




WELCOME

FSU Partners for a Healthy Baby Curriculum Introduction



<https://cpeip.fsu.edu/>



Presentation Goals

Learn about:

- ✓ The components of the Partners curriculum.
- ✓ The steps to using Partners curriculum to fidelity.
- ✓ Locating topics in Partners by utilizing the Purpose Pages and Scope & Sequence.
- ✓ Using Partners to plan and conduct organized, effective home visits.



Florida State University Center for Prevention

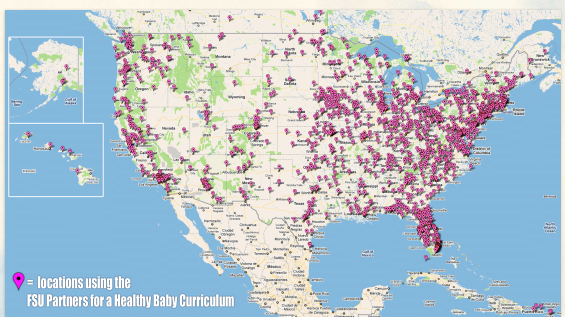
Home Visiting Since 1993



- First Wave Federal Healthy Start 1993-1996
- University Early Head Start 1996- present
- Young Parents Program 2006-present

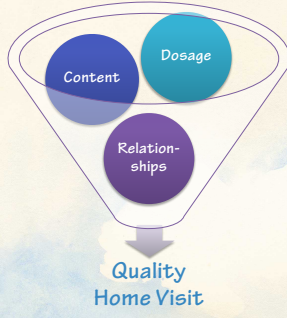



Programs Using Partners Curriculum



📍 = Locations using the FSU Partners for a Healthy Baby Curriculum

Influences on Home Visit Quality



Dosage
frequency, length, and duration of services

Relationships
the *heart* of home visiting


Content
a curriculum focused on intended outcomes

Quality Home Visit

(Paulsell, D., Boller, K., Hallgren, K., & Esposito, A., 2010)

How Partners Helps Home Visitors Achieve Positive Program Outcomes

- Helps home visitors address program goals while responding to family needs.
- Supports home visitor's ability to systematically plan key topics at critical times.
- Detect early signs of health or developmental problems.
- Promote and encourage parenting skills that support bonding, attachment, and child development.



Let's Explore the Layout of the Curriculum

Each book of the curriculum has the same layout and key features.

Florida State University Partners for a Healthy Baby

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Partners for a Healthy Baby Home Visiting Curriculum | Authors/Reader/Program Coordinators | 1800-03-21

