FSU Partners for a Healthy Baby
Workshop for Home Visitors

AGENDA

Day 1

9:00 – 9:40 Welcome & Introductions
9:40 – 9:45 Home Visiting Program Models, Goals, & Curriculum
9:45 – 10:15 Using Partners for a Healthy Baby Curriculum to Fidelity
10:15 – 10:30 BREAK
10:30 – 11:30 Having a Healthy Baby
• Baby’s Development during Pregnancy
• Reducing Stress and Building Supportive Relationships
11:30 – 12:00 Having a Healthy Baby—Visits in the First Trimester
• Physical & Emotional Changes during Early Pregnancy
• Regular Prenatal Appointments
12:00 – 1:00 LUNCH (On Your Own)
1:00 – 1:30 Visits in the First Trimester, cont.
• Healthy Lifestyle-Substance Use During Pregnancy
• Nutritious Foods & Healthy Weight Gain
1:30 – 2:15 Having a Healthy Baby—Visits in the Second Trimester
• Fatherhood & the Challenges It Brings
• Healthy Relationships
• Exercise during Pregnancy
2:15 – 2:30 BREAK
2:30 – 3:55 Visits in the Second Trimester, cont.
• Preterm Labor
• Planning to Breastfeed
• Family Planning & Birth Control
3:55 – 4:00 Closing

Day 2

9:00 – 10:15 Having a Healthy Baby—Visits in the Third Trimester
• Planning a Visit
• My Birth Plan
• Breathing and Relaxation
10:15 – 10:30 BREAK
10:30 – 12:00 Labor & Delivery
• What Happens During Labor & Birth
• What if: My Baby Stays in the Hospital?
• What if: My Baby Dies?
12:00 – 1:00 LUNCH (On Your Own)
1:00 – 1:30 The Postpartum Period
• Postpartum Concerns
• Baby Blues & Depression (Maternal & Paternal)
1:30 – 2:15 The Amazing Newborn
Social / Emotional Development
• School Readiness
• Trust & Emotional Security
2:15 – 2:30 BREAK
• Trust & Emotional Security
• Temperament/Goodness of Fit
3:55 – 4:00 Closing
FSU Partners for a Healthy Baby
Workshop for Home Visitors

AGENDA

Day 3

9:00 – 10:15 Social / Emotional Development, cont.
  • Self-Concept
  • Self-Regulation

10:15 – 10:30 BREAK

10:30 – 12:00 Infant/Toddler Development
  • Developmental Milestones
  • Child Development Observations
  • Developmental Red Flags / Early Intervention

12:00 – 1:00 LUNCH (On Your Own)

1:00 – 2:15 The Importance of Play
  • How Young Children Learn
  • Why Play Is Important / Types of Play
  • Messy Play

2:15 – 2:30 BREAK

2:30 – 3:00 Language & Literacy

3:00 – 3:20 Safety & Health
  • Babies in Jeopardy
  • Safe Sleep

3:20 – 3:35 Planning a Home Visit

3:35 – 3:45 Taking It Home

3:45 – 4:00 Closing / Evaluation