

Baby's 1st Year												
SECTION	Purposes from Partners for a Healthy Baby (PHB)	PAGE #	CATEGORY	Family Well Being			Positive Parent-Child Relationships	Families as Lifelong Educators	Families as Learners	Family Engagement in Transitions	Family Connection to Peers and Community	Families as Advocates and Leaders
				Parents and Families are Safe	Parents and Families are Healthy	Parents and Families are Financially Secure						
Month 1	Ensure mom has adequate support during the postpartum period	6	Family Development	X	X	X	X		X	X	X	
Month 1	Ask about Mom's relationship with baby's	8	Family Development	X	X	X	X	X				
Month 1	Help Dad/partner feel competent in his ability	10	Family Development	X	X		X	X				
Month 1	Make sure Dad/partner has a plan for when	12	Family Development	X	X		X				X	
Month 1	Help Dad/partner understand why	14	Family Development			X	X				X	
Month 1	Help Dad/partner understand the difference	16	Family Development		X		X				X	X
Month 1	Ask Dad/partner about strategies he uses for	18	Family Development	X	X		X					
Month 1	Talk about arrangements Mom has made for	20	Family Development			X					X	
Month 1	If Mom smokes, encourage her to breastfeed and take precautions to minimize the impact	22	Family Health		X							
Month 1	Be sure Mom knows that using street drugs or	24	Family Health		X		X					
Month 1	If Mom is breastfeeding, explain that any	26	Family Health		X		X					
Month 1	Talk with Mom about birth control options.	28	Family Health		X	X	X		X		X	
Month 1	Discuss options for birth control if Mom is	30	Family Health		X	X	X				X	
Month 1	Ensure family has health care coverage and a	32	Family Health		X	X					X	
Month 1	Make sure family has food in the home and	34	Family Health		X			X			X	
Month 1	If Mom is breastfeeding make sure her diet is	36	Family Health		X	X					X	
Month 1	Help Mom manage typical physical	38	Family Health		X						X	
Month 1	If Mom had a cesarean birth, discuss her	40	Family Health		X		X				X	
Month 1	Explain that feeling really tired after childbirth	42	Family Health		X		X				X	
Month 1	Ensure Mom schedules her postpartum	44	Family Health	X	X	X	X		X		X	X
Month 1	Prepare family for the exhaustion and	46	Family Health	X	X		X				X	X
Month 1	Ask how family is coping with the baby blues	48	Family Health	X	X		X				X	
Month 1	Discuss benefits of breastfeeding with	50	Caring for Baby	X	X	X	X		X			
Month 1	Talk about breastfeeding myths.	52	Caring for Baby		X		X		X		X	
Month 1	Talk with Mom about breastfeeding her	54	Caring for Baby	X	X		X		X		X	
Month 1	Make sure family knows how to select and	56	Caring for Baby		X		X				X	
Month 1	If bottle feeding, talk about steps to ensure	58	Caring for Baby	X	X		X				X	
Month 1	Explain how to be sure baby is getting	60	Caring for Baby		X		X		X		X	
Month 1	Ask how often baby is fed and if there are	62	Caring for Baby		X		X		X		X	
Month 1	Ask how feedings are going and talk about	64	Caring for Baby		X		X				X	
Month 1	Follow up on safety issues with family.	66	Caring for Baby	X	X					X	X	
Month 1	Ask about baby's first checkup and	68	Caring for Baby		X		X				X	X
Month 1	Talk about how to tell if baby is sick.	70	Caring for Baby		X		X		X		X	
Month 1	Show parents how to care for umbilical cord,	72	Caring for Baby		X		X		X		X	
Month 1	Talk about symptoms of colic and handling	74	Caring for Baby	X	X		X		X		X	
Month 1	Make sure family knows how to change	76	Caring for Baby	X	X		X	X			X	
Month 1	Talk about choosing quality child care.	78	Caring for Baby	X	X	X	X	X		X	X	X
Month 1	Talk about bathing baby.	80	Caring for Baby	X	X		X	X			X	
Month 1	Ask about baby's sleep patterns and how	82	Caring for Baby	X	X		X	X			X	
Month 1	Talk about how all babies develop at different	84	Baby's Development		X		X	X	X			
Month 1	Talk about being careful observers so they	86	Baby's Development		X		X	X	X			X
Month 1	Talk with family about baby's motor	88	Baby's Development	X	X		X	X	X		X	
Month 1	Help family recognize and respond to baby's	92	Baby's Development		X		X	X	X			
Month 1	Explain why it is important to talk, sing, and	94	Baby's Development		X		X	X	X		X	
Month 1	Summarize baby's early language	96	Baby's Development		X		X	X	X		X	
