |  |  |  |  |  |
| Month 3   | Ask how grandparents relate to baby and encourage their involvement.  | 198                   | Family Development |  |  |   |  |   |   |  |  |  |  |  |
| Month 3   | Talk with Dad/partner to see how he's doing with interpreting and responding to his baby's cues.                              | 200                   | Family Development | X  |  |   |  |   |   |  |  |  |  |  |
| Month 3   | Encourage family to make plans to avoid missing work/school if baby is sick.  | 202                   | Family Development |  |  |   |  |   |   |  |  |  |  |  |
| Month 3   | Check on family's budget and make any necessary revisions.  | 204                   | Family Development |  |  |   |  |   |   |  |  |  |  |  |
| Month 3   | If there are smokers in the home, find out why they smoke and offer suggestions to help them quit or cut back.                | 206                   | Family Health      |  |  |   |  |   |   |  |  | X  |  |  |
| Month 3   | Talk about the importance of handwashing to prevent the spread of illness.  | 208                   | Family Health      |  |  |   |  |   |   |  |  | X  |  |  |
| Month 3   | Help Mom with strategies for exercising.  | 210                   | Family Health      |  |  |   |  |   |   |  |  | X  |  |  |
| Month 3   | Explain why doing Kegel exercises is important.   | 212                   | Family Health      |  |  |   |  |   |   |  |  | X  |  | X  |
| Month 3   | Talk with Mom about recovering from a difficult or unplanned birth experience.  | 214                   | Family Health      |  |  |   |  |   |   |  |  |  |  |  |
| Month 3   | Talk with family about how relationships, sleep, exercise, nutrition, gratitude, and stress influence emotional health.       | 216                   | Family Health      |  |  |   |  |   |   |  |  |  |  |  |
| Month 3   | Explain how sleep affects mood and discuss ways to get more sleep.  | 218                   | Family Health      |  |  |   |  |   |   |  |  |  |  |  |
| Month 3   | Discuss ways to reduce illness when starting child care.  | 220                   | Caring for Baby    |  |  |   |  |   |   |  |  | X  |  |  |
| Month 3   | Talk about getting baby ready for an outing.  | 222                   | Caring for Baby    |  |  |   |  |   |   |  |  | X  |  |  |
| Month 3   | Follow up on baby's sleep routine.  | 224                   | Caring for Baby    |  |  |   |  |   |   |  |  | X  |  |  |
| Month 3   | Discuss any concerns about spoiling baby.   | 226                   | Caring for Baby    |  |  |   |  |   |   |  |  |  |  |  |
| Month 3   | Explain what new skills baby is likely to learn this month.   | 228                   | Baby's Development | X  | X  | X   |  |   | X   | X  |  |  |  |  |
| Month 3   | Continue to promote parents' observation and reflection skills with baby.   | 230                   | Baby's Development |  |  |   |  |   |   |  |  |  |  |  |
| Month 3   | Talk with parents about the importance of shared reading and what books are best for babies.                                  | 232                   | Baby's Development |  |  |   |  |   |   |  |  |  |  |  |
| Month 3   | Explain how attachments are formed and strengthened.  | 234                   | Baby's Development |  |  |   |  |   |   |  |  |  |  |  |
| Month 3   | Help parents understand ways to help baby learn to self-soothe.   | 236                   | Baby's Development |  |  |   |  |   |   |  |  |  |  |  |
| Month 3   | Talk about impact of a fussy baby on parent-child relationship and offer strategies to have "the happiest baby on the block." | 238                   | Baby's Development | X  |  |   |  |   |   |  |  |  |  |  |
| Month 3   | Help parents understand how they can influence their baby's brain development.  | 240                   | Baby's Development | X  |  |   |  |   | X   |  |  |  |  |  |
| Month 4   | Help family identify their dreams for their baby.   | 246                   | Family Development |  |  |   |  |   |   |  |  | X  |  |  |
| Month 4   | Talk about traits needed to be successful.  | 248                   | Family Development |  |  |   |  |   |   |  |  |  |  |  |

