



# Using *Partners for a Healthy Baby* to Support Pregnant & Postpartum Women At Risk For or Experiencing Intimate Partner Violence Before Baby Arrives

## 1st Trimester

Topic	Purpose/Task	Handout
Empowerment	Find out if the family has any urgent, unmet basic needs. p6	
Relationships & Support	Ask the expectant mother how her family feels about her pregnancy. p11	
Relationships & Support	Ask how the baby's father feels about the pregnancy. p12	
Relationships & Support	Help the mother-to-be define her sources of support. p13	#6 Circle of Support for My Baby & Me
Fatherhood	Find out how the father of the baby feels about the pregnancy. p14	#7 Accepting This Pregnancy
Fatherhood	Talk with the father-to-be/partner about the importance of his involvement throughout the pregnancy. p19	#9 Why fathers are so important!
Emotional Health	Help mother-to-be sort out her feelings about the pregnancy and consider her options. p35	#23 Accepting Your Pregnancy #24 What I thought & how I felt this week
Emotional Health	Help the pregnant teen sort out her feelings about the pregnancy. p37	#24 What I thought & how I felt this week
Emotional Health	Ask mother-to-be about her stress level and explain how it can affect her baby's development. p39	#25 How can stress affect my unborn baby?

## Month 4

Topic	Purpose/Task	Handout
Empowerment	Follow up about any basic unmet needs and talk about planning to avoid last minute crises. p50	
Fatherhood	Help the expectant father/partner identify ways to support mother-to-be. p59	#36 Tips for fathers-to-be
Fatherhood	Talk about how the expectant father was parented and what kind of dad he wants to be. p60	

## Month 5

Topic	Purpose/Task	Handout
Empowerment	Ask the family about any unmet basic needs and help them access the appropriate resources. p86	
Empowerment	Help mother-to-be increase her feelings of self-respect and enhance her self-image. p87	#54 Respect
Relationships & Support	Encourage a relationship with the baby's father unless there are safety concerns. p90	
Relationships & Support	Talk about the value of trusted female friends. p91	#57 The Importance of Female Friends
Relationships & Support	Help the expectant mother think about her relationship with her partner and how it can be more loving and supportive. p92	#58 Getting the love you deserve
Fatherhood	Talk to father of the baby about how he can best support the expectant mother. p95	#61 How can I be a great dad?





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### Month 6

Topic	Purpose/Task	Handout
Empowerment	Check with the family about any unmet basic needs and help them access the appropriate resources. p116	
Relationships & Support	Ask mother-to-be how pregnancy has affected her relationship with her partner/baby's father. p119	
Relationships & Support	Talk about conflict in relationships. p120	#74 Having a Healthy Relationship
Alcohol, Drugs, & Tobacco	Teach mother-to-be how quitting drugs, alcohol, and/or tobacco can help her developing baby. p126	
Childbirth Preparation	Find out if mother-to-be and her partner are signed up for childbirth classes and still plan to attend. p132	

### Month 7

Topic	Purpose/Task	Handout
Empowerment	Follow-up with the family about any unmet basic needs and help them access the appropriate resources. p144	
Relationships & Support	Explain why it is important for her partner to continue to be involved throughout her pregnancy. p149	
Relationships & Support	Provide the expectant mother with encouragement and support as needed for the last trimester. p150	#81 Never Give Up!
Physical Changes & Discomforts	Teach mother-to-be how to manage any discomforts during the third trimester of pregnancy. p159	#85 Changes during your third trimester of pregnancy
Childbirth Preparation	Find out if mother-to-be and her partner are attending childbirth classes. p162	

### Month 8

Topic	Purpose/Task	Handout
Empowerment	Ask the family about any unmet basic needs and help them access the appropriate resources. p178	

### Month 9

Topic	Purpose/Task	Handout
Empowerment	Follow up with the family about any unmet basic needs and help them access the appropriate resources. p208	
Alcohol, Drugs, & Tobacco	Follow-up on mother-to-be's progress toward quitting alcohol, drugs, and/or tobacco, and on providing a safe home for her baby. p214	





# Using *Partners for a Healthy Baby* to Support Pregnant & Postpartum Women At Risk For or Experiencing Intimate Partner Violence Baby's First Six Months

## Week 1

Topic	Purpose/Task	Handout
Empowerment	Ask the family about any urgent, unmet basic needs and help them access the appropriate resources. p7	
Relationships & Support	Ask about Mom's relationship with the baby's father. p10	
Fatherhood	Encourage Dad to have a positive relationship with Mom and baby. p15	