User's Guide

Using Partners to Fidelity

1. Purpose Page

2. Detailed Information Page

3. Parent Handout

1st Trimester Tab

Purpose Pages

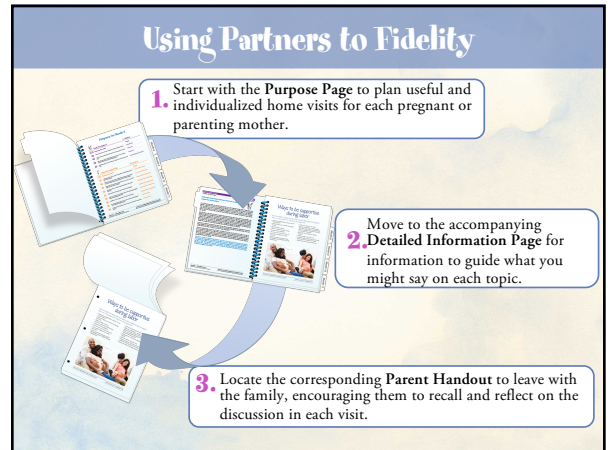
Purpose Pages

Categories & Topics

Detailed Information Page

Parent Handout

Parent Handouts



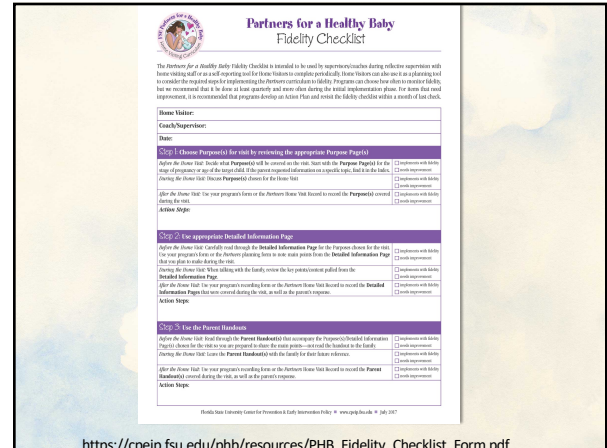
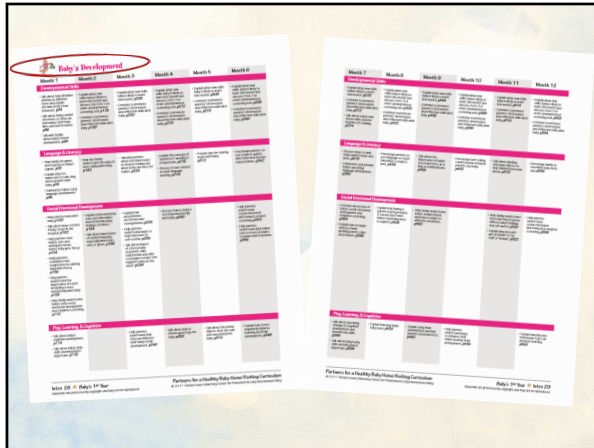
Scope and Sequence

Scope & Sequence
Overview of Topics

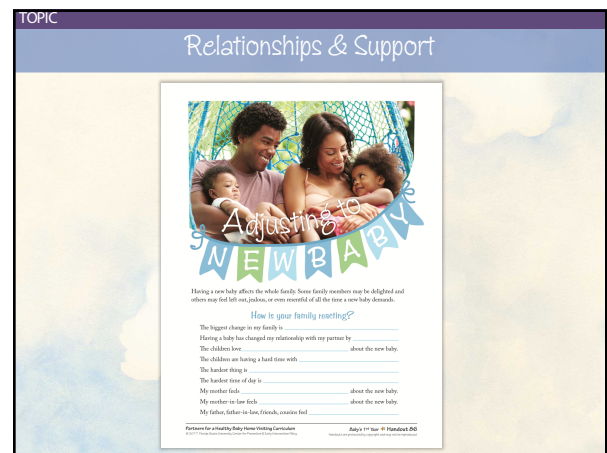
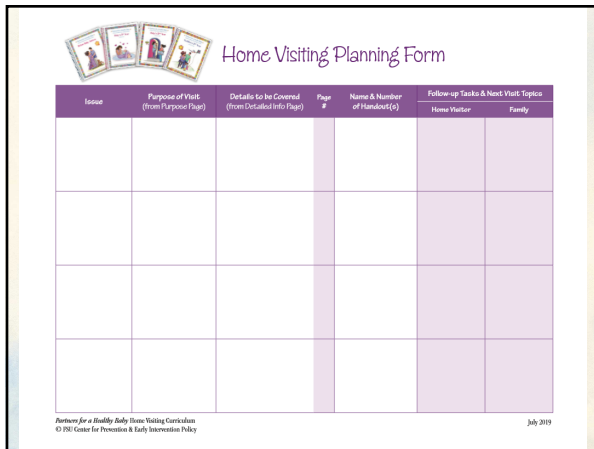
The Scope & Sequence is an overview of all the Topics in the Partners curriculum, in order and topics are covered, as well as when they can be found in the curriculum. The Scope & Sequence for Partners (this document) provides an overview of all of the Topics that are included in the curriculum. You can use this overview to plan your program or to help you understand the organization of the curriculum. The Topics are organized by the following categories: Family Development, Maternal & Family Health, Preparing for Baby, and Baby's Development. Each Topic is listed with its corresponding page number.

Topic	Page
Family Development	
• Relationships & Support	Page 22
• Partnership	Page 22
• Career Development & Finance	Page 22
Maternal & Family Health	
• Health Care & Screenings	Page 24
• Diet, Vitamins & Family Planning	Page 24
• Breast Health Care & Safety	Page 24
• Nutrition & Feeding	Page 24
• Pregnancy & Infant Development	Page 24
• Postnatal Health	Page 24
Preparing for Baby	
• Health & Safety	Page 26
• Child Care	Page 26
• Planning & Logistics	Page 26
Baby's Development	
• Infant Development	Page 28

Scope & Sequence Pages



https://cpeip.fsu.edu/nhb/resources/PHB_Fidelity_Checklist_Form.pdf



Good Relationships with Grandparents

Ask how grandparents relate to baby and encourage their involvement.