| DOMAIN: Perceptual, Motor, and Physical Development   |   |                       |                    |   |        |   |  |   |   |  |  |  |  |  |
|---|---|-----------------------|--------------------|---|--------|---|--|---|---|--|--|--|--|--|
| Baby's 1st Year   |   | SUB-DOMAINS:          |                    |   |        |   |  |   |   |  |  |  |  |  |
|   |   | PMP_SD1<br>Perception |                    | PMP_SD2<br>Gross Motor  |        |   | PMP_SD3<br>Fine Motor  |   |   | PMP_SD4<br>Health, Safety, and Nutrition                 |  |  |  |  |
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|   | Child uses perceptual information to understand objects, experiences, & interactions                                  |                       |                    | Child uses perceptual information to direct own actions, experiences & interactions |        | Child demonstrates effective & efficient use of large muscles for movement & position | Child demonstrates effective & efficient use of large muscles to explore the environment | Child uses sensory information & body awareness to understand how their body relates to the environment | Child coordinates hand & eye movements to perform actions | Child uses hands for exploration, play, & daily routines | Child adjusts reach & grasp to use tools | Child demonstrates healthy behaviors with increasing independence as part of everyday routines | Child uses safe behaviors with support from adults | Child demonstrates increasing interest in healthy eating habits & making nutritious food choices |
| Month 4   | Discuss how Mom's relationships might be healthy or harmful for her baby.   | 250                   | Family Development |   |        |   |  |   |   |  |  |  |  |  |
| Month 4   | Help military family adjust when reunited.  | 252                   | Family Development |   |        |   |  |   |   |  |  |  |  |  |
| Month 4   | Talk about how Dad/partner can develop a close relationship with his baby, even though they don't live together.      | 254                   | Family Development |   |        |   |  |   |   |  |  |  |  |  |
| Month 4   | If parent is working, ask about current job and options for advancement.  | 256                   | Family Development |   |        |   |  |   |   |  |  |  |  |  |
| Month 4   | Help family make a realistic monthly budget.  | 258                   | Family Development |   |        |   |  |   |   |  |  |  |  |  |
| Month 4   | Make sure Mom and her partner understand the benefits of spacing pregnancies.   | 260                   | Family Health      |   |        |   |  |   |   |  |  |  |  |  |
| Month 4   | Talk with family members about how excess weight can affect their health.   | 262                   | Family Health      |   |        |   |  |   |   |  |  |  |  | X  |
| Month 4   | Help family understand how depression can impact their baby.  | 264                   | Family Health      |   |        |   |  |   |   |  |  |  |  |  |
| Month 4   | Help Mom and partner have realistic expectations about parenting.   | 266                   | Family Health      |   |        |   |  |   |   |  |  |  |  |  |
| Month 4   | Talk about signs of teething and how to take care of baby's new teeth.  | 268                   | Caring for Baby    |   |        |   |  |   |   |  |  | X  |  |  |
| Month 4   | Explain separation is hard for babies and discuss how to ease transitions, especially if dealing with shared custody. | 270                   | Caring for Baby    |   |        |   |  |   |   |  |  |  |  |  |
| Month 4   | Explain what new skills baby is likely to learn this month and discuss ASQ-3 or other developmental screening tool.   | 272                   | Baby's Development | X   |        | X   |  |   | X   | X  |  |  |  |  |
| Month 4   | Continue to promote parents' observation and reflection skills with baby.   | 274                   | Baby's Development | X   |        |   |  |   |   |  |  |  |  |  |
