



Partners for a Healthy Baby

Checklist of Purposes to Meet Required Early Head Start Pregnancy Topics

This checklist is meant to provide a quick reference tool to Early Head Start home visiting staff searching for *Partners* curriculum content to meet **HSPPS 1302.81**.

HSPPS 1302.81(a) includes: “providing prenatal and postpartum information, education and services that address, as appropriate, fetal development, the importance of nutrition, the risks of alcohol, drugs, and smoking, labor and delivery, postpartum recovery, parental depression, infant care and safe sleep practices, and the benefits of breastfeeding.”

The *Partners* curriculum contains a wide array of content to address **HSPPS 1302.80(d)** and **1302.81(b)**:

“At a minimum, the [newborn] visit must include a discussion of the following: maternal mental and physical health, safe sleep, infant health, and support for basic needs.”

“A program must also address needs for appropriate supports for social and emotional well-being, nurturing and responsive caregiving, and father, partner, or other family member engagement during pregnancy and early childhood.”

Pregnant Woman Name or ID#: _____ Home Visitor: _____

Enrollment Date: _____ Delivery Date (or disenrollment date if left the program before delivery): _____

☒	Required Pregnancy Topic Summary Sheet
	Fetal Development
	Nutrition
	Risks of alcohol, drugs, and smoking
	Labor & Delivery
	Post-Partum Recovery
	Benefits of Breastfeeding
	Parental Depression
	Infant Care & Safe Sleep Practices
	Emotional Well-Being
	Nurturing & Responsive Caregiving
	Father/Partner Engagement
	Newborn Visit (maternal mental and physical health, safe sleep, infant health, and support for basic needs)



Checklist of Purposes to Meet Required Early Head Start Pregnancy Topics

Please note: This is not an exhaustive list of Purposes referring to the topics below. Purposes are pulled from Before Baby Arrives except those notated with an * to indicate they are pulled from the beginning of Baby's First Year. Early Head Start Home Visitors are encouraged to select at least one Purpose from each list or select other content that might suit a specific family's needs, goals, or culture to individualize for each family. A blank line is intentionally left at the bottom of each box to write-in an alternate purpose selected to cover the required topic. This document may be edited to suit programmatic needs.

Fetal Development					
☒	Date Provided	Month of Pregnancy	Category	Purpose	HO Pg #
		1 st Trimester	Baby's Development	Talk with expectant mom and her partner about how baby is developing.	26
		1 st Trimester	Baby's Development	Talk with expectant mom and her partner about birth defects and how to help prevent them.	27
		PN Month 4	Baby's Development	Talk with expectant mom and her partner about how baby is developing.	51
		PN Month 7	Baby's Development	Talk with expectant mom and her partner about how baby is developing.	113

Nutrition					
☒	Date Provided	Month of Pregnancy	Category	Purpose	HO Pg #
		1 st Trimester	Maternal & Family Health	Teach mother-to-be about the importance of a healthy diet.	13
		1 st Trimester	Maternal & Family Health	Make sure mother-to-be is getting the vitamins, folic acid, and iron she needs.	14
		1 st Trimester	Maternal & Family Health	Teach expectant mom about healthy weight gain during pregnancy.	15
		PN Month 4	Maternal & Family Health	Teach mother-to-be how to read food labels.	38
		PN Month 4	Maternal & Family Health	Explain why it's important to avoid certain foods during pregnancy.	39
		PN Month 5	Maternal & Family Health	Encourage mother-to-be to maintain a balanced, healthy diet and keep a food diary.	61
		PN Month 5	Maternal & Family Health	Explain pregnancy induced cravings and how to cope.	62
		PN Month 6	Maternal & Family Health	Talk with mother-to-be about gestational diabetes.	81
		*Baby's 1 Yr, Month 1	Family Health	If Mom is breastfeeding make sure her diet is healthy and balanced.	*16

