

# Partners for a Healthy Baby Home Visiting Curriculum

## Baby's 2<sup>nd</sup> Year Scope & Sequence

### Family Development

Months 13-14	Months 15-16	Months 17-18	Months 19-21	Months 22-24
<b>Empowerment</b>				
<ul style="list-style-type: none"> <li>• Help family identify changes that would improve their life situation. <i>p6</i></li> </ul>	<ul style="list-style-type: none"> <li>• Talk about seeing opportunities in mistakes. <i>p84</i></li> </ul>	<ul style="list-style-type: none"> <li>• Talk about the difference between making excuses and getting results. <i>p148</i></li> </ul>	<ul style="list-style-type: none"> <li>• Talk about the value of helping others. <i>p206</i></li> </ul>	<ul style="list-style-type: none"> <li>• Discuss feelings of powerlessness and how to feel empowered. <i>p268</i></li> </ul>
<b>Relationships &amp; Support</b>				
<ul style="list-style-type: none"> <li>• Talk about characteristics important in a life partner. <i>p8</i></li> <li>• Talk about adjustments around deployment for military families. <i>p10</i></li> </ul>	<ul style="list-style-type: none"> <li>• Ask about ways the family has fun together and encourage “family time.” <i>p86</i></li> <li>• Ask parent how well they know their partner and discuss why this is important. <i>p88</i></li> </ul>	<ul style="list-style-type: none"> <li>• Help stepparents and blended families adjust to co-parenting. <i>p150</i></li> </ul>	<ul style="list-style-type: none"> <li>• Help family continue to build their network of support. <i>p208</i></li> </ul>	<ul style="list-style-type: none"> <li>• Help the family build relationships in their community. <i>p270</i></li> </ul>
<b>Fatherhood</b>				
<ul style="list-style-type: none"> <li>• Talk with Dad about why his child sometimes prefers being with Mom. <i>p12</i></li> </ul>	<ul style="list-style-type: none"> <li>• Encourage Dad/partner to support toddler's development by creating an outside play area. <i>p90</i></li> </ul>	<ul style="list-style-type: none"> <li>• Help Dad/partner think of ways he can use everyday routines to support his child's learning. <i>p152</i></li> </ul>	<ul style="list-style-type: none"> <li>• Observe how Dad/partner shows affection toward his child. <i>p210</i></li> </ul>	<ul style="list-style-type: none"> <li>• Help Dad/partner tune into the meaning behind toddler's behavior. <i>p272</i></li> </ul>
<b>Career Development &amp; Finances</b>				
	<ul style="list-style-type: none"> <li>• Offer search tips if parent is looking for a new job. <i>p92</i></li> </ul>	<ul style="list-style-type: none"> <li>• Discuss how to work toward goal of owning a home. <i>p154</i></li> </ul>	<ul style="list-style-type: none"> <li>• Help family find ways to stretch their budget and meet their goals. <i>p212</i></li> </ul>	

### Family Health

<b>Alcohol, Drugs, &amp; Tobacco</b>				
<ul style="list-style-type: none"> <li>• Ask about alcohol or drug use in the home and offer help if needed. <i>p14</i></li> <li>• Review dangers of secondhand smoke and how to protect their child. <i>p16</i></li> </ul>	<ul style="list-style-type: none"> <li>• Talk about the dangers of combining alcohol with drugs and medications. <i>p94</i></li> </ul>		<ul style="list-style-type: none"> <li>• Check on any issues regarding use of alcohol and illicit drugs. <i>p214</i></li> </ul>	
<b>Sex, STIs, &amp; Family Planning</b>				
	<ul style="list-style-type: none"> <li>• Talk about sexually transmitted infections and discuss prevention strategies for Mom and her partner. <i>p96</i></li> </ul>		<ul style="list-style-type: none"> <li>• Talk with parent(s) about ways to reconnect with their partner. <i>p216</i></li> </ul>	