| Month 4   | Explain the concept of "parentese" and why it is important.   | 276                   | Baby's Development |   |        |   |  |   |   |  |  |  |  |  |
| Month 4   | Discuss issues related to dual-language learning.   | 278                   | Baby's Development |   |        |   |  |   |   |  |  |  |  |  |
| Month 4   | Discuss how to build a trusting relationship with baby.   | 280                   | Baby's Development |   |        |   |  |   |   |  |  |  |  |  |
| Month 4   | Talk about how to choose good toys for baby.  | 282                   | Baby's Development | X   |        |   |  |   |   |  |  |  | X  |  |
| Month 5   | Talk about changes to their family with the birth of their baby.  | 288                   | Family Development |   |        |   |  |   |   |  |  |  |  |  |
| Month 5   | Help family learn how to manage their time and set priorities.  | 290                   | Family Development |   |        |   |  |   |   |  |  |  |  |  |
| Month 5   | Encourage friendships with other mothers and ask about changes in relationships at school or work.                    | 292                   | Family Development |   |        |   |  |   |   |  |  |  |  |  |
| Month 5   | If Dad does not live with his baby, talk about the importance of staying connected.                                   | 294                   | Family Development |   |        |   |  |   |   |  |  |  |  |  |
| Month 5   | Talk about importance of saving money for baby's future.  | 296                   | Family Development |   |        |   |  |   |   |  |  |  |  |  |
| Month 5   | Discuss alcohol or drug abuse by family members living in the home.   | 298                   | Family Health      |   |        |   |  |   |   |  |  |  |  |  |
| Month 5   | Explain how getting outside during the day can make you feel better.  | 300                   | Family Health      |   |        |   |  |   |   |  |  | X  |  |  |
| Month 5   | Talk about any issues with breastfeeding, including dealing with a teething baby.                                     | 302                   | Caring for Baby    |   |        |   |  |   |   |  |  |  |  | X  |
| Month 5   | Talk about safety concerns with different types of baby gear and contraptions.  | 304                   | Caring for Baby    |   |        | X   | X  | X   |   |  |  |  | X  |  |
| Month 5   | Explain importance of baby having consistent caregivers.  | 306                   | Caring for Baby    |   |        |   |  |   |   |  |  |  |  |  |
| Month 5   | Explain what new skills baby is likely to learn this month.   | 308                   | Baby's Development | X   | X      | X   | X  | X   | X   | X  |  |  |  |  |
| Month 5   | Continue to promote parents' observation and reflection skills with baby.   | 310                   | Baby's Development |   |        |   |  |   |   |  |  |  |  |  |
| Month 5   | Provide tips for sharing books with baby.   | 312                   | Baby's Development |   |        |   |  |   |   |  |  |  |  |  |
| Month 5   | Talk about household objects that are safe and educational for baby.  | 314                   | Baby's Development | X   | X      | X   | X  |   | X   | X  | X  |  |  |  |
| Month 6   | Encourage family to make decisions with baby in mind.   | 320                   | Family Development |   |        |   |  |   |   |  |  |  |  |  |
| Month 6   | Ask Dad/partner how he was parented and what kind of father he wants to be.   | 322                   | Family Development |   |        |   |  |   |   |  |  |  |  |  |
| Month 6   | Ask how Mom is doing balancing school/work with parenting.  | 324                   | Family Development |   |        |   |  |   |   |  |  |  |  |  |
| Month 6   | Ask about satisfaction with family planning method and, if appropriate, address reproductive coercion.                | 326                   | Family Health      |   |        |   |  |   |   |  |  |  |  |  |
| Month 6   | See how Mom is feeling about her post-pregnancy body.   | 328                   | Family Health      |   |        |   |  |   |   |  |  |  |  |  |
