



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

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



Maternal & Family Health

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

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



Preparing for Baby

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



Baby's Development

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

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

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