Months 13-14	Months 15-16	Months 17-18	Months 19-21	Months 22-24
<b>Family Health Care &amp; Safety</b>				
	<ul style="list-style-type: none"> <li>Talk about family car safety and the dangers of cell phone use and texting while driving. <i>p98</i></li> </ul>	<ul style="list-style-type: none"> <li>Ask about family's daily dental care and stress why it is important. <i>p156</i></li> </ul>	<ul style="list-style-type: none"> <li>Talk about how to find answers to health questions. <i>p218</i></li> </ul>	<ul style="list-style-type: none"> <li>Talk about risks for developing asthma. <i>p274</i></li> <li>Teach parents to recognize warning signs of diabetes. <i>p276</i></li> </ul>
<b>Nutrition &amp; Exercise</b>				
<ul style="list-style-type: none"> <li>Talk about health risks of being overweight and discuss family weight goals. <i>p18</i></li> </ul>	<ul style="list-style-type: none"> <li>Talk about healthy food portions. <i>p100</i></li> </ul>	<ul style="list-style-type: none"> <li>Ask about food shopping and talk about where the family can get the most for their money. <i>p158</i></li> </ul>	<ul style="list-style-type: none"> <li>Talk about how physical activity can reduce stress, and improve energy and mood. <i>p220</i></li> </ul>	<ul style="list-style-type: none"> <li>Talk about health risks associated with being overweight. <i>p278</i></li> </ul>
<b>Pregnancy &amp; Interconception Care</b>				
	<ul style="list-style-type: none"> <li>Remind Mom why it's important to examine her breasts regularly. <i>p102</i></li> </ul>	<ul style="list-style-type: none"> <li>Explain healthy things to do before Mom gets pregnant again. <i>p160</i></li> </ul>	<ul style="list-style-type: none"> <li>Talk with Mom about special nutritional needs before having another baby. <i>p222</i></li> </ul>	
<b>Emotional Health</b>				
<ul style="list-style-type: none"> <li>Ask about childhood experiences and consider how they may still be impacting the family. <i>p20</i></li> <li>Explain how understanding emotions is important for the whole family. <i>p22</i></li> <li>Observe for signs of depression. <i>p24</i></li> </ul>	<ul style="list-style-type: none"> <li>Talk about emotional resources for managing anger and how children learn from adults. <i>p104</i></li> <li>Talk about the importance of a strong social network for emotional health. <i>p106</i></li> <li>Talk about the stages of grief when important relationships are lost. <i>p108</i></li> </ul>	<ul style="list-style-type: none"> <li>Talk about how abusive behaviors in the home affect the whole family. <i>p162</i></li> <li>Talk about replacing negative self-talk with positive thoughts. <i>p164</i></li> <li>Help Mom learn self-care strategies. <i>p166</i></li> <li>Help Mom improve her mood by laughing and singing more. <i>p168</i></li> </ul>	<ul style="list-style-type: none"> <li>Help the family get help for any unresolved emotional issues. <i>p224</i></li> <li>Talk about how to find joy and happiness in everyday moments. <i>p226</i></li> <li>Help family think about effective coping strategies. <i>p228</i></li> </ul>	<ul style="list-style-type: none"> <li>Follow up to see how ACEs are impacting family's emotional and physical health. <i>p280</i></li> <li>Help family see how selfcare can lead to good days. <i>p282</i></li> <li>Talk about emotional resources necessary for parenting. <i>p284</i></li> </ul>