Month 1	Help parents bond with baby.	100	Baby's Development	X	X		X	X			X	
Month 1	Talk about ways to bond if baby stays in the	102	Baby's Development		X		X	X	X		X	X
Month 1	Help parents read baby's cues and anticipate	104	Baby's Development		X		X	X	X			
Month 1	Build parent's confidence and competence in	106	Baby's Development	X	X		X	X	X		X	
Month 1	Help parents understand the importance of	108	Baby's Development		X		X	X				
Month 1	Help family understand baby's early social	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	118	Baby's Development	X	X		X	X	X			
Month 2	Ensure Mom has enough support.	128	Family Development		X		X				X	X
Month 2	Help siblings adjust to the new baby.	130	Family Development	X	X		X	X				
Month 2	Help military parents stay connected with	132	Family Development	X	X		X	X		X		
Month 2	Let Dad/partner share what he has learned	134	Family Development	X	X		X	X	X		X	
Month 2	Ask Dad/partner how he's adjusting to his	136	Family Development		X		X	X	X			
Month 2	Explain that new dads can experience	138	Family Development	X	X		X				X	
Month 2	Help family keep track of their spending.	140	Family Development			X						
Month 2	Encourage Mom to return to school and	142	Family Development		X	X	X	X	X		X	
Month 2	Talk with the family about how exposure to	144	Family Health		X		X					X
Month 2	Find out how Mom's postpartum checkup	146	Family Health		X	X					X	
Month 2	If Mom has a history of depression or is	148	Family Health		X		X				X	
Month 2	Make sure the family has health care	150	Family Health	X	X	X					X	
Month 2	Talk about the amount of protein needed for	152	Family Health		X							
Month 2	sleep.	154	Family Health		X		X		X		X	
Month 2	Ask Mom about her postpartum checkup and	156	Family Health		X		X				X	
Month 2	Talk about the stress and demands of	158	Family Health		X	X	X		X		X	
Month 2	Explain the importance of emotional health.	160	Family Health		X		X		X		X	
Month 2	Encourage Mom to continue breastfeeding.	162	Caring for Baby		X		X				X	
Month 2	Explain how to express and store breast	164	Caring for Baby		X		X		X		X	
Month 2	Talk about safety issues when taking baby	166	Caring for Baby	X	X		X			X		
Month 2	Discuss dangers of secondhand smoke.	168	Caring for Baby	X	X		X			X	X	
Month 2	Encourage parents to insist that everyone	170	Caring for Baby	X	X		X	X		X	X	X
Month 2	Explain the importance of performing baby's	172	Caring for Baby		X		X	X				
Month 2	Talk with family about using a pacifier.	174	Caring for Baby	X	X		X					
Month 2	Help all the adults raising the child to	176	Caring for Baby		X		X			X		
Month 2	Explain what new skills baby is likely to learn	178	Baby's Development		X		X	X				
Month 2	Continue to promote parents' observation and	180	Baby's Development		X		X	X	X			X
Month 2	Help the family understand the value of turn-	182	Baby's Development		X		X	X	X			
Month 2	Explain early emotional cues and how babies	184	Baby's Development		X		X	X				
Month 2	Talk about importance of comforting baby.	186	Baby's Development		X		X	X				
Month 3	Help family identify their dreams and achieve	192	Family Development		X		X	X			X	X
Month 3	problems.	194	Family Development	X	X	X	X	X			X	X
Month 3	Ask how the new baby has changed family	196	Family Development		X		X				X	
Month 3	Ask how grandparents relate to baby and	198	Family Development	X	X		X				X	
Month 3	Talk with Dad/partner to see how he's doing	200	Family Development	X	X		X	X			X	X
Month 3	Encourage family to make plans to avoid	202	Family Development	X	X	X				X	X	
Month 3	Check on family's budget and make any	204	Family Development		X		X		X		X	
Month 3	If there are smokers in the home, find out why	206	Family Health		X	X	X		X		X	
Month 3	Talk about the importance of handwashing to	208	Family Health		X			X				
Month 3	Help Mom with strategies for exercising.	210	Family Health		X						X	

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Month 3	Explain why doing Kegel exercises is	212	Family Health		X							
Month 3	Talk with Mom about recovering from a	214	Family Health		X		X				X	
Month 3	Talk with family about how relationships,	216	Family Health		X		X				X	
Month 3	Explain how sleep affects mood and discuss	218	Family Health		X							