## Week 2

Topic	Purpose/Task	Handout
Empowerment	Observe for any unmet basic needs and help the family plan to avoid last minute crises. p67	
Relationships & Support	Check to see that Mom has enough support and encourage Dad's/partner's involvement. p68	#29 Help your partner love your baby
Fatherhood	Provide suggestions to Dad about how to support Mom. p70	

## Week 3

Topic	Purpose/Task	Handout
Empowerment	Help the family address any unmet basic needs. p113	
Emotional Health	Ask if the family is feeling overwhelmed and help them get the support they need. p131	
Emotional Health	Talk about the emotional transition to parenthood. p132	#50 Motherhood: Adjusting to the changes it brings
Guidance	If Mom reports that her partner is bothered by baby's crying, offer to talk with him about it. p148	

## Week 4

Topic	Purpose/Task	Handout
Infant Mental Health	Observe for any problems with bonding and attachment. p190	

## Month 2

Topic	Purpose/Task	Handout
Empowerment	Observe for any unmet basic needs and check on the family's ability to access needed resources. p199	
Relationships & Support	Ask Mom if the stress of caring for the new baby is affecting her relationship with her partner. p202	
Relationships & Support	Talk with Mom about conflict in relationships. p203	
Relationships & Support	Continue to encourage a relationship with the baby's dad unless there are safety concerns. p205	
Fatherhood	Follow up with Dad about the stress of caring for a newborn and make sure he has enough support. p210	





## Using *Partners for a Healthy Baby* to Support Pregnant & Postpartum Women At Risk For or Experiencing Intimate Partner Violence *Baby's First Six Months*

### Month 3

Topic	Purpose/Task	Handout
Relationships & Support	Follow up to see how involved Mom's partner is with the baby. p244	
Relationships & Support	Talk about the challenges of co-parenting and how to handle disagreements about child rearing. p 245	
Fatherhood	Talk about how to handle frustration with baby's mom and how to repair hurt feelings. p249	#81 What Makes Your Partner Feel Loved?
Emotional Health	Talk about the changes parenthood brings and how to handle frustrations. p258	
Emotional Health	Explain how stress or violence in the home can harm the baby. p260	

### Month 4

Topic	Purpose/Task	Handout
Empowerment	Observe for any unmet basic needs and make sure the family can access the appropriate resources. p283	
Relationships & Support	Talk with mother about having a more supportive relationship with her partner. p285	
Relationships & Support	Discuss how Mom's relationships might be healthy or harmful for her baby. p287	

### Month 5

Topic	Purpose/Task	Handout
Emotional Health	Ask about the emotional tone of the household and explain how it shapes baby's development. p338	#104 Children learn what they live
Emotional Health	Talk about healthy ways to manage stress. p340	

### Month 6

Topic	Purpose/Task	Handout
Empowerment	Observe for any unmet basic needs and make sure the family is able to access necessary resources. p357	
Emotional Health	Help raise awareness about abusive behaviors and where to seek help. p374	





## Using *Partners for a Healthy Baby* to Support Pregnant & Postpartum Women At Risk For or Experiencing Intimate Partner Violence Baby's Months 7-12

### Month 7

Topic	Purpose/Task	Handout
Relationships & Support	Help parents compare how they were raised with how they want to raise their child. p4	#90 How Were You Raised?
Common Concerns	Discuss how baby's getting into everything and ways to redirect her and keep her safe. p18	#99 Ways to change what baby is doing

### Month 8

Topic	Purpose/Task	Handout
Empowerment	Explain how & when children begin to learn values. p32	#106 What values do you want your child to learn? #107 When Parents Don't Agree...
Relationships & Support	Ask how mom's relationship with partner has changed & find out if she feels safe. p33	#108 Saying No #109 Do You Let Others Run Your Life?
Daily Care Routines	Observe for any signs of abuse or neglect of baby. p43	

### Month 9

Topic	Purpose/Task	Handout
Empowerment	Ask how the family deals with anger and warn how it may endanger the children. p63	#125 Anger and the child in you
Relationships & Support	Ask about mom's support network. Encourage her to reach out. p64	

### Month 10

Topic	Purpose/Task	Handout
Relationships & Support	Talk about handling conflicts in the home in ways that won't endanger the children. p98	#145 Resolving Arguments with Your Partner

### Month 11

Topic	Purpose/Task	Handout
Infant Development	Help family understand that how they respond affects baby's feelings. p136	#171 Baby's First Feelings

### Month 12

Topic	Purpose/Task	Handout
Emotional Changes	If mom feels unsafe, help her create a safety plan. p151	#177 When Baby's Caught in the Middle

