

Before Baby Arrives

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						
1st Trimester	Help family to envision their dreams.	4	Family Development		X	X			X			X
1st Trimester	Help family visualize their dreams and goals.	6	Family Development		X				X			X
1st Trimester	Help family make a plan to achieve their goals.	8	Family Development			X			X			X
1st Trimester	Help family define specific changes needed to have a healthy baby.	10	Family Development	X	X	X	X		X	X	X	X
1st Trimester	Help mother-to-be define her sources of support.	12	Family Development	X	X	X	X		X	X	X	
1st Trimester	Find out how expectant father/partner feels about the pregnancy and talk about what it takes to be psychologically ready to become a parent.	14	Family Development		X		X	X	X	X	X	
1st Trimester	Help expectant father/partner understand importance of providing support to expectant mom.	16	Family Development		X		X		X	X		
1st Trimester	Help family keep track of their spending.	18	Family Development			X						
1st Trimester	Talk with mother-to-be about how smoke can harm her and her baby.	20	Maternal & Family Health		X		X					
1st Trimester	Talk about dangers of using alcohol or drugs and encourage mother-to-be to talk honestly about her use of them.	22	Maternal & Family Health	X	X		X		X			
1st Trimester	Help mother-to-be learn how to protect herself and her baby from sexually transmitted infections.	24	Maternal & Family Health		X							
1st Trimester	Explain why HIV testing is important.	26	Maternal & Family Health		X							
1st Trimester	Teach mother-to-be about the importance of a healthy diet.	28	Maternal & Family Health		X	X						
1st Trimester	Make sure mother-to-be is getting the vitamins, folic acid, and iron she needs.	30	Maternal & Family Health		X		X					
1st Trimester	Teach expectant mom about healthy weight gain during pregnancy.	32	Maternal & Family Health		X							
1st Trimester	Encourage expectant mom to explore her provider choices.	34	Maternal & Family Health	X	X	X			X		X	X
1st Trimester	Explain the importance of prenatal care.	36	Maternal & Family Health		X				X		X	
1st Trimester	Make sure expectant mom gets to her first trimester prenatal appointments and knows what to expect.	38	Maternal & Family Health	X	X	X			X		X	
1st Trimester	Describe physical changes during the first trimester and discuss ways to cope.	40	Maternal & Family Health	X	X		X		X			
1st Trimester	Talk about healthy practices to follow during pregnancy.	42	Maternal & Family Health		X		X				X	
1st Trimester	Explain potential dangers of medication use during pregnancy.	44	Maternal & Family Health		X							
1st Trimester	Explain importance of emotional health during pregnancy and discuss what topics will be covered to address it.	46	Maternal & Family Health		X		X				X	
1st Trimester	Talk with mother-to-be about parenthood and pregnancy options.	48	Maternal & Family Health	X	X		X				X	
1st Trimester	Talk about common stressors and ways to manage.	50	Maternal & Family Health	X	X	X	X				X	
1st Trimester	Ask about any medications expectant mom is taking for depression or other mental health issues.	52	Maternal & Family Health		X		X		X			X
1st Trimester	Talk with expectant mom and her partner about how baby is developing.	54	Baby's Development		X		X	X				
1st Trimester	Talk with expectant mom and her partner about birth defects and how to help prevent them.	56	Baby's Development		X		X					
Prenatal Month 4	Ask about progress on achieving goal of having a healthy baby and talk about making good decisions.	62	Family Development	X	X	X	X		X			X
Prenatal Month 4	Ask mother-to-be how her partner/family could be supportive during the pregnancy.	64	Family Development		X	X	X		X		X	
Prenatal Month 4	Encourage expectant mom to involve baby's dad in the pregnancy.	66	Family Development	X	X	X	X					
Prenatal Month 4	Help mother-to-be prepare her other children for the new baby.	68	Family Development		X		X	X		X		
Prenatal Month 4	Help expectant father/partner identify ways to be involved with the pregnancy and support mother-to-be.	70	Family Development	X	X	X	X		X			
Prenatal Month 4	Help family make a realistic monthly budget.	72	Family Development			X			X			
Prenatal Month 4	Discuss any school or work concerns.	74	Family Development	X	X	X			X			X
Prenatal Month 4	Encourage expectant mother not to drink alcohol or use drugs.	76	Maternal & Family Health		X		X				X	
Prenatal Month 4	Reassure mother-to-be that in most situations sexual intercourse will not harm her baby.	78	Maternal & Family Health		X							
Prenatal Month 4	Ensure the family has health care coverage and a medical home.	80	Maternal & Family Health		X	X	X				X	