Grandparents can be a great help, but they may have different ideas of how to be involved than you do. It's important to have a good relationship with your grandparents. This can help you get the support you need for your baby. Grandparents can be a great help, but they may have different ideas of how to be involved than you do. It's important to have a good relationship with your grandparents. This can help you get the support you need for your baby.

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TOPIC: Fatherhood

Learning about my new baby

Figuring out what my baby wants

What I've learned about my baby

These cards provide information and resources for new fathers, including tips on bonding with the baby and understanding his needs.

CATEGORY: Maternal & Family Health

TOPIC: Pregnancy and Interconception Care

Why Prenatal Care is Important

My First Prenatal Visit

My 2nd Prenatal Visit

My 3rd Prenatal Visit

These cards provide information and resources for pregnant women, including tips on prenatal care and understanding the importance of regular visits.

TOPIC: Pregnancy and Interconception Care

Ideal Weight Gain During Pregnancy

Parenting TOOTH DECAY & GUM PROBLEMS

What are the signs of preterm labor?

These cards provide information and resources for pregnant women, including tips on weight gain, dental care, and recognizing signs of preterm labor.

TOPIC: Pregnancy and Interconception Care

Teach mothers-to-be about preterm labor and how to lower her risks for an early birth.

WHAT YOU CAN DO TO lower your risk for having a premature baby


Let your baby come naturally ON HIS OR HER OWN TIME.

These cards provide information and resources for pregnant women, including tips on reducing the risk of preterm labor and understanding the importance of natural childbirth.

TOPIC

Nutrition and Exercise

Do You Read Food Labels?




Nutrition Facts

Calories	220	440
Total Fat	10g	20g
Total Carbohydrate	40g	80g
Total Protein	10g	20g

Reading food labels helps you make informed decisions about the foods you purchase and eat.

Being Active Together as a Family



Have TV commercials and fitness tracks. Great ways to exercise, like phone apps, like yoga and Pilates.

Find ways to get fit and have fun!

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TOPIC

Emotional Health

Emotional Health


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

Material & Family Health

- Emotional Health
- Stress Management
- Relationships
- Self-Care
- Support Systems

Key Messages

- Emotional health is important for a healthy pregnancy.
- Stress can affect the baby's development.
- Support systems are crucial for emotional well-being.



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TOPIC

Trauma & ACEs

Trauma & ACEs

Material & Family Health

- ACEs
- Trauma
- Resilience
- Support

Making A Better Future

Take with mother-to-be about her childhood experiences and how they may affect her future.

Key Messages

- ACEs can have long-term effects on health.
- Understanding ACEs can help in seeking support.
- Resilience and support can mitigate negative effects.

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CATEGORY

Caring for Baby/Toddler



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CATEGORY

Preparing for Baby

How to Choose a Doctor

It's very important to choose a doctor before your baby is born. This gives you time to ask for health and insurance choices that mean the most to you.

Ask the doctor:

- How long have you been in practice?
- Are you part of a group practice?
- Are you accepting Medicaid?
- Can you talk to the medical staff in the office if you need help?

Immunizations & Well-Baby Checkups

In the first year of life, doctors recommend a series of checkups to make sure your baby is developing on schedule and to make sure you have the right immunizations.

Key Messages

- Checkups are essential for early detection of health issues.
- Immunizations protect your baby from serious diseases.

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TOPIC

Nutrition & Feeding

Is my baby getting enough to eat?

Find out how often your baby should eat during the first year.

Key Messages

- Watch for signs of hunger and fullness.
- Encourage breastfeeding or formula feeding.
- Introduce solids when ready.

My Baby's Feeding/Meteing Record


Day	Time	Amount	Notes
1	8:00 AM	4 oz	
1	12:00 PM	4 oz	
1	4:00 PM	4 oz	
1	8:00 PM	4 oz	

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TOPIC


Health & Safety

Newborn Care




Umbilical Cord

- Keep the umbilical cord clean and dry.
- Use your baby's diaper to hold the cord in place off the baby's stomach.
- Use a well-ventilated cloth to clean the area daily until it falls off naturally.
- Hold the top of the diaper down so it won't tug or irritate the cord.