| Month 6   | Help list healthy ways to manage stress to benefit the whole family.  | 330                   | Family Health      |   |        |   |  |   |   |  |  |  |  |  |
| Month 6   | Talk about introducing solid foods and how to watch for signs of allergies.   | 332                   | Caring for Baby    |   |        |   |  |   |   |  |  |  |  | X  |
| Month 6   | Talk about choking concerns.  | 334                   | Caring for Baby    |   |        |   |  |   |   |  |  |  | X  |  |
| Month 6   | Talk about how to handle disagreements between co-parents.  | 336                   | Caring for Baby    |   |        |   |  |   |   |  |  |  |  |  |
| Month 6   | Explain what new skills baby is likely to learn this month and discuss ASQ-3 or other developmental screening tool.   | 338                   | Baby's Development |   | X      | X   |  |   | X   | X  |  |  |  |  |
| Month 6   | Continue to promote parents' observation and reflection skills with baby.   | 340                   | Baby's Development |   |        |   |  |   |   |  |  |  |  |  |
| Month 6   | Encourage parents to use songs or games with baby that include hand motions.  | 342                   | Baby's Development |   |        | X   | X  |   | X   | X  |  |  |  |  |
| Month 6   | Help parents understand social-emotional well-being & conduct screening.  | 344                   | Baby's Development |   |        |   |  |   |   |  |  |  |  |  |
| Month 6   | Help parents understand why babies look to trusted adults to guide their reactions.                                   | 346                   | Baby's Development |   |        |   |  |   |   |  |  |  |  |  |
| Month 6   | Explain how stress negatively impacts learning and brain development.   | 348                   | Baby's Development |   |        |   |  |   |   |  |  |  |  |  |
| Month 7   | Discuss family's progress toward their goals and offer suggestions for overcoming challenges.                         | 354                   | Family Development |   |        |   |  |   |   |  |  |  |  |  |
| Month 7   | Talk with Dad/partner about the importance of providing love, protection, and economic support.                       | 356                   | Family Development |   |        |   |  |   |   |  |  | X  | X  |  |
| Month 7   | Review why condom use is important for preventing STIs.   | 358                   | Family Health      |   |        |   |  |   |   |  |  |  |  |  |
| Month 7   | Encourage family mealtimes.   | 360                   | Family Health      |   |        |   |  |   |   |  |  | X  |  | X  |
| Month 7   | Ask about mood swings and talk about impact on baby.  | 362                   | Family Health      |   |        |   |  |   |   |  |  |  |  |  |



| DOMAIN: Perceptual, Motor, and Physical Development |  |              |                    |  |  |   |  |   |   |  |  |  |  |  |  |
|---|--|--------------|--------------------|--|--|---|--|---|---|--|--|--|--|--|--|
| Baby's 1st Year                                     |  | SUB-DOMAINS: |                    |  | PMP_SD1  |   | PMP_SD2  |   |   | PMP_SD3  |  |  | PMP_SD4  |  |  |
|   |  |              |                    |  | Perception   |   | Gross Motor  |   |   | Fine Motor   |  |  | Health, Safety, and Nutrition                      |  |  |
| SECTION   | Purposes from Partners for a Healthy Baby (PHB)  | PAGE #       | CATEGORY           | GOALS:   |  |   |  |   |   |  |  |  |  |  |  |
|   |  |              |                    | Goal 1   | Goal 2   | Goal 3  | Goal 4   | Goal 5  | Goal 6  | Goal 7   | Goal 8                                   | Goal 9   | Goal 10  | Goal 11  |  |
|   |  |              |                    | Child uses perceptual information to understand objects, experiences, & interactions | Child uses perceptual information in directing own actions, experiences & interactions | Child demonstrates effective & efficient use of large muscles for movement & position | Child demonstrates effective & efficient use of large muscles to explore the environment | Child uses sensory information & body awareness to understand how their body relates to the environment | Child coordinates hand & eye movements to perform actions | Child uses hands for exploration, play, & daily routines | Child adjusts reach & grasp to use tools | Child demonstrates healthy behaviors with increasing independence as part of everyday routines | Child uses safe behaviors with support from adults | Child demonstrates increasing interest in healthy eating habits & making nutritious food choices |  |
