



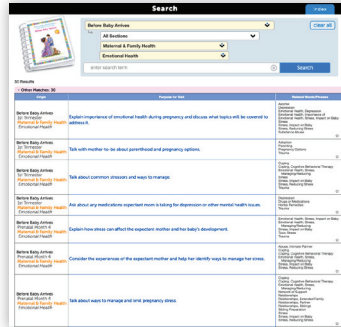
Using the **Partners for a Healthy Baby** Digital Curriculum to Fidelity

In order to achieve program goals and help families meet their goals, you have to be knowledgeable about topics that impact those families. When you use the *Partners* digital curriculum to fidelity, you become more knowledgeable about these topics, and can plan and conduct more effective home visits

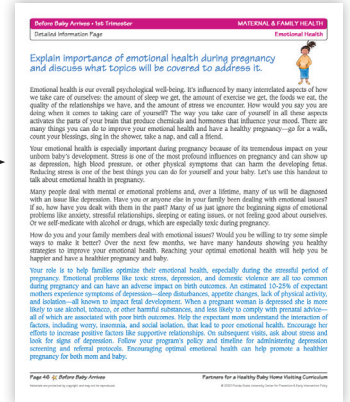
Using the *Partners for a Healthy Baby* digital curriculum to fidelity involves a 3 step process:

1. Start by using the **Purpose Page** to select the specific Purpose(s) to be covered on the visit. On the Curriculum Search page, select the **Book** and the **Section** (stage of pregnancy or age of child). The search results display the Purpose Page.
2. Click on the Purpose you wish to review. This will take you to the **Detailed Information Page** that explains the Purpose you chose. Review the information carefully.
3. The corresponding **Parent Handout** will be displayed on the screen. Review the **Parent Handout** recommended and select “print.”

1. Purpose Page



2. Detailed Information Page



3. Parent Handout

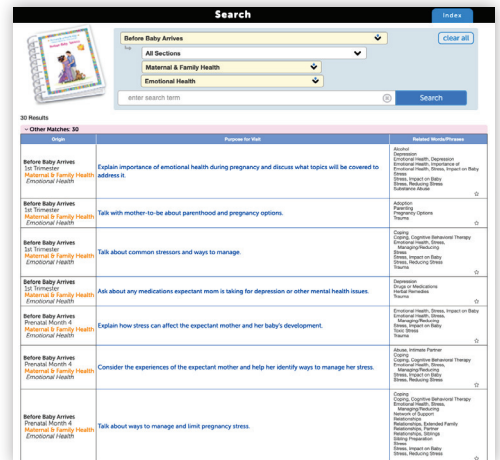


Step 1. Go to the Purpose Page

Each dropdown section begins with the choice of what book you wish to search followed by the stage of pregnancy or the age of the child being visited — represented by Section/Month. No attempt is made to break Purposes into weekly segments—you can do that if you visit weekly. Tailor your choice of Purposes to the needs of each family while using the curriculum as a guide to ensure critical information is covered.

Next you can choose from four Categories: **Family Development, Maternal & Family Health, Preparing/Caring for Baby/Toddler,** and **Baby's/Toddler's Development,** which are listed in the dropdown menu. The last dropdown menu is a list of Topics related to that curriculum Category.

We recommend that you begin with Purposes that are of particular concern or interest for the family and address your program goals. Omit only those Purposes that you know do not apply to a specific family.



Step 2. Review Detailed Information About Each Purpose

The pages that follow each Purpose Page provide detailed information about how to address each Purpose. The information is presented in two different colors.

The **words in black print** (prompts) are intended to remind you of important points you need to make, and help you come up with words and phrases to introduce and discuss them. As needed, reword the text to fit the family's circumstances, but be sure to convey the basic information that is outlined.

These prompts are for you to study as you plan your visit. You should not take the Detailed Information Pages with you into a visit because you may be tempted to read them. As you know, reading information or shuffling around papers is a sure way to lose the attention of the person you are visiting.

