<table>
<thead>
<tr>
<th>Time</th>
<th>Session Title</th>
<th>Notes</th>
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</thead>
<tbody>
<tr>
<td>9:00 – 9:30</td>
<td>Welcome &amp; Introductions</td>
<td></td>
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<tr>
<td>9:30 – 9:35</td>
<td>History of <strong>Partners for a Healthy Baby</strong></td>
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</tbody>
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| 9:35 – 10:15| Using **Partners for a Healthy Baby** to Fidelity | - Purpose Page, Detailed Information Page, & Parent Handout  
- **Partners** Scope & Sequence |
| 10:15 – 10:30| BREAK                                           |                                            |
| 10:30 – 12:00| Having a Healthy Baby                             | - Fetal Development  
- Prenatal Care  
- Nutrition  
- Planning a Visit Using **Partners** |
| 12:00 – 1:15| LUNCH                                            |                                            |
| 1:15 – 1:45| Emotional Health, Stress, & Support              | - Trauma & ACEs  
- Trust & Emotional Security  
- Healthy Attachment |
| 1:45 – 2:30| Having a Healthy Baby Walkaround                 | - Father/Partner Involvement in Pregnancy & Parenting  
- Exercise During Pregnancy & Following Childbirth  
- Breastfeeding & Bottlefeeding  
- Family Planning & Birth Control |
| 2:30 – 2:45| BREAK                                            |                                            |
| 2:45 – 3:45| Preparing for Childbirth                          | - Preventing Preterm Labor  
- Using **Partners** to Plan a Visit  
- Birth Planning  
- Labor & Childbirth  
- What if: Baby Stays in the Hospital  
- What if: Baby Dies? |
| 3:45 – 3:55| Postpartum & Interconception Care                 | - Postpartum Recovery  
- Maternal & Paternal Depression |
| 3:55 – 4:00| Closing                                           |                                            |
| 9:00 – 9:05| Welcome Back                                      |                                            |
| 9:05 – 9:30| The Amazing Newborn                               | - Family Adjustment to New Baby  
- Caring for Baby  
- Parenting & Guidance |
- Healthy Attachment |
| 10:15 – 10:30| BREAK                                           |                                            |
| 10:30 – 12:00| Social/Emotional Development, cont.              | - Responsive Relationships  
- Temperament  
- Self-Concept  
- Self-Regulation |
| 12:00 – 1:15| LUNCH                                            |                                            |
| 1:15 – 1:30| Infant/Toddler Development                        | - Developmental Milestones  
- Child Development Observations  
- Developmental Red Flags  
- Screening & Referral |
| 1:30 – 2:30| BREAK                                            |                                            |
| 2:30 – 3:00| Language & Literacy                               | - Play, Learning, & Cognition             |
| 3:00 – 3:30| Planning a Visit Using **Partners**              | - How Young Children Learn Best  
- Why Play is Important/Play of Young Children  
- Learning Through Play |
| 3:30 – 3:45| Taking It Home                                    | - Planning a Visit Using **Partners**     |
| 3:45 – 3:55| Closing & Evaluations                             | - Closing & Evaluations                 |

**Day 1**

**Day 2**

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