| Month 7   | Ask how baby is handling solids and what foods have been tried.  | 364          | Caring for Baby    | X  |  |   |  |   |   | X  | X  |  |  | X  |  |
| Month 7   | Talk with family about how to baby-proof their house to prevent accidents.   | 366          | Caring for Baby    |  |  |   |  |   |   |  |  |  |  | X  |  |
| Month 7   | Talk about the challenge of constant supervision.  | 368          | Caring for Baby    |  |  |   |  |   |   |  |  |  |  |  |  |
| Month 7   | Explain what new skills baby is likely to learn this month.  | 370          | Baby's Development | X  | X  | X   | X  | X   | X   | X  |  |  |  |  |  |
| Month 7   | Continue to promote parents' observation and reflection skills with baby.  | 372          | Baby's Development |  |  |   |  |   |   |  |  |  |  |  |  |
| Month 7   | Talk about baby's new motor skills and the benefits of crawling.   | 374          | Baby's Development | X  | X  | X   | X  | X   | X   | X  | X  | X  | X  | X  |  |
| Month 7   | Discuss ways to help baby explore books and print. Summarize and preview baby's upcoming language development.   | 378          | Baby's Development |  |  |   |  |   |   | X  | X  | X  |  |  |  |
| Month 7   | Continue discussion of baby's social-emotional development and complete screening.   | 380          | Baby's Development | X  | X  |   |  | X   |   |  |  |  |  | X  |  |
| Month 7   | Explain how stranger anxiety shows growing parent-child attachment.  | 384          | Baby's Development | X  | X  |   |  |   |   |  |  |  |  |  |  |
| Month 7   | Talk about upcoming changes in cognitive development and preview new skills.   | 388          | Baby's Development | X  | X  |   |  |   |   | X  | X  | X  |  | X  |  |
| Month 7   | Talk about baby's play skills and why play is important.   | 390          | Baby's Development | X  | X  |   |  |   |   | X  | X  | X  |  | X  |  |
| Month 7   | Talk about baby's play skills and why play is important.   | 394          | Baby's Development | X  | X  | X   | X  | X   | X   | X  | X  | X  |  | X  |  |
| Month 7   | Encourage family to have a "can-do" attitude to overcome barriers and reach their goals.   | 402          | Family Development |  |  |   |  |   |   |  |  |  |  |  |  |
| Month 8   | Discuss relationship boundaries and how to say "no."   | 404          | Family Development |  |  |   |  |   |   |  |  |  |  |  |  |
| Month 8   | Encourage Dad/partner to support his baby's increasing mobility, and continued need for reassurance and supervision.   | 406          | Family Development |  |  |   | X  |   |   |  |  |  |  | X  |  |
| Month 8   | Talk about progress with budgeting.  | 408          | Family Development |  |  |   |  |   |   |  |  |  |  |  |  |
| Month 8   | Talk with Mom about emergency contraception.   | 410          | Family Health      |  |  |   |  |   |   |  |  |  |  |  |  |
| Month 8   | Talk about how to communicate effectively with health care providers.  | 412          | Family Health      |  |  |   |  |   |   |  |  |  |  |  |  |
| Month 8   | Remind family that exercise can reduce stress and control weight.  | 414          | Family Health      |  |  |   |  |   |   |  |  | X  |  |  |  |
| Month 8   | Talk about how exercise can improve mood and lessen depression.  | 416          | Family Health      |  |  |   |  |   |   |  |  | X  |  |  |  |
| Month 8   | Discuss ways to redirect baby to keep her safe.  | 418          | Caring for Baby    |  |  |   |  |   |   |  |  |  |  | X  |  |
| Month 8   | Explain what new skills baby is likely to learn this month and discuss ASQ-3 or other developmental screening tool.  | 420          | Baby's Development | X  | X  | X   | X  | X   | X   | X  | X  | X  |  | X  |  |
