



# Scope & Sequence

## Overview of Purposes



The *Scope & Sequence* is an overview of all the Purposes in the *Partners* curriculum. It shows what topics are covered, and when and where they can be found in the curriculum. The *Scope & Sequence* for *Before Baby Arrives* provides an overview of all of the Purposes that a home visitor may choose from to plan visits during pregnancy. Purposes are organized by the four categories: Family Development, Maternal & Family Health, Preparing for Baby, and Baby's Development, and are listed by the Topic in which they appear in the *Partners* curriculum.

### Family Development



- Empowerment ..... Intro 22
- Relationships & Support ..... Intro 22
- Fatherhood ..... Intro 22
- Career Development & Finances ..... Intro 22

### Maternal & Family Health



- Alcohol, Drugs, & Tobacco ..... Intro 24
- Sex, STIs, & Family Planning ..... Intro 24
- Family Health Care & Safety ..... Intro 24
- Nutrition & Exercise ..... Intro 24
- Pregnancy & Interconception Care ..... Intro 24
- Emotional Health ..... Intro 24

### Preparing for Baby



- Nutrition & Feeding ..... Intro 26
- Health & Safety ..... Intro 26
- Daily Care Routines ..... Intro 26
- Parenting & Guidance ..... Intro 26

### Baby's Development



- Fetal Development ..... Intro 26



# Family Development

1st Trimester	Month 4	Month 5	Month 6
<b>Empowerment</b>			
<ul style="list-style-type: none"> <li>• Help family to envision their dreams. <b>p 4</b></li> <li>• Help family visualize their dreams and goals. <b>p 6</b></li> <li>• Help family make a plan to achieve their goals. <b>p 8</b></li> <li>• Help family define specific changes needed to have a healthy baby. <b>p 10</b></li> </ul>	<ul style="list-style-type: none"> <li>• Ask about progress on achieving goal of having a healthy baby and talk about making good decisions. <b>p 62</b></li> </ul>	<ul style="list-style-type: none"> <li>• Help family identify next steps toward goal of having a healthy baby. <b>p 114</b></li> <li>• Talk about how to reframe negative thoughts. <b>p 116</b></li> </ul>	<ul style="list-style-type: none"> <li>• Encourage family to map out their dreams for the new baby. <b>p 158</b></li> <li>• Help family prepare for the many changes involved in having a baby and overcome barriers to change. <b>p 160</b></li> </ul>
<b>Relationships &amp; Support</b>			
<ul style="list-style-type: none"> <li>• Help mother-to-be define her sources of support. <b>p 12</b></li> </ul>	<ul style="list-style-type: none"> <li>• Ask mother-to-be how her partner/family could be supportive during the pregnancy. <b>p 64</b></li> <li>• Encourage expectant mom to involve baby's dad in the pregnancy. <b>p 66</b></li> <li>• Help mother-to-be prepare her other children for the new baby. <b>p 68</b></li> </ul>	<ul style="list-style-type: none"> <li>• Talk about the value of trusted female friends. <b>p 118</b></li> <li>• Talk with expectant couple about how they were parented and how they want to parent. <b>p 120</b></li> </ul>	<ul style="list-style-type: none"> <li>• Help family prepare the other children for the baby. <b>p 162</b></li> <li>• Ask how the children feel about getting a new brother/sister. <b>p 164</b></li> </ul>
<b>Fatherhood</b>			
<ul style="list-style-type: none"> <li>• Find out how expectant father/partner feels about the pregnancy and talk about what it takes to be psychologically ready to become a parent. <b>p 14</b></li> <li>• Help expectant father/partner understand importance of providing support to expectant mom. <b>p 16</b></li> </ul>	<ul style="list-style-type: none"> <li>• Help expectant father/partner identify ways to be involved with the pregnancy and support mother-to-be. <b>p 70</b></li> </ul>	<ul style="list-style-type: none"> <li>• Talk with expectant father/partner about ways to bond with his baby during the pregnancy. <b>p 122</b></li> </ul>	<ul style="list-style-type: none"> <li>• Discuss any questions expectant father/partner has about becoming a father. <b>p 166</b></li> </ul>
<b>Career Development &amp; Finances</b>			
<ul style="list-style-type: none"> <li>• Help family keep track of their spending. <b>p 18</b></li> </ul>	<ul style="list-style-type: none"> <li>• Help family make a realistic monthly budget. <b>p 72</b></li> <li>• Discuss any school or work concerns. <b>p 74</b></li> </ul>	<ul style="list-style-type: none"> <li>• If family has more bills than they can pay, help them decide which ones to pay first. <b>p 124</b></li> </ul>	<ul style="list-style-type: none"> <li>• Encourage expectant mother to take time off from work or school after baby comes. <b>p 168</b></li> </ul>

