Before Baby Arrives

Overview of Topics

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<td>• Follow up about any unmet basic needs &amp; help them access the appropriate resources. p50</td>
<td>• Ask the family about any unmet basic needs &amp; help them access the appropriate resources. p56</td>
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<td>• Help the family identify their dreams &amp; develop a treasure map. p6</td>
<td>• Ask the family about any unmet basic needs &amp; help them access the appropriate resources. p56</td>
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<td>• Help the family identify a mentor who can help them achieve their goals &amp; dreams. p147</td>
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<td>• Help the family define specific changes needed to have a healthy baby. p10</td>
<td>• Follow up about planning to avoid last minute crises. p50</td>
<td>• Help the family look for the lesson in each problem they experience. p159</td>
<td>• Ask about family’s progress on achieving goals toward having a healthy baby &amp; help the family identify next steps. p69</td>
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<td>• Ask mother-to-be to prepare her other children for the new baby. p58</td>
<td>• Talk about how mother-to-be was parented &amp; how she wants to parent. p94</td>
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<td>• Encourage a relationship with the baby’s father unless there are safety concerns. p56</td>
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<td>• Ask mother-to-be how her partner/family could be supportive during the pregnancy. p57</td>
<td>• Help mother-to-be identify the supports &amp; emergency contacts she will need during labor &amp; delivery. p93</td>
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- **1st Trimester Month 4**
  - Find out how the father of the baby feels about the pregnancy. p14
  - Help the expectant father/partner support the expectant mom especially with her mood swings in the first trimester. p16
  - Talk with father of the baby about what it takes to be psychologically ready to parent. p18
  - Talk with father-to-be/partner about the importance of his involvement throughout the pregnancy. p19

- **Fatherhood continued**
  - Help the expectant father/partner identify ways to support mother-to-be. p59
  - Talk about how the expectant father was parented & what kind of dad he wants to be. p60
  - Talk to father of the baby about how he can best support the expectant mother. p13
  - Talk with the father-to-be about ways to bond with his baby during the pregnancy. p13

- **Career Development & Finances**
  - Offer to help the family track how they spend their money & make a realistic budget. p61
  - Discuss school or work concerns. p124
  - Ask about any further accommodations needed at work or school. p125
  - Encourage the expectant mother to plan time off from work or school after the baby comes. p126

- **Maternal & Family Health**
  - Teach mother-to-be the importance of a healthy diet. p22
  - Make sure mother-to-be knows to take prenatal vitamins & get enough folic acid. p23
  - Teach the expectant mom about healthy weight gain during pregnancy. p24
  - Teach mother-to-be how to read food labels & the importance of preparing healthy foods. p62
  - Explain why it is important to avoid certain foods during pregnancy. p63
  - Explain pregnancy induced cravings for non-food items & what to substitute. p97
  - Encourage mother-to-be to maintain a balanced, healthy diet & keep a food diary. p98
  - Follow up with mother-to-be on her progress with the food diary. p52
  - Follow up with mother-to-be about her weight gain. p54
  - Follow up with mother-to-be about doing Kegel exercises. p155
  - Remind mother-to-be to eat healthy foods & take her prenatal vitamins. p167
  - Remind mother-to-be about safe exercise during pregnancy. p54
  - Teach mother-to-be about safe exercise options during pregnancy. p125
  - Follow up with the expectant mother’s progress with regular exercise. p188

- **Exercise & Physical Activity**
  - Teach mother-to-be about safe exercise during pregnancy. p54
  - Remind the expectant mother about the importance of exercise throughout the pregnancy. p125
  - Talk with mother-to-be about doing Kegel exercises. p155
  - Follow up with the expectant mother's progress with regular exercise. p188

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**Partners for a Healthy Baby Home Visiting Curriculum: Before Baby Arrives**

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Maternal & Family Health continued on next page
### Maternal & Family Health

#### Childbirth Preparation

- **1st Trimester**
  - Month 4
    - Encourage the expectant mom to talk with her provider about delivery choices. p72
  
  - Month 5
    - Encourage mother-to-be & her partner to attend childbirth classes. p104
  
  - Month 6
    - Find out if mother-to-be & her partner are signed up for childbirth classes & still plan to attend. p132
  