| Month 8   | Continue to promote parents' observation and reflection skills with baby.  | 422          | Baby's Development |  |  |   |  |   |   |  |  |  |  |  |  |
| Month 8   | Encourage parents to use language to teach baby what to expect next.   | 424          | Baby's Development |  |  |   |  |   |   |  |  |  |  |  |  |
| Month 8   | Explain how having a parent nearby provides a "secure base" with baby's expanding need to explore.   | 426          | Baby's Development |  |  |   |  |   |   |  |  |  |  |  |  |
| Month 8   | Explain how play helps baby learn.   | 428          | Baby's Development | X  |  |   | X  |   |   | X  | X  |  |  |  |  |
| Month 9   | Help parents compare how they were raised with how they want to raise their child.   | 434          | Family Development |  |  |   |  |   |   |  |  |  |  |  |  |
| Month 9   | Explain how physical changes after childbirth may affect Mom's sexual relationship.  | 436          | Family Health      |  |  |   |  |   |   |  |  |  |  |  |  |
| Month 9   | Talk about what to do in case of a fire.   | 438          | Family Health      |  |  |   |  |   |   |  |  |  |  | X  |  |
| Month 9   | Talk about problems with salt and how to cut down.   | 440          | Family Health      |  |  |   |  |   |   |  |  |  |  |  |  |
| Month 9   | Make sure Mom knows signs of vaginal infections and what to do.  | 442          | Family Health      |  |  |   |  |   |   |  |  |  |  |  |  |
| Month 9   | Remind family how nutrition affects emotional health.  | 444          | Family Health      |  |  |   |  |   |   |  |  |  |  | X  |  |
| Month 9   | Talk about how to promote a feeling of safety in the home and community.   | 446          | Family Health      |  |  |   |  |   |   |  |  |  |  |  |  |
| Month 9   | Teach parents how to prevent the spread of illness.  | 448          | Caring for Baby    |  |  |   |  |   |   |  |  | X  |  |  |  |
| Month 9   | Help family adjust baby's nap schedule as needed.  | 450          | Caring for Baby    |  |  |   |  |   |   |  |  |  |  |  |  |
| Month 9   | Talk about the value of unhurried time and focused attention.  | 452          | Caring for Baby    |  |  |   |  |   |   |  |  |  |  |  |  |
| Month 9   | Explain what new skills baby is likely to learn this month.  | 454          | Baby's Development | X  | X  | X   | X  | X   | X   | X  | X  | X  |  |  |  |
| Month 9   | Continue to promote parents' observation and reflection skills with baby.  | 456          | Baby's Development | X  |  |   |  |   |   |  |  |  |  |  |  |
| Month 9   | Talk about the importance of baby's use of gestures as a way to communicate.   | 458          | Baby's Development |  |  |   |  |   |   | X  | X  |  |  |  |  |
| Month 9   | Help family understand baby's temperament and how to adapt to different situations.  | 460          | Baby's Development |  |  |   |  |   |   |  |  |  |  |  |  |
| Month 9   | Explain early brain development and how parents can promote it.  | 462          | Baby's Development |  |  |   |  |   |   |  |  |  |  |  |  |
| Month 10  | Encourage family to be assertive and advocate for baby.  | 468          | Family Development |  |  |   |  |   |   |  |  | X  | X  |  |  |
| Month 10  | Talk about preventing and repairing misunderstandings.   | 470          | Family Development |  |  |   |  |   |   |  |  |  |  |  |  |
| Month 10  | Ask about the impact of fatherhood on Dad's/partner's friendships.   | 472          | Family Development |  |  |   |  |   |   |  |  |  |  |  |  |
| Month 10  | Talk about following workplace policies and having a good work ethic.  | 474          | Family Development |  |  |   |  |   |   |  |  |  |  |  |  |
| Month 10  | Talk about the link between drug and/or alcohol addiction and unresolved trauma.   | 476          | Family Health      |  |  |   |  |   |   |  |  |  |  |  |  |
| Month 10  | If there are guns in the home, remind parents to make sure they are kept unloaded in a locked cabinet. Help Mom use laughter to cope with daily ups and downs. | 478          | Family Health      |  |  |   |  |   |   |  |  |  | X  |  |  |