Month 7	Month 8	Month 9
<b>Empowerment</b>		
<ul style="list-style-type: none"> <li>Follow up on family's progress toward goal of having a healthy baby. <b>p 206</b></li> </ul>	<ul style="list-style-type: none"> <li>Discuss ways to overcome obstacles, including finding a mentor. <b>p 250</b></li> </ul>	
<b>Relationships &amp; Support</b>		
<ul style="list-style-type: none"> <li>Encourage expectant mother to get the support she needs during the last trimester. <b>p 208</b></li> </ul>		<ul style="list-style-type: none"> <li>Help military parents plan ways to stay connected with family as they prepare for deployment. <b>p 288</b></li> </ul>
<b>Fatherhood</b>		
<ul style="list-style-type: none"> <li>Talk with expectant father/partner about what it means to be a nurturing dad. <b>p 210</b></li> </ul>	<ul style="list-style-type: none"> <li>Help expectant father/partner learn how to be supportive during labor. <b>p 252</b></li> <li>Talk with expectant father/partner about how he can develop a relationship with his baby while helping Mom. <b>p 254</b></li> </ul>	<ul style="list-style-type: none"> <li>Help expectant dad/partner have realistic expectations about taking care of a newborn. <b>p 290</b></li> <li>Help expectant father/partner know how to support Mom when she comes home with the baby. <b>p 292</b></li> </ul>
<b>Career Development &amp; Finances</b>		
<ul style="list-style-type: none"> <li>Work with family to make better decisions about their money to improve credit rating. <b>p 212</b></li> </ul>	<ul style="list-style-type: none"> <li>Help family plan for extra expenses related to returning to school/work. <b>p 256</b></li> </ul>	<ul style="list-style-type: none"> <li>Help family keep track of bills and receipts by getting organized. <b>p 294</b></li> </ul>