Prenatal Month 4	Teach mother-to-be how to read food labels.	82	Maternal & Family Health		X	X						
Prenatal Month 4	Explain why it's important to avoid certain foods during pregnancy.	84	Maternal & Family Health		X		X					
Prenatal Month 4	Teach mother-to-be about safe exercise during early pregnancy.	86	Maternal & Family Health	X	X							
Prenatal Month 4	Make sure expectant mom gets to her prenatal appointments and knows what to expect.	88	Maternal & Family Health		X		X		X		X	
Prenatal Month 4	Describe physical changes during second trimester and discuss ways to cope.	90	Maternal & Family Health		X							
Prenatal Month 4	Talk about the ultrasound and other common tests during pregnancy.	92	Maternal & Family Health		X		X					
Prenatal Month 4	Explain how stress can affect the expectant mother and her baby's development.	94	Maternal & Family Health	X	X		X				X	

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Prenatal Month 4	Consider the experiences of the expectant mother and help her identify ways to manage her stress.	96	Maternal & Family Health	X	X	X	X		X			
Prenatal Month 4	Talk about ways to manage and limit pregnancy stress.	98	Maternal & Family Health	X	X	X	X				X	
Prenatal Month 4	Prepare expectant family for series of topics that impact emotional health.	100	Maternal & Family Health		X		X				X	
Prenatal Month 4	Encourage expectant mom to exercise to manage stress and improve emotional health.	102	Maternal & Family Health	X	X						X	
Prenatal Month 4	Talk with mother-to-be about her childhood experiences and how they may still be affecting her.	104	Maternal & Family Health	X	X	X	X	X	X			
Prenatal Month 4	Talk about how to choose a quality caregiver and get on waiting list.	106	Preparing for Baby	X	X	X	X	X	X	X	X	X
Prenatal Month 4	Talk with expectant mom and her partner about how baby is developing.	108	Baby's Development		X		X	X				
Prenatal Month 5	Help family identify next steps toward goal of having a healthy baby.	114	Family Development	X	X	X	X	X	X		X	X
Prenatal Month 5	Talk about how to reframe negative thoughts.	116	Family Development		X		X		X			
Prenatal Month 5	Talk about the value of trusted female friends.	118	Family Development	X	X		X				X	
Prenatal Month 5	Talk with expectant couple about how they were parented and how they want to parent.	120	Family Development	X	X		X	X	X	X	X	
Prenatal Month 5	Talk with expectant father/partner about ways to bond with his baby during the pregnancy.	122	Family Development		X		X	X				
Prenatal Month 5	If family has more bills than they can pay, help them decide which ones to pay first.	124	Family Development	X	X	X					X	
Prenatal Month 5	Teach mother-to-be how quitting smoking can help her developing baby.	126	Maternal & Family Health		X	X	X	X				
Prenatal Month 5	Talk with expectant mom about reproductive goals and birth control options.	128	Maternal & Family Health		X	X	X		X			X
Prenatal Month 5	Make sure the family has health care coverage and help them resolve any insurance or Medicaid problems.	130	Maternal & Family Health		X	X					X	
Prenatal Month 5	Encourage mother-to-be to maintain a balanced, healthy diet and keep a food diary.	132	Maternal & Family Health		X	X	X	X				
Prenatal Month 5	Explain pregnancy induced cravings and how to cope.	134	Maternal & Family Health	X	X							
Prenatal Month 5	Make sure expectant mom gets to her prenatal appointments and knows what to expect.	136	Maternal & Family Health		X		X		X		X	X
Prenatal Month 5	Teach mother-to-be about preterm labor and how to lower her risks for an early birth.	138	Maternal & Family Health		X							
Prenatal Month 5	Talk with mother-to-be about her oral health.	140	Maternal & Family Health		X						X	
Prenatal Month 5	Encourage expectant mom to eat healthy foods to manage stress, improve sleep, and improve emotional health.	142	Maternal & Family Health		X							
Prenatal Month 5	emotional health.	144	Maternal & Family Health		X							
Prenatal Month 5	Talk with mother-to-be about pleasurable activities that improve energy and mood.	146	Maternal & Family Health		X				X			
Prenatal Month 5	Use the ultrasound to promote bonding and address any fears if problems were indicated.	148	Maternal & Family Health		X	X	X		X			X
Prenatal Month 5	Help raise awareness about abusive behaviors and where to seek help.	150	Maternal & Family Health	X	X		X				X	
Prenatal Month 5	Help expectant mom think about what she needs for the baby.	152	Preparing for Baby	X	X	X	X					
Prenatal Month 6	Encourage family to map out their dreams for the new baby.	158	Family Development	X	X	X	X	X		X	X	X