| Month 10  | If Mom is weaning baby, find out how they are doing and offer help with any difficulties.  | 480          | Family Health      |  |  |   |  |   |   |  |  |  |  | X  |  |
| Month 10  | Talk about keeping baby safe in the sun.   | 482          | Caring for Baby    |  |  |   |  |   |   |  |  | X  | X  |  |  |
| Month 10  | Talk about what it means when baby shakes his head "no."   | 484          | Caring for Baby    |  |  |   |  |   |   |  |  |  |  |  |  |
| Month 10  | Explain what new skills baby is likely to learn this month and discuss ASQ-3 or other developmental screening tool.  | 486          | Caring for Baby    |  |  |   |  |   |   |  |  |  |  |  |  |
| Month 10  | Explain what new skills baby is likely to learn this month and discuss ASQ-3 or other developmental screening tool.  | 488          | Baby's Development | X  | X  | X   | X  | X   | X   | X  | X  |  |  |  |  |

| DOMAIN: Perceptual, Motor, and Physical Development |   |  |  |   |  |   |   |  |  |  |  |  |         |         |
|---|---|--|--|---|--|---|---|--|--|--|--|--|---------|---------|
| Baby's 1st Year                                     |   | SUB-DOMAINS:   |  |   |  |   |   |  |  |  |  |  |         |         |
|   |   | PMP_SD1<br>Perception  |  | PMP_SD2<br>Gross Motor  |  |   | PMP_SD3<br>Fine Motor                                     |  |  | PMP_SD4<br>Health, Safety, and Nutrition   |  |  |         |         |
|   |   | GOALS:   |  | Goal 1  | Goal 2   | Goal 3  | Goal 4  | Goal 5   | Goal 6                                   | Goal 7   | Goal 8   | Goal 9   | Goal 10 | Goal 11 |
|   |   | Child uses perceptual information to understand objects, experiences, & interactions | Child uses perceptual information in directing own actions, experiences & interactions | Child demonstrates effective & efficient use of large muscles for movement & position | Child demonstrates effective & efficient use of large muscles to explore the environment | Child uses sensory information & body awareness to understand how their body relates to the environment | Child coordinates hand & eye movements to perform actions | Child uses hands for exploration, play, & daily routines | Child adjusts reach & grasp to use tools | Child demonstrates healthy behaviors with increasing independence as part of everyday routines | Child uses safe behaviors with support from adults | Child demonstrates increasing interest in healthy eating habits & making nutritious food choices |         |         |
| SECTION   | Purposes from Partners for a Healthy Baby (PHB)   | PAGE #   | CATEGORY   |   |  |   |   |  |  |  |  |  |         |         |
| Month 10  | Continue to promote parents' observation and reflection skills with baby.   | 490  | Baby's Development   |   |  |   |   |  |  |  |  |  |         |         |
| Month 10  | Encourage turn-taking conversations between parents and baby.   | 492  | Baby's Development   |   |  |   |   |  |  |  |  |  |         |         |
| Month 10  | Help parents understand ways to enhance their child's healthy brain development.                                    | 494  | Baby's Development   | X   | X  | X   | X   | X  | X  |  |  |  |         |         |
| Month 11  | If visits will end on baby's 1st birthday, begin planning the transition.   | 500  | Family Development   |   |  |   |   |  |  |  |  |  |         |         |
| Month 11  | Encourage efforts to budget and save money.   | 502  | Family Development   |   |  |   |   |  |  |  |  |  |         |         |
| Month 11  | Talk with Mom about her efforts toward weight loss.   | 504  | Family Health  |   |  |   |   |  |  |  |  |  |         | X       |
| Month 11  | Talk about value of simplifying and organizing to reduce stress and support emotional health.                       | 506  | Family Health  |   |  |   |   |  |  |  |  |  |         |         |
| Month 11  | Explain the dangers of lead poisoning.  | 508  | Caring for Baby  |   |  |   |   |  |  |  |  |  |         |         |
