



The *FSU Partners for a Healthy Baby* Curriculum for EHS FAQs about Partners Compliance with Head Start Program Performance Standards

Home Based Education Services

1. *Is the FSU Partners for a Healthy Baby curriculum developmentally appropriate and research based? (1302.35(d)(1))* Yes. The *FSU Partners for a Healthy Baby (Partners)* curriculum is developmentally appropriate for use during pregnancy and with children up to 36 months of age. The *Partners* curricular series, which is organized by developmental scope and sequence, has been informed by the robust multidisciplinary research that underscores the importance of the prenatal and early childhood periods in building a solid foundation for a baby's future development. The prenatal volume is grounded in research that addresses issues critical to healthy birth outcomes such as addressing a family's physical and emotional well-being, strengthening families, and the pervasive effects of poverty on an expectant mother and baby. The infant and toddler volumes of the curriculum are rooted in the multidisciplinary research related to developmental theory, infant mental health, and family systems. Research on protective factors for vulnerable children and the literature on strengthening families also informed the comprehensive curriculum content. For more information go to www.cpeip.fsu.edu and click on "Research Basis for the *Partners for a Healthy Baby* Curriculum" listed in the Home Visiting Curriculum section of the website.

2. *Does the FSU Partners for a Healthy Baby curriculum include activities to do on home visits and at group socializations that support children's cognitive, social, and emotional growth for later success in school? (1302.35(a), 1302.35(d)(iii))* Yes. The *Partners* curriculum includes suggested activities parents can do to promote their child's development in each of the Head Start Early Learning Outcomes Framework (HSELOF) domains. These are found in the *Partners* Category *Baby's/Toddler's Development*, which includes these four Topics—*Developmental Skills; Language & Literacy; Social Emotional Development; and Play, Learning & Cognition*. Within each of the four topics there are approximately 200 Parent Handouts designed to be used by the family to promote their child's development across all of the HSELOF domains. The intent of these Parent Handouts is to provide parents with activities—often using materials found in the home—to support their child's development. A subset of interactive Parent Handouts provides the family an opportunity to "Reflect, Observe, and Review," and complete questions that support their ongoing ability to consider their child's development, strengths, likes, and dislikes.

- 3. How does the FSU Partners for a Healthy Baby curriculum promote secure parent child relationships? (1302.30)** The *Partners* curriculum uses an Infant Mental Health framework to equip parents with an understanding of the importance of a secure parent-child relationship, and offers strategies to promote nurturing and responsive caregiving. This approach, embedded throughout the *Partners* curriculum, provides guidance and information on issues such as reading baby's cues, being a responsive caregiver, encouraging exploration and autonomy, and understanding and responding to challenging behaviors.
- 4. Does the FSU Partners for a Healthy Baby curriculum promote the parent's role as their child's teacher through experiences focused on the parent-child relationship and, as appropriate, the family's traditions, culture, values, and beliefs? (1302.35(d)(1)(i))** Yes. The *Partners* curriculum is designed to prepare parents with the knowledge and skills needed to care for their young child, and support optimal bonding and attachment. The *Partners* curriculum also encourages parents to become their child's first teacher by providing activities that support all aspects of a child's development. *Partners* curriculum materials were intentionally created to be culturally sensitive for a diverse audience and be inclusive of all types of families and cultures.
- 5. Can the FSU Partners for a Healthy Baby curriculum be implemented in a way that includes parents in planning visit activities and education topics? (1302.35(b)(1))** Yes. The *Partners* curriculum content is organized by a developmental scope and sequence to make it easy for Home Visitors to find content relevant for each family based on the stage of pregnancy or age of the child. The content in the *Partners* curriculum is also indexed by topic for quick location in a specific book or will be accessible across all books by a key-word search in the upcoming digital version. Home Visitors should conduct a strengths and needs assessment with the family to determine what content in the *Partners* curriculum would be most useful in the planning process. A sample EHS Strengths & Needs Assessment can be found at www.cpeip.fsu.edu. The Home Visitor works with the family to jointly plan individualized goals and activities for the child's and family's development. The curriculum's detailed information pages provide the Home Visitor with resource material to jointly plan visits and facilitate rich discussions with parents regarding how they can support goals for their child's development and meet other planned family goals. A sample "Home Visit Planning Form" is provided with the curriculum and includes space for the parent's input into the next home visit.
- 6. Can the FSU Partners for a Healthy Baby curriculum be individualized to meet each child's and family's needs? (1302.35(b)(2))** Yes. Rather than providing a prescriptive approach, the *Partners* curriculum was intentionally designed to provide maximum flexibility in planning and individualizing to meet each child's and family's needs. The curriculum is organized to assist Home Visitors in finding the most relevant information based on the expectant family's stage of pregnancy or the age and developmental level of the child. Home Visitors use sources of information such as the child's developmental screening and assessment results, along with findings from the family's strengths and needs assessment, to jointly plan curriculum content with parents to meet child development and family goals. A sample template for assessing family strengths and needs, which aligns with the Office of Head Start's Parent, Family, Community Engagement Framework, is provided and may be used as is, or modified to best fit a program's needs.

