

## Head Start Performance Standards

1302.80, 1302.81, 1302.82

### Purpose

Prenatal services provide education and resources about pregnancy health and nutrition, fetal development, childbirth preparation, maternal mental health, newborn health, development and nutrition (including breastfeeding), family planning, and family support.

### Guidance

Early Head Start staff facilitate weekly prenatal and post-partum visits. When staff provide services to an expectant mother with a currently enrolled child, part of each visit must be devoted to supporting the pregnancy.

*Parents as Teachers (PAT)* is the primary curriculum used in planning and facilitating prenatal services. Additional research-based resources, such as *Promoting Maternal Mental Health*, *Zero to Three*, *Promoting First Relationships*, etc. may be used to meet the individual needs of families as appropriate.

### Process

Complete the first visit with the family and orient them to prenatal and post-partum services:

- Provide an overview of services and socializations (*home based services*).
- Discuss roles and expectations of the family and staff.
- Talk about the importance of regular, consistent visits to healthy development, learning, and school readiness.
- Complete Prenatal Wellness Assessment in partnership with the family.
- Discuss Two Week Newborn visit and the importance that it must be completed within two weeks of child's birth.

Provide expectant families information to help them link to ongoing prenatal care, dental care, and community resources and services as need. Make intentional efforts to engage and support the expectant father whenever possible.

### Sharing Information and Resources

- Facilitate discussion of prenatal and post-partum topics.
- Facilitate discussion of Family/Maternal Well-Being topic, using the related Parent Handout as needed.
- Schedule and plan the next visit with the family. Work together and choose the activity and topics for next week.
- Document all discussions and follow up in ChildPlus. Refer to ChildPlus Instructions.

### As Needed

- Summarize the review of progress toward goals with the family as appropriate.
- Summarize the review of and/or updates to health and nutrition information (*Nutrition Referral, Post Partum Screening Referral, etc.*).
- Document additional follow-up and referrals.

## Prenatal Procedure

Complete the Prenatal Wellness Assessment within the **first 30 days of FDS** and enter the Pregnant Women Dental Exam, based on parent report, within 90 days of FDS (See *Health Events Procedure*). Prenatal families are offered a Nutrition Referral. Document information and follow up into ChildPlus.

## Prenatal Planning

Staff use the PAT curriculum for the first, second, and third trimester required topics, resources and ideas. Plan activities and topics with the family that support healthy pregnancy and/or preparation for the newborn's arrival.

<b>Required Prenatal Topics</b>	
<b>First Trimester</b>	<ul style="list-style-type: none"> <li>• Prenatal Care: What to Expect-The First Trimester</li> <li>• Your Unborn Baby's Development: First Trimester 1-2 months</li> <li>• Your Unborn Baby's Development: First Trimester 3 months</li> </ul>
<b>Second Trimester</b>	<ul style="list-style-type: none"> <li>• Prenatal Care: What to Expect-The Second Trimester</li> <li>• Your Unborn Baby's Development: Second Trimester 4 months</li> <li>• Your Unborn Baby's Development: Second Trimester 5 months</li> <li>• Your Unborn Baby's Development: Second Trimester 6 months</li> </ul>
<b>Third Trimester</b>	<ul style="list-style-type: none"> <li>• Prenatal Care: What to Expect-The Third Trimester</li> <li>• Your Unborn Baby's Development: Third Trimester 7 months</li> <li>• Your Unborn Baby's Development: Third Trimester 8 months</li> <li>• Your Unborn Baby's Development: Third Trimester 9 months</li> <li>• Prenatal Care: What to Expect-The 9<sup>th</sup> Month</li> <li>• Helping to Prevent Child Abuse</li> <li>• Don't Shake Your Baby</li> <li>• Safe Sleep and Your Baby</li> <li>• Planning for Baby's Birth</li> <li>• My Birth Plan</li> <li>• Baby Blues? Or Something More?</li> <li>• Adjusting After Your Baby's Birth</li> <li>• Family Support for Maternal Depression</li> <li>• Tips on Breastfeeding</li> <li>• After Giving Birth (pamphlet)</li> </ul>
<b>Additional Topics to be covered throughout pregnancy</b>	<ul style="list-style-type: none"> <li>• Directions for My Daily Food Plan and My Daily Food Plan</li> <li>• Neurotoxins: Substances that Can Harm your Unborn Baby</li> <li>• Invisible Dangers to Your Child's Brain</li> <li>• How Smoke Harms Young Children</li> <li>• The Effects of Substance Abuse on Child Development</li> <li>• Prenatal Attachment</li> <li>• Why Breastfeed</li> <li>• How Long will I Breastfeed?</li> <li>• Coping with Stress</li> <li>• Relaxation Breathing and Other Ways to Release Stress</li> <li>• What Mom's Should Know About Dad's</li> </ul>

## Post-Partum

Post-partum visits occur on a weekly basis for the six weeks following the baby's birth and encourage interactions that enable mother and baby to have a healthy attachment.

<b>6-Week Postpartum Visit Schedule</b>	
<b>Week 1</b>	<ul style="list-style-type: none"><li>• First week following birth of the baby.</li><li>• Focus on the childbirth experience, maternal well-being, and breastfeeding/feeding.</li></ul>
<b>Week 2</b>	<ul style="list-style-type: none"><li>• Complete <i>Two-Week Newborn Visit</i>.</li><li>• Continue to focus on postpartum recovery, maternal well-being, and feeding.</li></ul>
<b>Week 3</b>	<ul style="list-style-type: none"><li>• Begin to shift focus on the baby's well-being.</li><li>• Follow up on any concerns from <i>Two-Week Newborn Visit</i> the and well-child exam, including growth, feeding, sleeping, and health-related concerns.</li><li>• Follow up on any postpartum recovery concerns.</li></ul>
<b>Week 4</b>	<ul style="list-style-type: none"><li>• Continue to follow up on both parent and baby's well-being.</li><li>• Begin the conversation about Postpartum Screening Referral. See <i>Post-Partum Depression Screening Referral Procedure</i>.</li><li>• Begin transition process from prenatal enrollment to child enrollment.</li></ul>
<b>Week 5</b>	<ul style="list-style-type: none"><li>• Continue to follow up on both parent and baby's well-being.</li><li>• Discuss Postpartum Referral and complete referral process as needed.</li></ul>
<b>Week 6</b>	<ul style="list-style-type: none"><li>• Continue to follow up on both parent and baby's well-being.</li><li>• Complete Infant Data for Enrollment tab and notification procedure.</li><li>• The following week will be the first family home visit with the child enrolled.</li></ul>