Risks of alcohol, drugs, and smoking					
☒	Date Provided	Month of Pregnancy	Category	Purpose	HO Pg #
		1 st Trimester	Maternal & Family Health	Talk with mother-to-be about how smoke can harm her and her baby.	9
		1 st Trimester	Maternal & Family Health	Talk about dangers of using alcohol or drugs and encourage mother-to-be to talk honestly about her use of them.	10
		PN Month 4	Maternal & Family Health	Encourage expectant mother not to drink alcohol or use drugs.	35
		PN Month 5	Maternal & Family Health	Teach mother-to-be how quitting smoking can help her developing baby.	58
		PN Month 7	Maternal & Family Health	Talk with mother-to-be about creating a smoke-free home for her baby.	98
		PN Month 8	Maternal & Family Health	Talk with mother-to-be about the benefits of breastfeeding even if she is still smoking.	118

Labor & Delivery					
☒	Date Provided	Month of Pregnancy	Category	Purpose	HO Pg #
		PN Month 6	Maternal & Family Health	Help mother-to-be identify who will support her during labor and delivery.	83
		PN Month 6	Maternal & Family Health	Teach expectant mom ways to reduce any tension or anxiety she has.	84
		PN Month 6	Maternal & Family Health	Teach mother-to-be how to recognize signs of preterm labor and what to do.	85
		PN Month 6	Maternal & Family Health	Encourage expectant parents to attend childbirth classes.	86
		PN Month 7	Maternal & Family Health	Explain options to relieve pain during labor.	103
		PN Month 7	Maternal & Family Health	Find out if expectant mom and her partner have a birth plan.	104
		PN Month 8	Family Development	Help expectant father/partner learn how to be supportive during labor.	115
		PN Month 8	Maternal & Family Health	Talk with mother-to-be about waiting until her labor starts naturally.	121
		PN Month 8	Maternal & Family Health	Help expectant mom plan what to take to the hospital.	122
		PN Month 8	Maternal & Family Health	Teach parents about kick counts.	123
		PN Month 8	Maternal & Family Health	Explain how to recognize labor and time contractions.	124
		PN Month 9	Maternal & Family Health	Make sure mother-to-be can time contractions and knows when to go to the hospital.	138
		PN Month 9	Preparing for Baby	Talk to expectant parents about the newborn screening tests and process (in the hospital).	142

Post-Partum Recovery					
☒	Date Provided	Month of Pregnancy	Category	Purpose	HO Pg #
		PN Month 9	Family Development	Help expectant father/partner know how to support Mom when she comes home with the baby.	133
		PN Month 9	Maternal & Family Health	Discuss birth control methods that can be used while breastfeeding.	136
		PN Month 9	Maternal & Family Health	Help expectant mother identify who will support her during her postpartum period.	137
		PN Month 9	Maternal & Family Health	Discuss what to expect after baby is born and why it's important to go to her postpartum checkup.	139
		PN Month 9	Maternal & Family Health	Help mother-to-be know what to expect with postpartum baby blues.	140
Additional Purposes in Baby's First Year					
		*Baby's 1 Yr, Month 1	Family Development	Ensure Mom has adequate support during the postpartum period.	*1
		*Baby's 1 Yr, Month 1	Family Health	Help Mom manage typical physical discomforts that follow childbirth.	*17
		*Baby's 1 Yr, Month 1	Family Health	If Mom had a cesarean birth, discuss her recovery and when to call the doctor.	*18
		*Baby's 1 Yr, Month 1	Family Health	Explain that feeling really tired after childbirth is normal and suggest ways to manage fatigue.	*19
		*Baby's 1 Yr, Month 1	Family Health	Ensure Mom schedules her postpartum checkup.	*20
		*Baby's 1 Yr, Month 2	Family Health	Find out how Mom's postpartum checkup went and follow up on her choice of birth control.	*63
		*Baby's 1 Yr, Month 2	Family Health	Ask Mom about her postpartum checkup and how she's feeling about her post-pregnancy body.	*58
		*Baby's 1 Yr, Month 3	Family Health	Talk with Mom about recovering from a difficult or unplanned birth experience.	*95
		*Baby's 1 Yr, Month 3	Family Health	Explain how physical changes after childbirth may affect Mom's sexual relationship.	*189