Month 3	Discuss ways to reduce illness when starting	220	Caring for Baby		X				X		X	X
Month 3	Talk about getting baby ready for an outing.	222	Caring for Baby	X	X		X				X	
Month 3	Follow up on baby's sleep routine.	224	Caring for Baby	X	X		X					
Month 3	Discuss any concerns about spoiling baby.	226	Caring for Baby	X	X		X	X			X	X
Month 3	Explain what new skills baby is likely to learn	228	Baby's Development		X		X	X	X			
Month 3	Continue to promote parents' observation and	230	Baby's Development				X	X	X			X
Month 3	Talk with parents about the importance of	232	Baby's Development				X	X				
Month 3	Explain how attachments are formed and	234	Baby's Development		X		X	X				
Month 3	Help parents understand ways to help baby	236	Baby's Development				X	X				
Month 3	Talk about impact of a fussy baby on parent-	238	Baby's Development	X	X		X	X	X		X	X
Month 3	Help parents understand how they can	240	Baby's Development				X	X				
Month 4	Help family identify their dreams for their	246	Family Development	X	X		X	X	X		X	X
Month 4	Talk about traits needed to be successful.	248	Family Development		X		X	X	X		X	X
Month 4	Discuss how Mom's relationships might be	250	Family Development	X	X		X				X	
Month 4	Help military family adjust when reunited.	252	Family Development	X	X		X		X	X		
Month 4	Talk about how Dad/partner can develop a	254	Family Development		X		X		X			
Month 4	If parent is working, ask about current job and	256	Family Development			X					X	
Month 4	Help family make a realistic monthly budget.	258	Family Development			X			X			
Month 4	Make sure Mom and her partner understand	260	Family Health		X	X	X	X				
Month 4	Talk with family members about how excess	262	Family Health		X							
Month 4	Help family understand how depression can	264	Family Health		X		X				X	
Month 4	Help Mom and partner have realistic	266	Family Health	X	X		X					
Month 4	Talk about signs of teething and how to take	268	Caring for Baby	X	X							
Month 4	Explain separation is hard for babies and	270	Caring for Baby		X		X	X		X	X	
Month 4	Explain what new skills baby is likely to learn	272	Baby's Development				X	X	X			
Month 4	Continue to promote parents' observation and	274	Baby's Development				X	X	X			X
Month 4	Explain the concept of "parentese" and why it	276	Baby's Development				X	X	X			
Month 4	Discuss issues related to dual-language	278	Baby's Development	X			X	X			X	
Month 4	Discuss how to build a trusting relationship	280	Baby's Development				X	X				
Month 4	Talk about how to choose good toys for	282	Baby's Development	X	X			X				
Month 5	Talk about changes to their family with the	288	Family Development	X	X		X				X	
Month 5	Help family learn how to manage their time	290	Family Development	X	X	X	X	X			X	X
Month 5	Encourage friendships with other mothers and	292	Family Development		X	X	X	X			X	
Month 5	If Dad does not live with his baby, talk about	294	Family Development			X	X		X	X		
Month 5	Talk about importance of saving money for	296	Family Development			X			X			
Month 5	Discuss alcohol or drug abuse by family	298	Family Health	X	X						X	
Month 5	Explain how getting outside during the day	300	Family Health		X							
Month 5	Talk about any issues with breastfeeding,	302	Caring for Baby		X		X	X				
Month 5	Talk about safety concerns with different	304	Caring for Baby	X			X	X				
Month 5	Explain importance of baby having consistent	306	Caring for Baby				X	X	X	X	X	X
Month 5	Explain what new skills baby is likely to learn	308	Baby's Development				X	X	X			
Month 5	Continue to promote parents' observation and	310	Baby's Development				X	X	X			X
Month 5	Provide tips for sharing books with baby.	312	Baby's Development				X	X				
Month 5	Talk about household objects that are safe	314	Baby's Development			X	X	X				
Month 6	Encourage family to make decisions with	320	Family Development	X	X	X	X		X		X	X
Month 6	Ask Dad/partner how he was parented and	322	Family Development	X	X		X				X	
Month 6	Ask how Mom is doing balancing school/work	324	Family Development		X	X	X		X		X	
Month 6	Ask about satisfaction with family planning	326	Family Health	X	X	X			X		X	
Month 6	See how Mom is feeling about her post-	328	Family Health		X							