Prenatal Month 6	Help family prepare for the many changes involved in having a baby and overcome barriers to change.	160	Family Development		X	X	X		X			X
Prenatal Month 6	Help family prepare the other children for the baby.	162	Family Development		X		X	X		X		
Prenatal Month 6	Ask how the children feel about getting a new brother/sister.	164	Family Development		X		X	X		X		
Prenatal Month 6	Discuss any questions expectant father/partner has about becoming a father.	166	Family Development	X	X	X	X	X	X		X	
Prenatal Month 6	Encourage expectant mother to take time off from work or school after baby comes.	168	Family Development		X	X	X		X		X	X
Prenatal Month 6	Explain myths about birth control and getting pregnant.	170	Maternal & Family Health		X							
Prenatal Month 6	Help mother-to-be learn how to use a condom correctly.	172	Maternal & Family Health		X							
Prenatal Month 6	Talk with mother-to-be about ways to be affectionate with her partner without sexual intercourse.	174	Maternal & Family Health		X							
Prenatal Month 6	Talk with mother-to-be about gestational diabetes.	176	Maternal & Family Health		X							
Prenatal Month 6	Talk with mother-to-be about expected physical changes and help her feel good about her changing body.	178	Maternal & Family Health		X	X	X					
Prenatal Month 6	Help mother-to-be identify who will support her during labor and delivery.	180	Maternal & Family Health		X	X					X	X
Prenatal Month 6	Teach expectant mom ways to reduce any tension or anxiety she has.	182	Maternal & Family Health		X						X	
Prenatal Month 6	preterm labor and what to do.	184	Maternal & Family Health		X							
Prenatal Month 6	Encourage mother-to-be and her partner to attend childbirth classes.	186	Maternal & Family Health		X	X			X		X	
Prenatal Month 6	Help mother-to-be cope with the emotional transition to motherhood.	188	Maternal & Family Health		X		X					

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Prenatal Month 6	Help expectant mother build a strong support system of friends to improve her emotional health.	190	Maternal & Family Health		X						X	
Prenatal Month 6	Talk about how family relationships can support emotional health.	192	Maternal & Family Health	X	X		X				X	
Prenatal Month 6	Help expectant mother learn how to reduce stress by making time for mindful moments.	194	Maternal & Family Health		X		X					
Prenatal Month 6	Explain how sleep affects mood and emotional health, and discuss ways expectant mom and partner can get enough sleep.	196	Maternal & Family Health		X		X					
Prenatal Month 6	Encourage expectant mother to breastfeed.	198	Preparing for Baby		X	X	X				X	X
Prenatal Month 6	Talk with expectant mom about preparing a safe sleep environment for baby.	200	Preparing for Baby	X	X						X	X
Prenatal Month 7	Follow up on family's progress toward goal of having a healthy baby.	206	Family Development	X	X	X	X	X	X	X	X	X
Prenatal Month 7	Encourage expectant mother to get the support she needs during the last trimester.	208	Family Development	X	X				X		X	
Prenatal Month 7	Talk with expectant father/partner about what it means to be a nurturing dad.	210	Family Development	X	X		X	X				
Prenatal Month 7	Work with family to make better decisions about their money to improve credit rating.	212	Family Development			X					X	
Prenatal Month 7	Talk with mother-to-be about creating a smoke-free home for her baby.	214	Maternal & Family Health		X		X					
Prenatal Month 7	Ask if mother-to-be has any concerns about sex and discuss options for starting birth control before leaving the hospital.	216	Maternal & Family Health		X							
Prenatal Month 7	Talk about exercising in late pregnancy.	218	Maternal & Family Health		X						X	
Prenatal Month 7	Make sure expectant mother knows what to expect on prenatal visits.	220	Maternal & Family Health		X		X				X	
Prenatal Month 7	Teach mother-to-be about managing discomforts during the third trimester.	222	Maternal & Family Health	X	X		X					
Prenatal Month 7	Explain options to relieve pain during labor.	224	Maternal & Family Health		X	X						X
Prenatal Month 7	Find out if expectant mom and her partner have a birth plan.	226	Maternal & Family Health	X	X		X		X		X	X
Prenatal Month 7	Talk with mother-to-be about medical reasons for a C-section.	228	Maternal & Family Health		X							
Prenatal Month 7	Help expectant mom and her partner know what to do if baby is born early and stays in the NICU.	230	Maternal & Family Health		X	X	X	X	X		X	X
Prenatal Month 7	Help expectant mom improve mood and cope with daily ups-and-downs by laughing and singing, as appropriate.	232	Maternal & Family Health		X		X				X	
Prenatal Month 7	When necessary, help family deal with pregnancy loss.	234	Maternal & Family Health		X	X	X				X	