Benefits of Breastfeeding					
(See "Breastfeeding" Bundle in "Favorites" for a complete listing of all breastfeeding content)					
☒	Date Provided	Month of Pregnancy	Category	Purpose	HO Pg #
		PN Month 6	Preparing for Baby	Encourage expectant mother to breastfeed.	92
		PN Month 8	Maternal & Family Health	Talk with mother-to-be about the benefits of breastfeeding even if she is still smoking.	118
Additional Purposes in Baby's First Year					
		*Baby's 1 Yr, Month 1	Family Development	Help Dad/partner understand why breastfeeding is important and how he can be supportive.	*5
		*Baby's 1 Yr, Month 1	Caring for Baby	Discuss benefits of breastfeeding with family.	*23
		*Baby's 1 Yr, Month 1	Caring for Baby	Talk about breastfeeding myths.	*24

Parental Depression					
(See “Perinatal or Postpartum Mood and Anxiety Disorders” Bundle in “Favorites” for a complete listing of all Emotional Well-Being and Mental Health support content)					
☒	Date Provided	Month of Pregnancy	Category	Purpose	HO Pg #
		1 st Trimester	Maternal & Family Health	Explain importance of emotional health during pregnancy and discuss what topics will be covered to address it.	22
		1 st Trimester	Maternal & Family Health	Ask about any medications expectant mom is taking for depression or other mental health issues.	25
		PN Month 9	Family Development	Help expectant father/partner know how to support Mom when she comes home with the baby.	133
		PN Month 9	Maternal & Family Health	Help mother-to-be know what to expect with postpartum baby blues.	140
Additional Purposes in Baby's First Year					
		*Baby's 1 Yr, Month 1	Family Development	Help Dad/partner understand the difference between the baby blues and postpartum depression, and how to help.	*6
		*Baby's 1 Yr, Month 1	Family Health	Ask how family is coping with the baby blues and help them recognize any signs of depression.	*22
		*Baby's 1 Yr, Month 2	Family Development	Explain that new dads can experience depression.	*59
		*Baby's 1 Yr, Month 4	Family Health	Help family understand how depression can impact their baby.	*118

Infant Care & Safe Sleep Practices					
☒	Date Provided	Month of Pregnancy	Category	Purpose	HO Pg #
		PN Month 4	Preparing for Baby	Talk about how to choose a quality caregiver and get on waiting list.	50
		PN Month 5	Preparing for Baby	Help expectant mom think about what she needs for the baby.	71
		PN Month 6	Preparing for Baby	Talk with expectant mom about preparing a safe sleep environment for baby.	93
		PN Month 8	Preparing for Baby	Talk with expectant mom about choosing and installing a car seat.	130
		PN Month 9	Preparing for Baby	Explain why well-baby checkups and immunizations are critical to baby's health.	141
Additional Purposes in Baby's First Year					
		*Baby's 1 Yr, Month 1	Caring for Baby	Follow up on safety issues with family.	*31
		*Baby's 1 Yr, Month 1	Caring for Baby	Show parents how to care for umbilical cord, diaper rash, and circumcision.	*34
		*Baby's 1 Yr, Month 1	Caring for Baby	Make sure family knows how to change diaper.	*36
		*Baby's 1 Yr, Month 1	Caring for Baby	Talk about choosing quality child care.	*37
		*Baby's 1 Yr, Month 1	Caring for Baby	Talk about bathing baby.	*38

		*Baby's 1 Yr, Month 1	Caring for Baby	Ask about baby's sleep patterns and how family copes with less sleep.	*39
		*Baby's 1 Yr, Month 2	Caring for Baby	Talk with parents about preparing a safe sleep environment for baby.	*72