# Maternal & Family Health

1st Trimester	Month 4	Month 5	Month 6
<b>Alcohol, Drugs, &amp; Tobacco</b>			
<ul style="list-style-type: none"> <li>Talk with mother-to-be about how smoke can harm her and her baby. <b>p 20</b></li> <li>Talk about dangers of using alcohol or drugs and encourage mother-to-be to talk honestly about her use of them. <b>p 22</b></li> </ul>	<ul style="list-style-type: none"> <li>Encourage expectant mother not to drink alcohol or use drugs. <b>p 76</b></li> </ul>	<ul style="list-style-type: none"> <li>Teach mother-to-be how quitting smoking can help her developing baby. <b>p 126</b></li> </ul>	
<b>Sex, STIs, &amp; Family Planning</b>			
<ul style="list-style-type: none"> <li>Help mother-to-be learn how to protect herself and her baby from sexually transmitted infections. <b>p 24</b></li> <li>Explain why HIV testing is important. <b>p 26</b></li> </ul>	<ul style="list-style-type: none"> <li>Reassure mother-to-be that in most situations sexual intercourse will not harm her baby. <b>p 78</b></li> </ul>	<ul style="list-style-type: none"> <li>Talk with expectant mom about reproductive goals and birth control options. <b>p 128</b></li> </ul>	<ul style="list-style-type: none"> <li>Explain myths about birth control and getting pregnant. <b>p 170</b></li> <li>Help mother-to-be learn how to use a condom correctly. <b>p 172</b></li> <li>Talk with mother-to-be about ways to be affectionate with her partner without sexual intercourse. <b>p 174</b></li> </ul>
<b>Family Health Care &amp; Safety</b>			
	<ul style="list-style-type: none"> <li>Ensure the family has health care coverage and a medical home. <b>p 80</b></li> </ul>	<ul style="list-style-type: none"> <li>Make sure the family has health care coverage and help them resolve any insurance or Medicaid problems. <b>p 130</b></li> </ul>	
<b>Nutrition &amp; Exercise</b>			
<ul style="list-style-type: none"> <li>Teach mother-to-be about the importance of a healthy diet. <b>p 28</b></li> <li>Make sure mother-to-be is getting the vitamins, folic acid, and iron she needs. <b>p 30</b></li> <li>Teach expectant mom about healthy weight gain during pregnancy. <b>p 32</b></li> </ul>	<ul style="list-style-type: none"> <li>Teach mother-to-be how to read food labels. <b>p 82</b></li> <li>Explain why it's important to avoid certain foods during pregnancy. <b>p 84</b></li> <li>Teach mother-to-be about safe exercise during early pregnancy. <b>p 86</b></li> </ul>	<ul style="list-style-type: none"> <li>Encourage mother-to-be to maintain a balanced, healthy diet and keep a food diary. <b>p 132</b></li> <li>Explain pregnancy induced cravings and how to cope. <b>p 134</b></li> </ul>	<ul style="list-style-type: none"> <li>Talk with mother-to-be about gestational diabetes. <b>p 176</b></li> </ul>
<b>Pregnancy &amp; Interconception Care</b>			
<ul style="list-style-type: none"> <li>Encourage expectant mom to explore her provider choices. <b>p 34</b></li> <li>Explain the importance of prenatal care. <b>p 36</b></li> <li>Make sure expectant mom gets to her first trimester prenatal appointments and knows what to expect. <b>p 38</b></li> <li>Describe physical changes during the first trimester and discuss ways to cope. <b>p 40</b></li> <li>Talk about healthy practices to follow during pregnancy. <b>p 42</b></li> <li>Explain potential dangers of medication use during pregnancy. <b>p 44</b></li> </ul>	<ul style="list-style-type: none"> <li>Make sure expectant mom gets to her prenatal appointments and knows what to expect. <b>p 88</b></li> <li>Describe physical changes during second trimester and discuss ways to cope. <b>p 90</b></li> <li>Talk about the ultrasound and other common tests during pregnancy. <b>p 92</b></li> </ul>	<ul style="list-style-type: none"> <li>Make sure expectant mom gets to her prenatal appointments and knows what to expect. <b>p 136</b></li> <li>Teach mother-to-be about preterm labor and how to lower her risks for an early birth. <b>p 138</b></li> <li>Talk with mother-to-be about her oral health. <b>p 140</b></li> </ul>	<ul style="list-style-type: none"> <li>Talk with mother-to-be about expected physical changes and help her feel good about her changing body. <b>p 178</b></li> <li>Help mother-to-be identify who will support her during labor and delivery. <b>p 180</b></li> <li>Teach expectant mom ways to reduce any tension or anxiety she has. <b>p 182</b></li> <li>Teach mother-to-be how to recognize signs of preterm labor and what to do. <b>p 184</b></li> <li>Encourage mother-to-be and her partner to attend childbirth classes. <b>p 186</b></li> </ul>
<b>Emotional Health</b>			
<ul style="list-style-type: none"> <li>Explain importance of emotional health during pregnancy and discuss what topics will be covered to address it. <b>p 46</b></li> <li>Talk with mother-to-be about parenthood and pregnancy options. <b>p 48</b></li> <li>Talk about common stressors and ways to manage. <b>p 50</b></li> <li>Ask about any medications expectant mom is taking for depression or other mental health issues. <b>p 52</b></li> </ul>	<ul style="list-style-type: none"> <li>Explain how stress can affect the expectant mother and her baby's development. <b>p 94</b></li> <li>Consider the experiences of the expectant mother and help her identify ways to manage her stress. <b>p 96</b></li> <li>Talk about ways to manage and limit pregnancy stress. <b>p 98</b></li> <li>Prepare expectant family for series of topics that impact emotional health. <b>p 100</b></li> <li>Encourage expectant mom to exercise to manage stress and improve emotional health. <b>p 102</b></li> <li>Talk with mother-to-be about her childhood experiences and how they may still be affecting her. <b>p 104</b></li> </ul>	<ul style="list-style-type: none"> <li>Encourage expectant mom to eat healthy foods to manage stress, improve sleep, and improve emotional health. <b>p 142</b></li> <li>Talk about how gratitude can improve emotional health. <b>p 144</b></li> <li>Talk with mother-to-be about pleasurable activities that improve energy and mood. <b>p 146</b></li> <li>Use the ultrasound to promote bonding and address any fears if problems were indicated. <b>p 148</b></li> <li>Help raise awareness about abusive behaviors and where to seek help. <b>p 150</b></li> </ul>	<ul style="list-style-type: none"> <li>Help mother-to-be cope with the emotional transition to motherhood. <b>p 188</b></li> <li>Help expectant mother build a strong support system of friends to improve her emotional health. <b>p 190</b></li> <li>Talk about how family relationships can support emotional health. <b>p 192</b></li> <li>Help expectant mother learn how to reduce stress by making time for mindful moments. <b>p 194</b></li> <li>Explain how sleep affects mood and emotional health, and discuss ways expectant mom and partner can get enough sleep. <b>p 196</b></li> </ul>