Diaper Rash

- Change wet diapers often.
- Wash your hands with soap and water and change frequently.
- Use baby lotion for a while each time you change.
- Apply zinc oxide to diaper area.



Circumcision

- Cleanse your baby's penis with warm water.
- Put petroleum jelly on the uncircumcised area to prevent it from sticking to the diaper.
- Do not retract the foreskin.
- Wash or dry gently with an alcohol swab.

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March 14th 11am - 12:30pm EST
Slide 14 of 24

TOPIC

Daily Care Routines



Helping your baby sleep

Asks for 11am - 12:30pm EST



Helping your baby sleep all night

Asks for 11am - 12:30pm EST




Still waking up at night?

Asks for 11am - 12:30pm EST


TOPIC

Parenting and Guidance




Cooperation & Co-parenting

Asks for 11am - 12:30pm EST



Tips for sharing custody of your baby

Asks for 11am - 12:30pm EST



Handling Disagreements About Parenting

Asks for 11am - 12:30pm EST

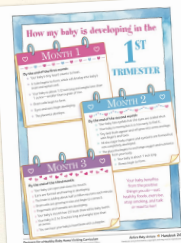
CATEGORY

Baby's/ Toddler's Development



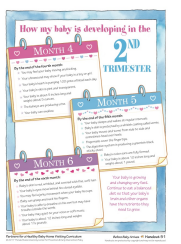
TOPIC

Fetal Development




How my baby is developing in the 1st TRIMESTER

Asks for 11am - 12:30pm EST



How my baby is developing in the 2nd TRIMESTER

Asks for 11am - 12:30pm EST



How my baby is developing in the 3rd TRIMESTER

Asks for 11am - 12:30pm EST

TOPIC

Developmental Skills

Watch Me Grow!



Motor

- I can turn my head to both sides when I sit on my back.
- I can sit up for my head slightly while I'm being held on my shoulder.
- I can hold my legs while on my back.

Thinking

- I can point when people or objects are about to go away from my face.
- I can distinguish between nearby objects, but they need to move slowly.
- I can understand whether you know the opening my mouth or sticking out my tongue.

Language

- I try when I sleep.
- I can turn my head to look your way.
- I follow my mother's actions and I'm learning to say your name.

Feeling

- I enjoy looking at your face and side your eyes.
- I enjoy holding and being held.
- I get quiet when I'm picked up.

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TOPIC

Developmental Skills



Watch Me Grow! 8

Motor

- Can hold head up on own
- Can sit up with support
- Can pull up to stand
- Can get up after falling
- Can crawl

Language

- Can say a few words
- Can understand simple words
- Can respond to simple words
- Can understand simple words
- Can understand simple words

Thinking

- Can play with blocks
- Can play with toys
- Can play with toys
- Can play with toys
- Can play with toys



Watch Me Grow! 18

Motor

- Can walk
- Can run
- Can climb stairs
- Can play with toys

Thinking

- Can play with blocks
- Can play with toys
- Can play with toys
- Can play with toys

TOPIC

Developmental Skills



Watch Me Grow! 12

Motor

- Can walk
- Can run
- Can climb stairs
- Can play with toys

Thinking

- Can play with blocks
- Can play with toys
- Can play with toys
- Can play with toys



My one month old

When you look at your baby...

My baby is now about...


My baby is now about...

My baby is now about...

My baby is now about...

TOPIC

Developmental Skills




My two month old

When you look at your baby...

My baby is now about...

My baby is now about...

My baby is now about...




My 13-14 month old

When you look at your baby...

My baby is now about...

My baby is now about...

My baby is now about...



My 28-30 month old

When you look at your baby...

My baby is now about...

My baby is now about...

My baby is now about...

TOPIC

Developmental Skills



Watch My Motor Skills Grow! 18

Motor Skills

- Can walk
- Can run
- Can climb stairs
- Can play with toys



Watch My Motor Skills Grow! 24

Motor Skills

- Can walk
- Can run
- Can climb stairs
- Can play with toys



Watch My Motor Skills Grow! 30

Motor Skills

- Can walk
- Can run
- Can climb stairs
- Can play with toys

TOPIC

Language and Literacy

What books are best for my baby?