Month 6	Help list healthy ways to manage stress to	330	Family Health	X	X		X				X	
Month 6	Talk about introducing solid foods and how to	332	Caring for Baby		X	X						
Month 6	Watch for signs of allergies.	334	Caring for Baby	X								
Month 6	Talk about choking concerns.	336	Caring for Baby		X		X	X		X		
Month 6	Talk about how to handle disagreements	338	Caring for Baby		X		X	X				
Month 6	Explain what new skills baby is likely to learn	340	Baby's Development				X	X	X			X
Month 6	Continue to promote parents' observation and	342	Baby's Development				X	X				
Month 6	Encourage parents to use songs or games	344	Baby's Development		X		X	X	X			
Month 6	Help parents understand social-emotional	346	Baby's Development	X			X	X				
Month 6	well-being & conduct screening.	348	Baby's Development		X		X	X				
Month 6	Help parents understand why babies look to	354	Baby's Development				X	X				
Month 6	trusted adults to guide their reactions.	356	Baby's Development				X	X				
Month 6	Explain how stress negatively impacts	358	Baby's Development		X		X	X				
Month 6	learning and brain development.	360	Baby's Development				X	X				
Month 7	Discuss family's progress toward their goals	362	Family Development			X			X		X	X
Month 7	and offer suggestions for overcoming	364	Family Development			X			X		X	X
Month 7	challenges.	366	Family Development	X	X	X	X	X				X
Month 7	Talk with Dad/partner about the importance of	368	Family Development	X	X	X	X	X				X
Month 7	providing love, protection, and economic	370	Family Development	X	X	X	X	X				X
Month 7	support.	372	Family Development	X	X	X	X	X				X
Month 7	Review why condom use is important for	374	Family Health		X							
Month 7	preventing STIs.	376	Family Health		X							
Month 7	Encourage family mealtimes.	378	Family Health		X		X	X				
Month 7	Ask about mood swings and talk about	380	Family Health		X		X	X			X	
Month 7	impact on baby.	382	Family Health		X		X	X				
Month 7	Ask how baby is handling solids and what	384	Caring for Baby	X	X	X	X	X				
Month 7	foods have been tried.	386	Caring for Baby	X	X	X	X	X				
Month 7	Talk with family about how to baby-proof	388	Caring for Baby	X	X							
Month 7	their house to prevent accidents.	390	Caring for Baby	X	X							

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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			
Month 7	Continue to promote parents' observation and reflection skills with baby.	372	Baby's Development				X	X	X			X
Month 7	Talk about baby's new motor skills and the benefits of crawling.	374	Baby's Development	X	X		X	X	X			
Month 7	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	X			
Month 7	Continue discussion of baby's social-emotional development and complete screening.	384	Baby's Development				X	X	X	X		
Month 7	Explain how stranger anxiety shows growing parent-child attachment.	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	
Month 7	Talk about baby's play skills and why play is important.	394	Baby's Development	X			X	X	X			
Month 8	Encourage family to have a "can-do" attitude to overcome barriers and reach their goals.	402	Family Development		X				X		X	X
Month 8	Discuss relationship boundaries and how to say "no."	404	Family Development	X	X		X					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		X		
Month 8	Talk about progress with budgeting.	408	Family Development			X			X		X	
Month 8	Talk with Mom about emergency contraception.	410	Family Health		X				X		X	X
Month 8	Talk about how to communicate effectively with health care providers.	412	Family Health		X		X	X				
Month 8	Remind family that exercise can reduce stress and control weight.	414	Family Health		X		X				X	
Month 8	Talk about how exercise can improve mood and lessen depression.	416	Family Health		X		X				X	
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		
Month 8	Continue to promote parents' observation and reflection skills with baby.	422	Baby's Development				X	X	X		X	X
Month 8	Encourage parents to use language to teach baby what to expect next.	424	Baby's Development				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	X		X		