Month 7	Month 8	Month 9
<b>Alcohol, Drugs, &amp; Tobacco</b>		
<ul style="list-style-type: none"> <li>Talk with mother-to-be about creating a smoke-free home for her baby. <i>p 214</i></li> </ul>	<ul style="list-style-type: none"> <li>Talk with mother-to-be about the benefits of breastfeeding even if she is still smoking. <i>p 258</i></li> </ul>	
<b>Sex, STIs, &amp; Family Planning</b>		
<ul style="list-style-type: none"> <li>Ask if mother-to-be has any concerns about sex and discuss options for starting birth control before leaving the hospital. <i>p 216</i></li> </ul>	<ul style="list-style-type: none"> <li>Talk about intercourse after childbirth and make sure expectant mom and her partner have selected a birth control method. <i>p 260</i></li> </ul>	<ul style="list-style-type: none"> <li>Make sure the expectant mom and her partner understand the benefits of spacing pregnancies. <i>p 296</i></li> <li>Talk with mother-to-be about birth control methods that she can use while breastfeeding. <i>p 298</i></li> </ul>
<b>Family Health Care &amp; Safety</b>		
<b>Nutrition &amp; Exercise</b>		
<ul style="list-style-type: none"> <li>Talk about exercising in late pregnancy. <i>p 218</i></li> </ul>		
<b>Pregnancy &amp; Interconception Care</b>		
<ul style="list-style-type: none"> <li>Make sure expectant mother knows what to expect on prenatal visits. <i>p 220</i></li> <li>Teach mother-to-be about managing discomforts during the third trimester. <i>p 222</i></li> <li>Explain options to relieve pain during labor. <i>p 224</i></li> <li>Find out if expectant mom and her partner have a birth plan. <i>p 226</i></li> <li>Talk with mother-to-be about medical reasons for a C-section. <i>p 228</i></li> <li>Help expectant mom and her partner know what to do if baby is born early and stays in the NICU. <i>p 230</i></li> </ul>	<ul style="list-style-type: none"> <li>Help expectant mother manage if her doctor orders "bed rest" or tells her to slow down and rest. <i>p 262</i></li> <li>Talk with mother-to-be about waiting until her labor starts naturally. <i>p 264</i></li> <li>Help expectant mom plan what to take to the hospital. <i>p 266</i></li> <li>Find out if mother-to-be and her partner are attending childbirth classes and preparing for labor. <i>p 268</i></li> <li>Explain how to recognize labor and time contractions. <i>p 270</i></li> </ul>	<ul style="list-style-type: none"> <li>Talk with mother-to-be about doing Kegel exercises. <i>p 300</i></li> <li>Make sure mother-to-be can time contractions and knows when to go to the hospital. <i>p 302</i></li> <li>Discuss what to expect after baby is born and why it's important to go to her postpartum checkup. <i>p 304</i></li> </ul>
<b>Emotional Health</b>		
<ul style="list-style-type: none"> <li>Help expectant mom improve mood and cope with daily ups-and-downs by laughing and singing, as appropriate. <i>p 232</i></li> <li>When necessary, help family deal with pregnancy loss. <i>p 234</i></li> <li>Show expectant mother how to practice deep breathing to reduce stress. <i>p 236</i></li> <li>Help expectant woman learn how to mother and nurture herself. <i>p 238</i></li> <li>Help expectant mother think about how her relationship with her partner can be more loving and supportive. <i>p 240</i></li> </ul>	<ul style="list-style-type: none"> <li>Show expectant mom how to reduce stress by prioritizing her "To-Do" list before baby arrives. <i>p 272</i></li> <li>Find out about expectant mom's concerns and help her reduce any anxiety. <i>p 274</i></li> <li>Talk about boosting joy and happiness during pregnancy. <i>p 276</i></li> <li>Talk with mother-to-be about the impact worrying has on her physical and emotional health. <i>p 278</i></li> </ul>	<ul style="list-style-type: none"> <li>Help mother-to-be know what to expect with postpartum baby blues. <i>p 306</i></li> </ul>



