

Partners for a Healthy Baby Home Visiting Curriculum

Before Baby Arrives Scope & Sequence

Family Development

1 st Trimester	Month 4	Month 5	Month 6	Month 7	Month 8	Month 9
Empowerment						
<ul style="list-style-type: none"> • Help family to envision their dreams. <i>p4</i> • Help family visualize their dreams and goals. <i>p6</i> • Help family make a plan to achieve their goals. <i>p8</i> • Help family define specific changes needed to have a healthy baby. <i>p10</i> 	<ul style="list-style-type: none"> • Ask about progress on achieving goal of having a healthy baby and talk about making good decisions. <i>p62</i> 	<ul style="list-style-type: none"> • Help family identify next steps toward goal of having a healthy baby. <i>p114</i> • Talk about how to reframe negative thoughts. <i>p116</i> 	<ul style="list-style-type: none"> • Encourage family to map out their dreams for the new baby. <i>p158</i> • Help family prepare for the many changes involved in having a baby and overcome barriers to change. <i>p160</i> 	<ul style="list-style-type: none"> • Follow up on family's progress toward goal of having a healthy baby. <i>p206</i> 	<ul style="list-style-type: none"> • Discuss ways to overcome obstacles, including finding a mentor. <i>p250</i> 	
Relationships & Support						
<ul style="list-style-type: none"> • Help mother-to-be define her sources of support. <i>p12</i> 	<ul style="list-style-type: none"> • Ask mother-to-be how her partner/family could be supportive during the pregnancy. <i>p64</i> • Encourage expectant mom to involve baby's dad in the pregnancy. <i>p66</i> • Help mother-to-be prepare her other children for the new baby. <i>p68</i> 	<ul style="list-style-type: none"> • Talk about the value of trusted female friends <i>p118</i> • Talk with expectant couple about how they were parented and how they want to parent. <i>p120</i> 	<ul style="list-style-type: none"> • Help family prepare the other children for the baby. <i>p162</i> • Ask how the children feel about getting a new brother/sister. <i>p 164</i> 	<ul style="list-style-type: none"> • Encourage expectant mother to get the support she needs during the last trimester. <i>p208</i> 		<ul style="list-style-type: none"> • Help military parents plan ways to stay connected with family as they prepare for deployment. <i>p288</i>
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. <i>p14</i> • Help expectant father/partner understand importance of providing support to expectant mom. <i>p16</i> 	<ul style="list-style-type: none"> • Help expectant father/partner identify ways to be involved with the pregnancy and support mother-to-be. <i>p70</i> 	<ul style="list-style-type: none"> • Talk with expectant father/partner about ways to bond with his baby during the pregnancy. <i>p122</i> 	<ul style="list-style-type: none"> • Discuss any questions expectant father/partner has about becoming a father. <i>p166</i> 	<ul style="list-style-type: none"> • Talk with expectant father/partner about what it means to be a nurturing dad. <i>p210</i> 	<ul style="list-style-type: none"> • Help expectant father/partner learn how to be supportive during labor. <i>p252</i> • Talk with expectant father/partner about how he can develop a relationship with his baby while helping Mom. <i>p254</i> 	<ul style="list-style-type: none"> • Help expectant dad/partner have realistic expectations about taking care of a newborn. <i>p290</i> • Help expectant father/partner know how to support Mom when she comes home with the baby. <i>p292</i>

1 st Trimester	Month 4	Month 5	Month 6	Month 7	Month 8	Month 9
Career Development & Finance						
<ul style="list-style-type: none"> • Help family keep track of their spending. <i>p18</i> 	<ul style="list-style-type: none"> • Help family make a realistic monthly budget. <i>p72</i> • Discuss any school or work concerns. <i>p74</i> 	<ul style="list-style-type: none"> • If family has more bills than they can pay, help them decide which ones to pay first. <i>p124</i> 	<ul style="list-style-type: none"> • Encourage expectant mother to take time off from work or school after baby comes. <i>p168</i> 	<ul style="list-style-type: none"> • Work with family to make better decisions about their money to improve credit rating. <i>p212</i> 	<ul style="list-style-type: none"> • Help family plan for extra expenses related to returning to school/work. <i>p256</i> 	<ul style="list-style-type: none"> • Help family keep track of bills and receipts by getting organized. <i>p294</i>

Maternal & Family Health

1 st Trimester	Month 4	Month 5	Month 6	Month 7	Month 8	Month 9
Alcohol, Drugs, & Tobacco						
<ul style="list-style-type: none"> • Talk with mother-to-be about how smoke can harm her and her baby. <i>p20</i> • Talk about dangers of using alcohol or drugs and encourage mother-to-be to talk honestly about her use of them. <i>p 22</i> 	<ul style="list-style-type: none"> • Encourage expectant mother not to drink alcohol or use drugs. <i>p76</i> 	<ul style="list-style-type: none"> • Teach mother-to-be how quitting smoking can help her developing baby. <i>p 126</i> 		<ul style="list-style-type: none"> • Talk with moter-to-be about creating a smoke-free home for her baby. <i>p214</i> 	<ul style="list-style-type: none"> • Talk with mother-to-be about the benefits of breastfeeding even if she is still smoking. <i>p258</i> 	