Month 8	Explain how play helps baby learn.	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		X	X				
Month 9	Explain how physical changes after childbirth may affect Mom's sexual relationship.	436	Family Health		X						X	
Month 9	Talk about what to do in case of a fire.	438	Family Health	X								
Month 9	down.	440	Family Health		X							
Month 9	Make sure Mom knows signs of vaginal infections and what to do.	442	Family Health		X							
Month 9	health.	444	Family Health		X							
Month 9	Talk about how to promote a feeling of safety in the home and community.	446	Family Health	X	X	X	X	X			X	
Month 9	Teach parents how to prevent the spread of illness.	448	Caring for Baby		X							
Month 9	needed.	450	Caring for Baby		X		X	X		X		
Month 9	Talk about the value of unhurried time and focused attention.	452	Caring for Baby				X	X			X	
Month 9	Explain what new skills baby is likely to learn this month.	454	Baby's Development				X	X	X			
Month 9	Continue to promote parents' observation and reflection skills with baby.	456	Baby's Development				X	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				
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	X	X		X	X	X	X	X	X
Month 10	Talk about preventing and repairing misunderstandings.	470	Family Development		X				X			
Month 10	Ask about the impact of fatherhood on Dad's/partner's friendships.	472	Family Development		X	X	X				X	
Month 10	Talk about following workplace policies and having a good work ethic.	474	Family Development			X			X		X	
Month 10	Talk about the link between drug and/or alcohol addiction and unresolved trauma.	476	Family Health		X		X				X	
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	X				X				X
Month 10	Help Mom use laughter to cope with daily ups and downs.	480	Family Health		X		X					

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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					
Month 10	Talk about keeping baby safe in the sun.	484	Caring for Baby	X	X							
Month 10	Talk about what it means when baby shakes his head "no."	486	Caring for Baby				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			
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			
Month 11	If visits will end on baby's 1st birthday, begin planning the transition.	500	Family Development	X	X	X	X		X	X	X	
Month 11	Encourage efforts to budget and save money.	502	Family Development			X					X	
Month 11	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		X							
Month 11	Explain the dangers of lead poisoning.	508	Caring for Baby		X						X	
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			
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				
Month 11	Help family understand that how they respond affects baby's feelings and self-worth.	520	Baby's Development	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	X		X	
Month 12	Help family take pride in progress toward their goals and talk about setting long-range goals.	528	Family Development		X	X			X	X	X	X
Month 12	If visits are ending now, acknowledge that change is difficult and reach closure.	530	Family Development		X				X	X	X	
Month 12	Encourage Dad/partner to be nurturing and affectionate with his 1-year-old.	532	Family Development	X			X	X			X	
Month 12	Talk about using a checking account to keep track of budget.	534	Family Development			X					X	
Month 12	Review reasons to avoid pregnancy and prevent sexually transmitted infections (STIs).	536	Family Health		X	X			X		X	
Month 12	Help family prevent fire hazards and carbon monoxide poisoning.	538	Family Health	X	X							
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	X				
Month 12	Encourage regular tooth brushing and dental visits.	544	Caring for Baby		X		X	X				
Month 12	Discuss satisfaction with child care arrangements.	546	Caring for Baby		X		X	X		X	X	X
Month 12	Help family plan baby's first birthday.	548	Caring for Baby	X			X	X			X	
Month 12	Talk about the likelihood of temper tantrums and how to handle them.	550	Caring for Baby				X	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			
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		
Month 12	Explain how play and homemade toys can promote learning.	560	Baby's Development					X				