## Caring for Baby

Months 13-14	Months 15-16	Months 17-18	Months 19-21	Months 22-24
<b>Nutrition &amp; Feeding</b>				
<ul style="list-style-type: none"> <li>Ask about progress on replacing the bottle with a cup. <i>p26</i></li> </ul>		<ul style="list-style-type: none"> <li>Talk about choosing healthy meals and snacks for toddler. <i>p170</i></li> </ul>	<ul style="list-style-type: none"> <li>Talk about common food allergies in toddlers. <i>p230</i></li> </ul>	<ul style="list-style-type: none"> <li>Discuss mealtime choking hazards. <i>p286</i></li> </ul>
<b>Health &amp; Safety</b>				
<ul style="list-style-type: none"> <li>Talk with family about how to care for their baby when sick. <i>p28</i></li> </ul>	<ul style="list-style-type: none"> <li>Talk about preventing accidents and what to do in case of an emergency. <i>p110</i></li> <li>Discuss how to safely give toddlers their medicine. <i>p112</i></li> </ul>	<ul style="list-style-type: none"> <li>Review safety in the home with special focus on bathroom and kitchen. <i>p172</i></li> </ul>	<ul style="list-style-type: none"> <li>Review importance of outdoor safety. <i>p232</i></li> </ul>	<ul style="list-style-type: none"> <li>Ask where toddler sleeps and discuss moving into a toddler bed. <i>p288</i></li> <li>Talk with family about child's risk of drowning and how they can "drown-proof" their home. <i>p290</i></li> </ul>
<b>Daily Care Routines</b>				
<ul style="list-style-type: none"> <li>Talk about ways to make it easier to go places with toddlers. <i>p30</i></li> </ul>	<ul style="list-style-type: none"> <li>Discuss how routines help children, and show how to chart meals and sleep schedules. <i>p114</i></li> </ul>	<ul style="list-style-type: none"> <li>Ask if there are any issues with toddler's sleep routine. <i>p174</i></li> <li>Talk about making bath time enjoyable for everyone. <i>p176</i></li> </ul>	<ul style="list-style-type: none"> <li>Talk about readiness signs for learning to use the toilet. <i>p234</i></li> <li>Talk about what children learn by watching adults in their daily routines. <i>p236</i></li> </ul>	<ul style="list-style-type: none"> <li>Talk about simplifying daily routines. <i>p292</i></li> </ul>
<b>Parenting &amp; Guidance</b>				
<ul style="list-style-type: none"> <li>Ask about the joys and challenges of parenting an active 1-year-old. <i>p32</i></li> <li>Share ideas about guiding their 1-year-old's behavior. <i>p34</i></li> <li>Ask how family maintains peace between baby and siblings. <i>p36</i></li> <li>Help family understand the difference between discipline and punishment. <i>p38</i></li> </ul>	<ul style="list-style-type: none"> <li>Talk about the traditional father role of disciplining the children. <i>p116</i></li> <li>Ask about the challenges of co-parenting a toddler. <i>p118</i></li> <li>Discuss how adjusting expectations and providing positive attention can promote appropriate toddler behavior. <i>p120</i></li> </ul>	<ul style="list-style-type: none"> <li>Explain how seeing or hearing violence in the home can harm children. <i>p178</i></li> <li>Discuss appropriate expectations and strategies for keeping child occupied in quiet places like church or meetings. <i>p180</i></li> <li>Explain how spanking can cause more harm than good. <i>p182</i></li> </ul>	<ul style="list-style-type: none"> <li>Help identify and resolve any child rearing disagreements between co-parents. <i>p238</i></li> <li>Explain how realistic expectations help parents support their toddler's development. <i>p240</i></li> <li>Discuss how to make it easier to go places with toddlers. <i>p242</i></li> </ul>	<ul style="list-style-type: none"> <li>Help toddlers cope when parents' relationships change. <i>p294</i></li> <li>Talk about how to help toddler when she doesn't get her way. <i>p296</i></li> <li>Talk about how to celebrate toddler's second birthday so it's not overwhelming. <i>p298</i></li> </ul>