Prenatal Month 7	Show expectant mother how to practice deep breathing to reduce stress.	236	Maternal & Family Health	X	X							
Prenatal Month 7	Help expectant woman learn how to mother and nurture herself.	238	Maternal & Family Health		X		X					
Prenatal Month 7	Help expectant mother think about how her relationship with her partner can be more loving and supportive.	240	Maternal & Family Health	X	X		X					
Prenatal Month 7	Make sure expectant mom has chosen a doctor for baby and has arranged for health insurance.	242	Preparing for Baby		X	X	X	X	X		X	X
Prenatal Month 7	Talk with expectant mom and her partner about how baby is developing.	244	Baby's Development		X		X					
Prenatal Month 8	Discuss ways to overcome obstacles, including finding a mentor.	250	Family Development		X	X	X		X		X	X
Prenatal Month 8	Help expectant father/partner learn how to be supportive during labor.	252	Family Development		X		X		X			
Prenatal Month 8	Talk with expectant father/partner about how he can develop a relationship with his baby while helping Mom.	254	Family Development		X		X					
Prenatal Month 8	Help family plan for extra expenses related to returning to school/work.	256	Family Development			X	X		X	X	X	
Prenatal Month 8	Talk with mother-to-be about the benefits of breastfeeding even if she is still smoking.	258	Maternal & Family Health		X		X				X	
Prenatal Month 8	Talk about intercourse after childbirth and make sure expectant mom and her partner have selected a birth control method.	260	Maternal & Family Health		X	X	X				X	
Prenatal Month 8	Help expectant mother manage if her doctor orders "bed rest" or tells her to slow down and rest.	262	Maternal & Family Health		X	X	X				X	
Prenatal Month 8	Talk with mother-to-be about waiting until her labor starts naturally.	264	Maternal & Family Health		X		X					
Prenatal Month 8	Help expectant mom plan what to take to the hospital.	266	Maternal & Family Health	X	X		X				X	
Prenatal Month 8	Find out if mother-to-be and her partner are attending childbirth classes and preparing for labor.	268	Maternal & Family Health	X	X		X		X		X	
Prenatal Month 8	Explain how to recognize labor and time contractions.	270	Maternal & Family Health		X							
Prenatal Month 8	Show expectant mom how to reduce stress by prioritizing her "To-Do" list before baby arrives.	272	Maternal & Family Health		X							X
Prenatal Month 8	Find out about expectant mom's concerns and help her reduce any anxiety.	274	Maternal & Family Health	X	X		X		X		X	
Prenatal Month 8	Talk about boosting joy and happiness during pregnancy.	276	Maternal & Family Health		X		X		X			
Prenatal Month 8	Talk with mother-to-be about the impact worrying has on her physical and emotional health.	278	Maternal & Family Health	X	X		X					

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Prenatal Month 8	If mother-to-be plans to use formula, make sure she knows how to properly prepare and store the bottles.	280	Preparing for Baby		X	X					X	
Prenatal Month 8	Talk with expectant mom about choosing and installing a car seat.	282	Preparing for Baby	X		X					X	
Prenatal Month 9	Help military parents plan ways to stay connected with family as they prepare for deployment.	288	Family Development		X		X			X	X	
Prenatal Month 9	Help expectant dad/partner have realistic expectations about taking care of a newborn.	290	Family Development	X	X		X	X	X		X	
Prenatal Month 9	Help expectant father/partner know how to support Mom when she comes home with the baby.	292	Family Development	X	X	X	X					
Prenatal Month 9	Help family keep track of bills and receipts by getting organized.	294	Family Development			X						
Prenatal Month 9	Make sure the expectant mom and her partner understand the benefits of spacing pregnancies.	296	Maternal & Family Health		X	X	X		X			
Prenatal Month 9	Talk with mother-to-be about birth control methods that she can use while breastfeeding.	298	Maternal & Family Health		X							
Prenatal Month 9	Talk with mother-to-be about doing Kegel exercises.	300	Maternal & Family Health		X							
Prenatal Month 9	Make sure mother-to-be can time contractions and knows when to go to the hospital.	302	Maternal & Family Health	X	X	X						
Prenatal Month 9	Discuss what to expect after baby is born and why it's important to go to her postpartum checkup.	304	Maternal & Family Health		X		X					
Prenatal Month 9	Help mother-to-be know what to expect with postpartum baby blues.	306	Maternal & Family Health		X		X					
Prenatal Month 9	Explain why well-baby checkups and immunizations are critical to baby's health.	308	Preparing for Baby		X		X				X	