Nurturing & Responsive Caregiving					
☒	Date Provided	Month of Pregnancy	Category	Purpose	HO Pg #
		PN Month 5	Family Development	Talk with expectant couple about how they were parented and how they want to parent.	55
		PN Month 5	Family Development	Talk with expectant father/partner about ways to bond with his baby during the pregnancy.	56
		PN Month 7	Family Development	Talk with expectant father/partner about what it means to be a nurturing dad.	96
		PN Month 8	Family Development	Talk with expectant father/partner about how they can develop a relationship with his baby while helping Mom.	116
		PN Month 9	Family Development	Help expectant dad/partner have realistic expectations about taking care of a newborn.	132
		PN Month 9	Family Development	Help expectant father/partner know how to support Mom when she comes home with the baby.	133
Additional Purposes in Baby's First Year					
		*Baby's 1 Yr, Month 1	Baby's Development	Help parents bond with baby.	*46
		*Baby's 1 Yr, Month 1	Baby's Development	Talk about ways to bond if baby stays in the hospital.	*47
		*Baby's 1 Yr, Month 1	Baby's Development	Help parents read baby's cues and anticipate needs before baby gets fussy.	*48
		*Baby's 1 Yr, Month 1	Baby's Development	Build parent's confidence and competence in calming baby when fussy.	*49
		*Baby's 1 Yr, Month 1	Baby's Development	Help parents understand the importance of touch in building a close relationship with baby.	*50

- Purposes that address **emotional well-being** can be found on the Scope and Sequence tab or digital search filter under **Category: Maternal & Family Health, Topic: Emotional Health in Before Baby Arrives** and under **Category: Family Health, Topic: Emotional Health in Baby's First Year** and later books.

Emotional Well-Being					
☒	Date Provided	Month of Pregnancy	Category	Purpose	HO Pg #
		PN Month ____	Maternal & Family Health		
		*Baby's 1 Yr, Month ____	Family Health		

- Purposes designed to **engage fathers and partners**, can be found on the Scope and Sequence tab or digital search filter under the **"Father/Partner Engagement"** Bundle in **"Favorites"** or under the search tab filtering for **Category: Family Development, Topic: Father/Partner Engagement**.

Father/Partner Engagement					
☒	Date Provided	Month of Pregnancy	Category	Purpose	HO Pg #
		PN Month ____	Maternal & Family Health		
		*Baby's 1 Yr, Month ____	Family Health		

Newborn Visit (Choose at least 1 from each requirement below)					
Maternal Mental Health (Purposes that address maternal mental health can be found on the Scope and Sequence tab or digital search filter under Category: Family Health, Topic: Emotional Health in Baby's First Year and later books.)					
☒	Date Provided	Month of Pregnancy/Age	Category	Purpose	HO Pg #
		*Baby's 1 Yr, Month ____	Family Health		
Maternal Physical Health					
☒	Date Provided	Month of Pregnancy/Age	Category	Purpose	HO Pg #
		*Baby's 1 Yr, Month 1	Family Health	Ensure family has health care coverage and a medical home.	*14
		*Baby's 1 Yr, Month 1	Family Health	Ensure Mom schedules her postpartum checkup.	*20
Safe Sleep					
☒	Date Provided	Month of Pregnancy/Age	Category	Purpose	HO Pg #
		*Baby's 1 Yr, Month 1	Caring for Baby	Follow up on safety issues with family. (car seat & crib safety combo)	*31
		*Baby's 1 Yr, Month 2	Caring for Baby	Talk with parents about preparing a safe sleep environment for baby.	*72
Infant Health					
☒	Date Provided	Month of Pregnancy/Age	Category	Purpose	HO Pg #
		PN Month 7	Preparing for Baby	Make sure expectant mom has chosen a doctor for baby and has arranged for health insurance.	112
		PN Month 9	Preparing for Baby	Explain why well-baby checkups and immunizations are critical to baby's health.	141
		*Baby's 1 Yr, Month 1	Caring for Baby	Ask about baby's first checkup and immunizations.	*32
		*Baby's 1 Yr, Month 1	Caring for Baby	Talk about how to tell if baby is sick.	*33
Support for Basic Needs					
☒	Date Provided	Month of Pregnancy/Age	Category	Purpose	HO Pg #
		*Baby's 1 Yr, Month 1	Family Development	Ensure Mom has adequate support during the postpartum period.	*1
		*Baby's 1 Yr, Month 1	Family Health	Make sure family has food in the home and has signed up for WIC.	*15
		*Baby's 1 Yr, Month 2	Family Development	Help family keep track of their spending.	*60
		*Baby's 1 Yr, Month 4	Family Development	Help family make a realistic monthly budget. (Budgeting)	*115