

## Using the FSU *Partners for a Healthy Baby* Curriculum to...

# Help Families Strengthen Resiliency

### *Before Baby Arrives*

- Handout 45: What's Stressing You Out?
- Handout 24: How Do You Handle These Stressors?
- Handout 25: Making Good Decisions
- Handout 44: How Can Stress Affect Me and My Unborn Baby?
- Handout 46: Ways to Relieve Stress
- Handout 54: The Importance of Female Friends
- Handout 49: Making a Better Future by Understanding the Past: Learning About ACEs
- Handout 68: Nourishing Yourself from Within
- Handout 70: A Healthy Relationship
- Handout 73: 10 Reasons Why I Can't Change
- Handout 88: Friends Can Improve Your Emotional Health
- Handout 90: Mindful Moments Can Recharge Your Batteries
- Handout 109: Breathing Techniques to Ease Your Stress

### *Baby's 1<sup>st</sup> Year*

- Handout 1: Circle of Support for my Baby & Me
- Handout 21: Get the Help You Need!
- Handout 85: Solving Problems to Benefit My Baby & Me
- Handout 97: Sleep to Improve Your Emotional Health
- Handout 119: Good Enough Mothering
- Handout 134: Brighten Your Day with Plenty of Sunshine
- Handout 144: Making It Easier!
- Handout 147: Mirror, Mirror on the Wall Who's the Least Stressed of All?
- Handout 157: Facing Challenges
- Handout 175: Saying No

### *Baby's 1<sup>st</sup> Year (continued)*

- Handout 181: Exercise More to Improve Your Emotional Health
- Handout 193: Eat Healthier to Improve Your Emotional Health
- Handout 209: Surviving Bad Day
- Handout 217: Where Can I Get Help?

### *Baby's 2<sup>nd</sup> Year*

- Handout 8: Learning About ACEs
- Handout 43: Friends Can Improve Your Emotional Health
- Handout 70: Replace Negative Talk with Positive Talk
- Handout 72: Laugh & Sing to Improve Your Emotional Health
- Handout 98: Dealing with Past Hurts Can Improve Your Emotional Health
- Handout 100: Flight, Flight, or Freeze
- Handout 124: Early Adversity Can Be Overcome!

### *Toddler's 3<sup>rd</sup> Year*

- Handout 12: Worrying Yourself Sick
- Handout 47: Joy & Gratitude Can Improve Your Emotional Health
- Handout 49: Family Time Can Bring Families Closer Together
- Handout 106: Using Inspiring Affirmations to Achieve Your Goals!
- Handout 117: Endings or New Beginnings?