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. <i>p24</i> • Explain why HIV testing is important. <i>p26</i> 	<ul style="list-style-type: none"> • Reassure mother-to-be that in most situations sexual intercourse will not harm her baby. <i>p78</i> 	<ul style="list-style-type: none"> • Talk with expectant mom about reproductive goals and birth control options. <i>p128</i> 	<ul style="list-style-type: none"> • Explain myths about birth control and getting pregnant. <i>p170</i> • Help mother-to-be learn how to use a condom correctly. <i>p172</i> • Talk with mother-to-be about ways to be affectionate with her partner without sexual intercourse. <i>p174</i> 	<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>p216</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>p260</i> 	<ul style="list-style-type: none"> • Make sure the expectant mom and her partner understand the benefits of spacing pregnancies. <i>p296</i> • Talk with mother-to-be about birth control methods that she can use while breastfeeding. <i>p298</i>

Family Health Care & Safety						
	<ul style="list-style-type: none"> • Ensure the family has health care coverage and a medical home. <i>p80</i> 	<ul style="list-style-type: none"> • Make sure the family has health care coverage and help them resolve any insurance or Medicaid problems. <i>p130</i> 				

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Nutrition & Exercise						
<ul style="list-style-type: none"> • Teach mother-to-be about the importance of a healthy diet. <i>p28</i> • Make sure mother-to-be is getting the vitamins, folic acid, and iron she needs. <i>p30</i> • Teach expectant mom about healthy weight gain during pregnancy. <i>p32</i> 	<ul style="list-style-type: none"> • Teach mother-to-be how to read food labels. <i>p82</i> • Explain why it's important to avoid certain foods during pregnancy. <i>p84</i> • Teach mother-to-be about safe exercise during early pregnancy. <i>p86</i> 	<ul style="list-style-type: none"> • Encourage mother-to-be to maintain a balanced, healthy diet and keep a food diary. <i>p132</i> • Explain pregnancy induced cravings and how to cope. <i>p134</i> 	<ul style="list-style-type: none"> • Talk with mother-to-be about gestational diabetes. <i>p176</i> 	<ul style="list-style-type: none"> • Talk about exercising in late pregnancy. <i>p218</i> 		
Pregnancy & Interconception Care						
<ul style="list-style-type: none"> • Encourage expectant mom to explore her provider choices. <i>p34</i> • Explain the importance of prenatal care. <i>p36</i> • Make sure expectant mom gets to her first trimester prenatal appointments and knows what to expect. <i>p38</i> • Describe physical changes during the first trimester and discuss ways to cope. <i>p40</i> • Talk about healthy practices to follow during pregnancy. <i>p42</i> • Explain potential dangers of medication use during pregnancy. <i>p44</i> 	<ul style="list-style-type: none"> • Make sure expectant mom gets to her prenatal appointments and knows what to expect. <i>p88</i> • Describe physical changes during second trimester and discuss ways to cope. <i>p90</i> • Talk about the ultrasound and other common tests during pregnancy. <i>p92</i> 	<ul style="list-style-type: none"> • Make sure expectant mom gets to her prenatal appointments and knows what to expect. <i>p136</i> • Teach mother-to-be about preterm labor and how to lower her risks for an early birth. <i>p138</i> • Talk with mother-to-be about her oral health. <i>p140</i> 	<ul style="list-style-type: none"> • Talk with mother-to-be about expected physical changes and help her feel good about her changing body. <i>p178</i> • Help mother-to-be identify who will support her during labor and delivery. <i>p180</i> • Teach expectant mom ways to reduce any tension or anxiety she has. <i>p182</i> • Teach mother-to-be how to recognize signs of preterm labor and what to do. <i>p184</i> • Encourage mother-to-be and her partner to attend childbirth classes. <i>p186</i> 	<ul style="list-style-type: none"> • Make sure expectant mother knows what to expect on prenatal visits. <i>p220</i> • Teach mother-to-be about managing discomforts during the third trimester. <i>p222</i> • Explain options to relieve pain during labor. <i>p224</i> • Find out if expectant mom and her partner have a birth plan. <i>p226</i> • Talk with mother-to-be about medical reasons for a C-section. <i>p228</i> • Help expectant mom and her partner know what to do if baby is born early and stays in the NICU. <i>p230</i> 	<ul style="list-style-type: none"> • Help teach parents about having a healthy pregnancy with twins (or more). <i>p262</i> • Talk with mother-to-be about waiting until her labor starts naturally. <i>p264</i> • Help expectant mom plan what to take to the hospital. <i>p266</i> • Teach parents about kick counts. <i>p268</i> • Explain how to recognize labor and time contractions. <i>p270</i> 	<ul style="list-style-type: none"> • Talk with mother-to-be about doing Kegel exercises. <i>p300</i> • Make sure mother-to-be can time contractions and knows when to go to the hospital. <i>p302</i> • Discuss what to expect after baby is born and why it's important to go to her postpartum checkup. <i>p304</i>