- 7. Does the FSU Partners for a Healthy Baby curriculum include resources to ensure comprehensive provision of education, health, family engagement, disabilities, transition services and services to pregnant women? (1302.35)** Yes. One of the most popular features of the *Partners* curriculum is its comprehensiveness. In addition to the Category: *Baby's/Toddler's Development*, which addresses Developmental Skills; Language & Literacy; Social Emotional Development; and Play, Learning, & Cognition, the *Partners* curriculum series includes three other categories with a range of topics: *Family Development*, which addresses Empowerment; Relationships & Support; Fatherhood; and Career Development & Finances; Maternal & Family Health, which addresses Alcohol, Drugs, & Tobacco; Sex, STIs, & Family Planning; Family Health Care & Safety; Nutrition & Exercise; Prenatal, Postpartum, & Interconception Care; and Emotional Health; *Preparing/Caring for Baby/Toddler*, which addresses Nutrition & Feeding; Health & Safety; Daily Care Routines; and Parenting & Guidance. Additionally, the *Partners* curricular series includes a prenatal volume, *Before Baby Arrives*, which addresses all the required topics for services to pregnant women. The intent of the *Partners* curriculum is to equip Home Visitors from various educational backgrounds with a comprehensive source of information to provide an array of services to meet the needs of vulnerable families.
- 8. Does the FSU Partners for a Healthy Baby curriculum align with the developmental domains of the Head Start Early Learning Outcomes Framework? 1302.35(d)(1)(ii)** Yes, the content of the *Partners* curriculum has been aligned with the infant and toddler domains of the Head Start Early Learning Outcomes Framework and can be accessed at www.cpeip.fsu.edu.
- 9. How can a program ensure that FSU Partners for a Healthy Baby curriculum is being implemented to fidelity? (1302.35(d)(2))** Using a curriculum to fidelity means implementing it in the way the developers intended it to be used. The developers of the *Partners* curriculum have outlined the steps necessary for implementing the curriculum to fidelity. A copy of “Using the *Partners for a Healthy Baby* Curriculum to Fidelity” can be found at www.cpeip.fsu.edu. Training is available to ensure Home Visitors and Supervisors understand how to utilize the *Partners* curriculum to fidelity and how to best use its comprehensive information. The FSU Center for Prevention and Early Intervention Policy offers several national curriculum trainings each year. Individualized training can also be provided on-site for a single program or a group of programs in an area. Once staff are trained to use the *Partners* curriculum to fidelity the EHS program must perform ongoing quality monitoring activities to ensure home visiting services are being implemented to meet the OHS Program Performance Standards.
- 10. Is support available to assist programs with making adaptations to the FSU Partners for a Healthy Baby curriculum implementation if necessary? (1302.35(d)(3))** Yes. The *Partners* curriculum is purposefully designed to be flexible in regards to the intensity and duration of services, which is why many Early Head Start and other home visiting models such as Healthy Start, Healthy Families, MIECHV, and the military's Family Support Programs have adopted it as their primary curriculum. Programs may contact the FSU Center for Prevention and Early Intervention Policy with questions regarding adaptations.
- 11. Can programs preview FSU Partners for a Healthy Baby prior to selection in order to provide parents and program governance groups an opportunity to review curricula and instructional materials? (1302.35(d)(4))** Yes. Sample Purpose Sheets and Detailed Information Pages for each book in the *Partners* curricular series are available for preview on the FSU CPEIP website.

Additionally, Parent Handouts and the Scope & Sequence (Overview of Topics) for each book in the *Partners* curricular series are available for preview at www.cpeip.fsu.edu.

Services to Pregnant Women

12. Does the FSU Partners for a Healthy Baby curriculum contain all of the topics that the Office of Head Start requires programs to discuss with enrolled pregnant women? (1302.81 (a))

Yes. The *Partners* curriculum contains information and education on more than one hundred topics and Parent Handouts for expectant families in the *Before Baby Arrives* volume. This includes all OHS required prenatal topics: fetal development; the importance of nutrition; the risks of alcohol, drugs, and smoking; labor and delivery; postpartum recovery; parental depression; infant care and safe sleep practices; and benefits of breastfeeding. See www.cpeip.fsu.edu for “Early Head Start alignment with *Before Baby Arrives*.”

13. Does the FSU Partners for a Healthy Baby curriculum address needs for appropriate supports for emotional well-being, nurturing, and responsive caregiving; and father engagement during pregnancy and early childhood? (1302.81(b))

Yes. The *Partners* curriculum was designed to assist Home Visitors in preparing expectant families for the physical changes associated with pregnancy and childbirth, as well as for the emotional demands of parenting a newborn and navigating changing family dynamics. Additionally, each book in the *Partners* series includes the Topic *Fatherhood*, which addresses the unique needs of fathers-to-be, new fathers, and young fathers.

14. Does the FSU Partners for a Healthy Baby curriculum facilitate family partnership development and transitions for enrolled pregnant women? (1302.82)

Yes. One of the four Categories in the *Partners* curriculum is *Family Development*, which addresses every category found in the OHS Parent, Family and Community Engagement Outcomes Framework. Home Visitors can use the content in the *Partners* category *Family Development* to jointly plan goals with families. They can also use the extensive content in this category to help support families as they work toward their goals.

15. How can the FSU Partners for a Healthy Baby curriculum be used for the required newborn visit that programs must provide all enrolled families within two weeks of birth? (1302.80(d))

The *Partners* curriculum covers dozens of relevant topics for a newborn visit and can be an invaluable resource for planning this required service. The Parent Handouts, which can be discussed during the visit and left with the family for later review, cover important topics such as: safe sleep; breastfeeding support; breastfeeding troubleshooting; the baby blues; responsive caregiving; and umbilical cord care.

Family Engagement Services

16. Does the FSU Partners for a Healthy Baby curriculum meet the requirement for a research-based parenting curriculum, building on parents' knowledge, and offering parents opportunities to practice parenting skills that promote children's learning and development? (1302.51(b))

Yes. In addition to being research-based, the *Partners* curriculum was designed to be used by Home Visitors in a way that promotes ongoing discussion and reflection with parents about their observations and knowledge of their child's development. The easy-to-read Parent Handouts, which are designed to be reviewed during a visit and left with the family for future review, provide practical parenting guidance across a myriad of different child development and learning topics.