  - Month 7
    - Explain options to relieve pain during labor. p161
    - Find out if mother-to-be & her partner are attending childbirth classes. p162
  
  - Month 8
    - Teach expectant mom ways to reduce any tension or anxiety she has. p193
    - Find out if the expectant mother has made plans for her labor & delivery. p194
  
  - Month 9
    - Make sure the expectant mother can time contractions & knows when to go to the hospital. p219

- **Month 4**
  - Childbirth Preparation
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#### Preterm Labor

- **Month 4**
  - Teach the mother-to-be how to recognize signs of preterm labor & what to do. p105
  
  - Month 5
    - Remind the mother-to-be about the warning signs of preterm labor. p133
  
  - Month 6
    - Follow up to make sure she knows signs of preterm labor & what to do. p165

#### Postpartum Care

- **Month 4**
  - Tell mother-to-be what to expect after the baby is born & discuss why it's important to return for her postpartum check-up. p220
  
- **Month 5**
  - Remind expectant mom not to have intercourse after birth until she's healed. p221
  
  - Month 6
    - Talk with her about the impact of a new baby on daily routines & follow up about her plans for going back to work/school. p222

#### Emotional Health

- **Month 4**
  - Help mother-to-be sort out feelings about pregnancy & consider options. p95
  
  - Month 5
    - Help pregnant teen sort out feelings about pregnancy. p97
  
  - Month 6
    - Ask mother-to-be about her stress level & explain how it can affect her baby’s development. p100
  
  - Month 7
    - Talk about healthy ways to manage stress. p100
  
  - Month 8
    - Ask about family’s mental health history & any use of medications. p103
  
  - Month 9
    - In the event of pregnancy loss or miscarriage, offer support to help family cope. p106
    - Help mother-to-be & partner understand mood swings during pregnancy. p107
  
  - Month 10
    - Ask about the stress of pregnancy & how to say “no” to extra commitments. p108
  
  - Month 11
    - Talk with mother-to-be about pleasurable activities that nourish her body, mind, & spirit. p109
  
  - Month 12
    - Help mother-to-be sort out feelings about pregnancy & consider options. p106
    - Help pregnant teen sort out feelings about pregnancy. p107
    - Ask mother-to-be about her stress level & explain how it can affect her baby’s development. p110
    - Talk about healthy ways to manage stress. p110
    - Ask about family’s mental health history & any use of medications. p113
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<tr>
<td>• Encourage the expectant mother to breastfeed.</td>
<td>p78</td>
<td>• Help the expectant mom begin to think about what she needs for the baby, including a safe place to sleep &amp; an infant car seat.</td>
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<td>• Talk with expectant mom about how the baby is developing.</td>
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<td>• Talk with the expectant mother about the benefits of breastfeeding even if she has not been able to quit smoking.</td>
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<td>• Talk with expectant mom about child care plans.</td>
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<td>• Talk with expectant mom about how prenatal visits can promote bonding &amp; attachment with her baby.</td>
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<td>• Continue to encourage the expectant mother to try breastfeeding.</td>
<td>p172</td>
<td>• Discuss what final preparations need to be made including ensuring a safe sleep environment for the baby.</td>
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<td>• Follow up with expectant mom on a safe place for baby to sleep.</td>
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<td>• Follow up on the expectant mother’s decision about breastfeeding.</td>
<td>p201</td>
<td>• Make sure expectant mother has set up a safe sleep environment, has an infant car seat, &amp; basic supplies for the baby.</td>
<td>p226</td>
<td>• Continue to spark expectant mom’s excitement about her baby’s development.</td>
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<td>• Continue to encourage the expectant mother to breastfeed.</td>
<td>p226</td>
<td>• Make sure expectant mom has chosen a doctor for the baby &amp; has arranged health coverage.</td>
<td>p228</td>
<td>• Talk with expectant mom &amp; her partner about using the heartbeat from the ultrasound as a ring tone.</td>
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<td>• If mother-to-be plans to use formula, make sure she knows how to properly prepare &amp; store the bottles.</td>
<td>p227</td>
<td>• Talk with mother-to-be &amp; her partner about ways to bond with their newborn &amp; why it’s important.</td>
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<td>• Talk with expectant mom &amp; her partner about how their baby is developing.</td>
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