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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. <i>p46</i> • Talk with mother-to-be about parenthood and pregnancy options. <i>p48</i> • Talk about common stressors and ways to manage. <i>p50</i> • Ask about any medications expectant mom is taking for depression or other mental health issues. <i>p52</i> 	<ul style="list-style-type: none"> • Explain how stress can affect the expectant mother and her baby's development. <i>p94</i> • Consider the experiences of the expectant mother and help her identify ways to manage her stress. <i>p96</i> • Talk about ways to manage and limit pregnancy stress. <i>p98</i> • Prepare expectant family for series of topics that impact emotional health. <i>p100</i> • Encourage expectant mom to exercise to manage stress and improve emotional health. <i>p102</i> • Talk with mother-to-be about her childhood experiences and how they may still be affecting her. <i>p104</i> 	<ul style="list-style-type: none"> • Encourage expectant mom to eat healthy foods to manage stress, improve sleep, and improve emotional health. <i>p142</i> • Talk about how gratitude can improve emotional health. <i>p144</i> • Talk with mother-to-be about pleasurable activities that improve energy and mood. <i>p146</i> • Use the ultrasound to promote bonding and address any fears if problems were indicated. <i>p148</i> • Help raise awareness about abusive behaviors and where to seek help. <i>p150</i> 	<ul style="list-style-type: none"> • Help mother-to-be cope with the emotional transition to motherhood. <i>p188</i> • Help expectant mother build a strong support system of friends to improve her emotional health. <i>p190</i> • Talk about how family relationships can support emotional health. <i>p192</i> • Help expectant mother learn how to reduce stress by making time for mindful moments. <i>p194</i> • Explain how sleep affects mood and emotional health, and discuss ways expectant mom and partner can get enough sleep. <i>p196</i> 	<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>p232</i> • When necessary, help family deal with pregnancy loss. <i>p234</i> • Show expectant mother how to practice deep breathing to reduce stress. <i>p236</i> • Help expectant woman learn how to mother and nurture herself. <i>p238</i> • Help expectant mother think about how her relationship with her partner can be more loving and supportive. <i>p240</i> 	<ul style="list-style-type: none"> • Show expectant mom how to reduce stress by prioritizing her "To-Do" list before baby arrives. <i>p272</i> • Find out about expectant mom's concerns and help her reduce any anxiety. <i>p274</i> • Talk about boosting joy and happiness during pregnancy. <i>p276</i> • Talk with mother-to-be about the impact worrying has on her physical and emotional health. <i>p278</i> 	<ul style="list-style-type: none"> • Help mother-to-be know what to expect with postpartum baby blues. <i>p306</i>

Preparing for Baby

1 st Trimester	Month 4	Month 5	Month 6	Month 7	Month 8	Month 9
Nutrition & Feeding						
			<ul style="list-style-type: none"> Encourage expectant mother to breastfeed. <i>p198</i> 		<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>p280</i> 	
Health & Safety						
			<ul style="list-style-type: none"> Talk with expectant mom about preparing a safe sleep environment for baby. <i>p200</i> 	<ul style="list-style-type: none"> Make sure expectant mom has chosen a doctor for baby and has arranged for health insurance. <i>p242</i> 	<ul style="list-style-type: none"> Talk with expectant mom about choosing and installing a car seat. <i>p282</i> 	<ul style="list-style-type: none"> Explain why well-baby checkups and immunizations are critical to baby's health. <i>p308</i>
Daily Care Routines						
	<ul style="list-style-type: none"> Talk about how to choose a quality caregiver and get on waiting list. <i>p106</i> 	<ul style="list-style-type: none"> Help expectant mom think about what she needs for the baby. <i>p152</i> 				

Baby's Development

Fetal Development						
<ul style="list-style-type: none"> Talk with expectant mom and her partner about how baby is developing. <i>p54</i> Talk with expectant mom and her partner about birth defects and how to help prevent them. <i>p56</i> 	<ul style="list-style-type: none"> Talk with expectant mom and her partner about how baby is developing. <i>p108</i> 			<ul style="list-style-type: none"> Talk with expectant mom and her partner about how baby is developing. <i>p244</i> 		