Choose sturdy vinyl, cloth, or board books

- with simple, large pictures or designs
- with actual pictures of familiar things
- that have simple words or rhyming words
- that have simple words or rhyming words
- that have simple words or rhyming words

Make books for your baby. Cut out pictures from magazines or use actual photographs. Put pictures on poster board or other heavy paper and cover with contact paper.

Reading with your baby can be fun for both of you!

Toddlers Love Picture Books



Read with big pictures and few words when your child is first learning to read.

Read with big pictures and few words when your child is first learning to read.

Read with big pictures and few words when your child is first learning to read.

TOPIC

Social and Emotional Development

Social-Emotional Well-Being 6

is the ability to form healthy relationships, show a range of emotions, and gradually learn to manage emotions.

What does it look like?

- makes connections by giving affection, hugging, and holding
- is able to calm down when upset
- is getting used to daily routines
- is playing with others
- is playing with others
- is playing with others

How can you support this development?

- When you are in a physical need—like hot, hungry, or tired—talk to your child about the need.
- When you are in a physical need—like hot, hungry, or tired—talk to your child about the need.
- When you are in a physical need—like hot, hungry, or tired—talk to your child about the need.

Social-Emotional Well-Being 1

is the ability to form healthy relationships, show a range of emotions, and gradually learn to manage emotions.

What does it look like?

- Your caregiver is smiling and talking to you
- You are smiling and talking to your caregiver
- You are smiling and talking to your caregiver
- You are smiling and talking to your caregiver

How can you support this development?

- When you are in a physical need—like hot, hungry, or tired—talk to your child about the need.
- When you are in a physical need—like hot, hungry, or tired—talk to your child about the need.
- When you are in a physical need—like hot, hungry, or tired—talk to your child about the need.

TOPIC

Play, Learning and Cognition

Children Learn Through Play

Babies learn by playing with things!

- Pick things up
- Push things
- Chew on things
- Crawl over and under things
- Push things
- Pull things
- Throw things
- Peek and hide things
- Stack things
- Sort things
- Match things
- Sort things and match what happens

Adults can support children's learning when they:

- Lighten Up Daily Routines
- Play Games

Play often is fun and should be fun for the child. Play is a way for children to learn and grow. Play is a way for children to learn and grow. Play is a way for children to learn and grow.

What Toddlers Learn by Playing

Language

- Showing interest in what others are saying
- Using simple words and phrases
- Making sounds, noises, and playing with letters

Mathematics

- Counting
- Matching shapes, colors, sizes, and weights
- Understanding how things fit together and how they work

Problem solving skills

- Making things work and solving problems
- Learning to share, cooperate, and work with others
- Understanding how things work and how to use them

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TOPIC

Brain Power

Your toddler's brain is still "under construction" — Every day you do things to build it.

Sing & Play

The brain loves music and rhythm. Singing and playing with music helps the brain learn language patterns and develop memory. Singing and playing with music helps the brain learn language patterns and develop memory.

Read Read Read

The brain is wired to learn from stories. Reading to your child helps the brain learn language patterns and develop memory. Reading to your child helps the brain learn language patterns and develop memory.

Talk Talk Talk

The brain is wired to learn from conversation. Talking to your child helps the brain learn language patterns and develop memory. Talking to your child helps the brain learn language patterns and develop memory.

Brain Games

Games that involve following directions, playing with others, and making eye contact help the brain learn language patterns and develop memory. Games that involve following directions, playing with others, and making eye contact help the brain learn language patterns and develop memory.

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Meets Head Start Home Visiting Performance Standards

Head Start Early Learning Outcomes Framework

Head Start Parent, Family, and Community Engagement Framework

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Infant Mental Health Endorsement & FAIMH Competencies

Knowledge Areas

- Pregnancy and early parenthood
- Infant/young child development and behavior
- Infant/young child and family-centered practice
- Relationship-focused practice
- Family relationships and dynamics
- Attachment, separation, trauma, grief and loss
- Cultural competence

Florida Association for Infant Mental Health (FAIMH)

COMPETENCY GUIDELINES
ENDORSEMENT FOR CULTURALLY SENSITIVE, RELATIONSHIP-FOCUSED PRACTICE PROMOTING INFANT MENTAL HEALTH™

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Thank you for joining us today!
See you in a training soon!

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