## Baby's Development

Months 13-14	Months 15-16	Months 17-18	Months 19-21	Months 22-24
<b>Developmental Skills</b>				
<ul style="list-style-type: none"> <li>• Explain what new skills baby is likely to learn over the next two months and discuss <i>ASQ-3</i> or other developmental screening tool. <b>p40</b></li> <li>• Continue to promote parents' observation and reflection skills with their baby. <b>p42</b></li> <li>• Talk about baby's new motor skills. <b>p44</b></li> </ul>	<ul style="list-style-type: none"> <li>• Explain what new skills toddler is likely to learn over the next two months and review <i>ASQ-3</i> or other developmental screening tool. <b>p122</b></li> <li>• Continue to promote parents' observation and reflection skills with toddler. <b>p124</b></li> <li>• Talk about any concerns regarding toddler's development. <b>p126</b></li> </ul>	<ul style="list-style-type: none"> <li>• Explain what new skills toddler is likely to learn over the next two months and discuss <i>ASQ-3</i> or other developmental screening tool. <b>p184</b></li> <li>• Continue to promote parents' observation and reflection skills with toddler. <b>p186</b></li> </ul>	<ul style="list-style-type: none"> <li>• Explain what new skills toddler is likely to learn in the next three months and discuss <i>ASQ-3</i> or other developmental screening tool. <b>p244</b></li> <li>• Continue to promote parents' observation and reflection skills. <b>p246</b></li> </ul>	<ul style="list-style-type: none"> <li>• Explain what new skills toddler is likely to learn in the next three months and discuss <i>ASQ-3</i> or other developmental screening tool. <b>p300</b></li> <li>• Continue to promote parents' observation and reflection skills with toddler. <b>p302</b></li> </ul>
<b>Language &amp; Literacy</b>				
<ul style="list-style-type: none"> <li>• Talk about the importance of reading with their child every day. <b>p48</b></li> <li>• Help parents understand how children learn language. <b>p50</b></li> <li>• Summarize and preview baby's upcoming language development. <b>p52</b></li> </ul>	<ul style="list-style-type: none"> <li>• Talk about how different family members can support toddler's literacy. <b>p128</b></li> <li>• Encourage family to promote toddler's language development by repeating and expanding her words. <b>p130</b></li> </ul>	<ul style="list-style-type: none"> <li>• Talk with parents about following their child's lead when looking at books together. <b>p188</b></li> <li>• Explain how fingerplays help with language learning. <b>p190</b></li> </ul>	<ul style="list-style-type: none"> <li>• Explain why toddlers may not follow directions with more than two steps. <b>p248</b></li> <li>• Ask about toddler's new words. <b>p250</b></li> </ul>	<ul style="list-style-type: none"> <li>• Explain why toddlers want to read the same books over and over. <b>p304</b></li> <li>• Talk about why toddlers ask so many questions. <b>p306</b></li> <li>• Review family's home language(s) and discuss impact if learning more than one. <b>p308</b></li> </ul>
<b>Social Emotional Development</b>				
<ul style="list-style-type: none"> <li>• Continue discussion of baby's social-emotional development. <b>p56</b></li> <li>• Help parents understand that clinging and crying are signs of attachment. <b>p60</b></li> <li>• Talk about typical childhood fears and how to help children cope. <b>p62</b></li> <li>• Talk about realistic expectations for peer play. <b>p64</b></li> <li>• Explain importance of unconditional love. <b>p66</b></li> </ul>	<ul style="list-style-type: none"> <li>• Discuss benefits of healthy early relationships for long-term social-emotional competence and school success. <b>p132</b></li> <li>• Help parents understand and deal with their child's temperament. <b>p134</b></li> <li>• Discuss importance of supporting child's emotional development. <b>p136</b></li> </ul>	<ul style="list-style-type: none"> <li>• Help parents understand the importance and power of emerging emotions. <b>p192</b></li> <li>• Help parents understand the importance of giving toddler words to label emotions. <b>p194</b></li> <li>• Continue discussion of social-emotional well-being and complete screening. <b>p196</b></li> </ul>	<ul style="list-style-type: none"> <li>• Talk about the challenge of separations for toddlers. <b>p252</b></li> <li>• Help parents have reasonable expectations for toddler's ability to control their emotions. <b>p254</b></li> <li>• Explain how toddlers imitate the comforting behaviors they see. <b>p256</b></li> <li>• Talk about ways to help toddler feel "special, known, and understood." <b>p258</b></li> </ul>	<ul style="list-style-type: none"> <li>• Talk about toddler's favorite playmates, and the impact of transitions and separations. <b>p310</b></li> <li>• Explain how thumb-sucking, pacifiers, security blankets, and favorite toys help children cope. <b>p312</b></li> <li>• Talk about toddler's play with other children. <b>p314</b></li> <li>• Continue discussion of social-emotional well-being and complete screening. <b>p316</b></li> <li>• Encourage parents to help toddler develop a positive sense of self. <b>p318</b></li> </ul>

Months 13-14	Months 15-16	Months 17-18	Months 19-21	Months 22-24
<b>Play, Learning, &amp; Cognition</b>				
<ul style="list-style-type: none"> <li>• Talk about appropriate toys for their 1-year-old. <i>p68</i></li> <li>• Talk about upcoming changes in cognitive development and preview new skills. <i>p70</i></li> <li>• Talk about toddler's play skills and why play is important. <i>p74</i></li> </ul>	<ul style="list-style-type: none"> <li>• Remind parents how young children learn from repetition and imitation. <i>p138</i></li> <li>• Help parents understand ways to enhance their toddler's healthy brain development. <i>p140</i></li> <li>• Talk with parents about how they can use scaffolding to support baby's emerging skills. <i>p142</i></li> </ul>	<ul style="list-style-type: none"> <li>• Talk with parents about different types of intelligence. <i>p198</i></li> <li>• Help parents understand that toddlers learn through play. <i>p200</i></li> </ul>	<ul style="list-style-type: none"> <li>• Help parents understand the value of messy play. <i>p260</i></li> <li>• Explain how toxic stress can impact learning and behavior. <i>p262</i></li> </ul>	<ul style="list-style-type: none"> <li>• Discuss the value of going on outings with their toddler. <i>p320</i></li> <li>• Encourage parents to offer a variety of art experiences. <i>p322</i></li> </ul>