



Strengthening Our Home Base Option Pregnant Women Option



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History of Our Program





HOME VISITS





- Home Visit Plan gone over, information dependent on the trimester
- Assessment of Prenatal Needs
- Follow-up on last week's visit as needed
- Update on family issues as needed
- Go over topic for week
- Plan for next week
- Referrals made if needed





CURRICULUM

PARTNERS FOR A HEALTHY BABY

Divided into Trimesters





Home Visitor Guide

- Goals of Home Visit during Pregnancy
- How does curriculum achieve Family & Program goals?
- Handouts





1st Trimester

- Feelings about pregnancy
- Identify Goals
- Changes of body during pregnancy
- Nutrition
- Growth of fetus
- Dangers of alcohol, drugs, & medications
- Protection from sexually transmitted diseases





2nd Trimester

- Continue the dangers of drugs, alcohol, and smoking
- Physical changes
- Breast feeding information
- Preterm labor
- Health Care - doctor visits
- Child birth preparation
- Fetal Growth & Development





3rd Trimester

- Birthing information
- Growth of fetus
- Breastfeeding encouragement
- Hospital registration
- Importance of bonding with baby and ways to bond
- Birth control
- Postpartum depression





Trainings Completed

- ❖ Prenatal Stages
- ❖ Prenatal Nutrition
- ❖ Postpartum Depression
- ❖ Prenatal/Postpartum Packets
- ❖ Reflective Supervision





Prenatal Stages

❖ 1st Trimester

❖ 2nd Trimester

❖ 3rd Trimester

Highlights of what happens during each trimester





Prenatal Nutrition

Community Partnership with our local
Public Health Department

Registered Dietician

Power point and handouts on Nutrition
during pregnancy





Postpartum Depression

Presentation to Home Base Staff about
Baby Blues and Postpartum depression

- ❖ Presented by a Licensed Marriage & Family Therapist (LMFT)
- ❖ Handouts/Booklets from Community Members





Prenatal/Postpartum Packets

Review contents and handouts in the
Prenatal and Postpartum Packets

Supplemental Curriculum information from
Community Members and WIC





Reflective Supervision

- Provided by our Mental Health Consultant (Licensed Marriage and Family Therapist)
- Important for Home Visitors since most of them are Child Development Majors





Reflective Supervision: What is it

- Safe environment for staff with a supervisor where they can learn to meet the emotional & intellectual demands of their job
- A relationship between the staff person & supervisor that involves three key elements:
 - Reflection
 - Collaboration
 - Regularity





Pregnant Women Services for Migrant & Seasonal Head Start

- MOU's
- Collaboration with Public Health Department:
2 week newborn visit
- Possible contracting with PHN or Home Health Nurse for prenatal education
- Services provided by Family Child Care Specialist
- Infant transition to FCC Home or Center





Questions & Answers