The **words in blue** offer additional instructions, call your attention to things you need to be aware of or look for, and suggest follow-up actions you may need to take.

Review these Detailed Information Pages before your visit and make brief notes on whatever planning form you use regarding the main points you plan to cover. Talk about the main points in your own words during the visit. If you can't discuss the material without reading prompts word-for-word, you need more training and study of the issue before you conduct a visit.

Purpose

Prompts

Additional Instructions

Category

Topic

Before Baby Arrives • 1st Trimester

Emotional Health

Explain importance of emotional health during pregnancy and discuss what topics will be covered to address it.

Emotional health is our overall psychological well-being. It's influenced by many interrelated aspects of how we take care of ourselves: the amount of sleep we get, the amount of exercise we get, the foods we eat, the quality of the relationships we have, and the amount of stress we encounter. How would you say you are doing when it comes to taking care of yourself? The way you take care of yourself in all these aspects activates the parts of your brain that produce chemicals and hormones that influence your mood. There are many things you can do to improve your emotional health and have a healthy pregnancy—go for a walk, count your blessings, sing in the shower, take a nap, and call a friend.

Your emotional health is especially important during pregnancy because of its tremendous impact on your unborn baby's development. Stress is one of the most profound influences on pregnancy and can show up as depression, high blood pressure, or other physical symptoms that can harm the developing fetus. Reducing stress is one of the best things you can do for yourself and your baby. Let's use this handout to talk about emotional health in pregnancy.

Many people deal with mental or emotional problems and, over a lifetime, many of us will be diagnosed with an issue like depression. Have you or anyone else in your family been dealing with emotional issues? If so, how have you dealt with them in the past? Many of us just ignore the beginning signs of emotional problems like anxiety, stressful relationships, sleeping or eating issues, or not feeling good about ourselves. Or we self-medicate with alcohol or drugs, which are especially toxic during pregnancy.

How do you and your family members deal with emotional issues? Would you be willing to try some simple ways to make it better? Over the next few months, we have many handouts showing you healthy strategies to improve your emotional health. Reaching your optimal emotional health will help you be happier and have a healthier pregnancy and baby.

Your role is to help families optimize their emotional health, especially during the stressful period of pregnancy. Emotional problems like toxic stress, depression, and domestic violence are all too common during pregnancy and can have an adverse impact on birth outcomes. An estimated 10-25% of expectant mothers experience symptoms of depression—sleep disturbances, appetite changes, lack of physical activity, and isolation—all known to impact fetal development. When a pregnant woman is depressed she is more likely to use alcohol, tobacco, or other harmful substances, and less likely to comply with prenatal advice—all of which are associated with poor birth outcomes. Help the expectant mom understand the interaction of factors, including worry, insomnia, and social isolation, that lead to poor emotional health. Encourage her efforts to increase positive factors like supportive relationships. On subsequent visits, ask about stress and look for signs of depression. Follow your program's policy and timeline for administering depression screening and referral protocols. Encouraging optimal emotional health can help promote a healthy pregnancy for both mom and baby.

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Partners for a Healthy Baby Home Visiting Curriculum

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Step 3. Review Corresponding Parent Handouts

The Parent Handouts summarize critical points on each topic and in some cases help you discuss issues that may otherwise be awkward to broach. You should study the handouts prior to visits so you can talk in your own words, rather than reading word-for-word.

The purpose of the Parent Handouts is to help families:

- ★ Learn how to have a healthy pregnancy.
 - ★ Make changes toward healthier lifestyles.
 - ★ Think about their life goals and dreams and how to reach them.
 - ★ Recognize early warning signs of pregnancy-related and other health and developmental problems.
 - ★ Be physically, emotionally, and financially prepared to have a baby.
 - ★ Learn ways to support their baby's growth and development.
 - ★ Manage the stress that pregnancy and caring for a new baby can bring.
- Improve their self-esteem.