# Preparing for Baby

1st Trimester	Month 4	Month 5	Month 6
<b>Nutrition &amp; Feeding</b>			
			<ul style="list-style-type: none"> <li>Encourage expectant mother to breastfeed. <i>p 198</i></li> </ul>
<b>Health &amp; Safety</b>			
			<ul style="list-style-type: none"> <li>Talk with expectant mom about preparing a safe sleep environment for baby. <i>p 200</i></li> </ul>
<b>Daily Care Routines</b>			
	<ul style="list-style-type: none"> <li>Talk about how to choose a quality caregiver and get on waiting list. <i>p 106</i></li> </ul>	<ul style="list-style-type: none"> <li>Help expectant mom think about what she needs for the baby. <i>p 152</i></li> </ul>	



# Baby's Development

1st Trimester	Month 4	Month 5	Month 6
<b>Fetal Development</b>			
<ul style="list-style-type: none"> <li>Talk with expectant mom and her partner about how baby is developing. <i>p 54</i></li> <li>Talk with expectant mom and her partner about birth defects and how to help prevent them. <i>p 56</i></li> </ul>	<ul style="list-style-type: none"> <li>Talk with expectant mom and her partner about how baby is developing. <i>p 108</i></li> </ul>		

Month 7	Month 8	Month 9
<b>Nutrition &amp; Feeding</b>		
	<ul style="list-style-type: none"> <li>If mother-to-be plans to use formula, make sure she knows how to properly prepare and store the bottles. <i>p 280</i></li> </ul>	
<b>Health &amp; Safety</b>		
<ul style="list-style-type: none"> <li>Make sure expectant mom has chosen a doctor for baby and has arranged for health insurance. <i>p 242</i></li> </ul>	<ul style="list-style-type: none"> <li>Talk with expectant mom about choosing and installing a car seat. <i>p 282</i></li> </ul>	<ul style="list-style-type: none"> <li>Explain why well-baby checkups and immunizations are critical to baby's health. <i>p 308</i></li> </ul>
<b>Daily Care Routines</b>		

Month 7	Month 8	Month 9
<b>Fetal Development</b>		
<ul style="list-style-type: none"> <li>Talk with expectant mom and her partner about how baby is developing. <i>p 244</i></li> </ul>		