| Month 11  | Discuss difference between "spoiling" and responding to baby's needs.   | 510  | Caring for Baby  |   |  |   |   |  |  |  |  |  |         |         |
| Month 11  | Ask how baby manages transitions.   | 512  | Caring for Baby  |   |  |   |   |  |  |  |  |  |         |         |
| Month 11  | Explain what new skills baby is likely to learn this month.   | 514  | Baby's Development   | X   | X  | X   | X   | X  | X  | X  | X  |  |         |         |
| Month 11  | Continue to promote parents' observation and reflection skills with baby.   | 516  | Baby's Development   | X   |  |   |   |  |  |  |  |  |         |         |
| Month 11  | Talk about labeling everyday objects to help children learn new words.  | 518  | Baby's Development   |   |  |   |   |  |  |  |  |  |         |         |
| Month 11  | Help family understand that how they respond affects baby's feelings and self-worth.                                | 520  | Baby's Development   |   |  |   |   |  |  |  |  |  |         |         |
| Month 11  | Explain why you can't get an infant to "sit still" or "behave."   | 522  | Baby's Development   |   |  |   |   |  |  |  |  |  |         |         |
| Month 12  | Help family take pride in progress toward their goals and talk about setting long-range goals.                      | 528  | Family Development   |   |  |   |   |  |  |  |  |  |         |         |
| Month 12  | If visits are ending now, acknowledge that change is difficult and reach closure.                                   | 530  | Family Development   |   |  |   |   |  |  |  |  |  |         |         |
| Month 12  | Encourage Dad/partner to be nurturing and affectionate with his 1-year-old.   | 532  | Family Development   |   |  |   |   |  |  |  |  |  | X       |         |
| Month 12  | Talk about using a checking account to keep track of budget.  | 534  | Family Development   |   |  |   |   |  |  |  |  |  |         |         |
| Month 12  | Review reasons to avoid pregnancy and prevent sexually transmitted infections (STIs).                               | 536  | Family Health  |   |  |   |   |  |  |  |  |  |         |         |
| Month 12  | Help family prevent fire hazards and carbon monoxide poisoning.   | 538  | Family Health  |   |  |   |   |  |  |  |  |  | X       |         |
| Month 12  | Ask about the emotional tone of the household and explain how it shapes baby's development.                         | 540  | Family Health  |   |  |   |   |  |  |  |  |  |         |         |
| Month 12  | Discuss eating habits and healthy snack ideas.  | 542  | Caring for Baby  | X   | X  |   |   |  | X  | X  | X  |  |         | X       |
| Month 12  | Encourage regular tooth brushing and dental visits.   | 544  | Caring for Baby  |   |  |   |   |  |  |  |  | X  |         |         |
| Month 12  | Discuss satisfaction with child care arrangements.  | 546  | Caring for Baby  |   |  |   |   |  |  |  |  | X  |         |         |
| Month 12  | Help family plan baby's first birthday.   | 548  | Caring for Baby  |   |  |   |   |  |  |  |  |  |         |         |
| Month 12  | Talk about the likelihood of temper tantrums and how to handle them.  | 550  | Caring for Baby  |   |  |   |   |  |  |  |  |  |         |         |
| Month 12  | Explain what new skills baby is likely to learn this month and discuss ASQ-3 or other developmental screening tool. | 552  | Baby's Development   | X   | X  | X   | X   | X  | X  | X  |  |  |         |         |
| Month 12  | Continue to promote parents' observation and reflection skills with baby.   | 554  | Baby's Development   |   |  |   |   |  |  |  |  |  |         |         |
| Month 12  | Encourage family to read with baby every day.   | 556  | Baby's Development   |   |  |   |   |  |  |  |  |  |         |         |
| Month 12  | Help parents understand social-emotional well-being and complete screening.   | 558  | Baby's Development   |   |  |   |   |  |  |  |  |  |         |         |
| Month 12  | Explain how play and homemade toys can promote learning.  | 560  | Baby's Development   | X   | X  | X   | X   | X  | X  | X  | X  |  |         |         |