

TIME TABLE FOR PRENATAL

Pregnant Mother's Name _____ **Area** _____

Anticipated Due Date _____

Completed (√)

Intake Visit _____

	Explain PACT for West Central Illinois. Use the HB Parent Handbook to discuss PACT policies, play-date schedule, attendance policies, home visits, Policy Council, and Advisory Committees. Leave the Parent Handbook
	Complete Prenatal Health Assessment form and obtain any needed medical alert releases or dietary forms
	Complete Prenatal Emergency Care Information and give Emergency Help Handout
	Complete Family Outcomes Assessment
	Discuss and have parent sign Permission for Publicity and Public Relation/Consent form.
	Discuss a regular time for home visits which is convenient for both parent and teacher. Discuss preferred method of communication for changes to the regular home visit time and day.
	Use the Prenatal Parent/Teacher Agreement to define the parent and teacher's roles on home visits and at socializations
	Vroom Post Card and Download Vroom App
	Explain Inkind to parent and leave Weekly Goal Chart and Inkind form

_____ Did the parent choose Intensive or Moderate home visit schedule? (circle one).

First Trimester Weeks 1-12 (Teacher and family will complete 1-3 home visits)

Visit 1 _____
date

PAT Foundational Visit #1 Sharing expectations, HV routines and paperwork, and learning about the family

_____ Discuss with parents how they will keep track of and store materials and paperwork you give to them.

_____ Discuss the program specifically by reviewing the Parent Handbook and Welcome to PAT (Parents as Teachers)

_____ Complete the Prenatal Parent/Teacher agreement

_____ Do activities as listed in PAT, Partners for a Healthy Baby, What to Expect When You're Expecting or Teenagers and Their Babies curriculums.

_____ collect and review inkind

Visit 2 _____
Date

PAT Foundational Visit #2 Prenatal development.

_____ Do activities as listed in PAT, Partners for a Healthy Baby, What to Expect When You're Expecting or Teenagers and Their Babies curriculums.

_____ collect and review inkind

Visit 3 _____
Date

PAT Foundational visit #5 Goal setting page

_____ Do activities as listed in PAT, Partners for a Healthy Baby, What to Expect When You're Expecting or Teenagers and Their Babies curriculums.

_____ collect and review inkind

_____ Explain and assist family in filling out *Family Partnership Survey*.

_____ Complete the Family Action Plan if parent desires

_____ Give and Document Handouts using the Parent Education Handout Grid

_____ Complete Inkind for weekly activities/goals

_____ Offer PACT Resource Library List

_____ Discuss and Complete the *Parent opportunity for Employment Survey*. Mail to CO

_____ Discuss Community Resource Directory. Begin Social Service referrals

_____ Discuss and give GED pamphlet if necessary.

_____ Discuss neurotoxins: alcohol, smoking and pregnancy. Give Handouts.

_____ Journal and collect for portfolio

Second Trimester Weeks 13-27 (Teacher and family will complete approximately 8 home visits)

Visits #4-12 (approximately)

Complete the above Foundational PAT visits and Family Action Plans, if not done in the first trimester

Visit #4 _____

Date

_____ Do activities as listed in PAT, Partners for a Healthy Baby, What to Expect When You're Expecting or Teenagers and Their Babies curriculums.

_____ collect and review inkind

_____ Follow up on referrals

_____ Follow up on Family Action Plan if needed

_____ Discuss dental health during pregnancy, give handout.

_____ Journal and collect for portfolio

Visit #5 _____

Date

_____ Do activities as listed in PAT, Partners for a Healthy Baby, What to Expect When You're Expecting or Teenagers and Their Babies curriculums.

_____ collect and review inkind

Visit #6 _____

date

PAT Foundational Visit # 6 (Family Culture and Perspectives) Page 175

_____ Do a **Nutritional Snack and discuss menu planning and shopping**

_____ Do activities as listed in PAT, Partners for a Healthy Baby, What to Expect When You're Expecting or Teenagers and Their Babies curriculums.

_____ collect and review inkind

Visit #7 _____

Date

_____ **Discuss sleep and crib safety, give handouts**

_____ Do activities as listed in PAT, Partners for a Healthy Baby, What to Expect When You're Expecting or Teenagers and Their Babies curriculums.

_____ collect and review inkind

Visit #8 _____

date

_____ Do activities as listed in PAT, Partners for a Healthy Baby, What to Expect When You're Expecting or Teenagers and Their Babies curriculums.

_____ collect and review inkind

_____ Follow up on referrals

_____ Follow up on Family Action Plan if needed

_____ Discuss dental health during pregnancy, give handout.

_____ Journal and collect for portfolio

Visit # 9 _____

Date

_____ Do activities as listed in PAT, Partners for a Healthy Baby, What to Expect When You're Expecting or Teenagers and Their Babies curriculums.

_____ collect and review inkind

Visit # 10 _____

Date

_____ Do activities as listed in PAT, Partners for a Healthy Baby, What to Expect When You're Expecting or Teenagers and Their Babies curriculums.

_____ collect and review inkind

Visit # 11 _____

Date

_____ Do activities as listed in PAT, Partners for a Healthy Baby, What to Expect When You're Expecting or Teenagers and Their Babies curriculums.

_____ collect and review inkind

Visit # 12 _____

Date

_____ Do activities as listed in PAT, Partners for a Healthy Baby, What to Expect When You're Expecting or Teenagers and Their Babies curriculums.

_____ collect and review inkind

_____ Follow up on referrals

_____ Follow up on Family Action Plan if needed

_____ Discuss smoking during pregnancy, give handout.

_____ Journal and collect for portfolio

Third trimester Weeks 28-40 (Teacher and Family will complete 13 weekly home visits)
During 7th & 8th Month of Pregnancy

Visit # 13 _____

Date

_____ **Do a second nutrition visit, with information on healthy meal plans**

_____ Make sure Hospital Pre-Registration arrangements have been made-assist if needed

_____ Inform the parent of the Newborn Visit by Health Department (document on Prenatal Health Assessment form).

_____ Do activities as listed in PAT, Partners for a Healthy Baby, What to Expect When You're Expecting or Teenagers and Their Babies curriculums.

_____ collect and review inkind

Visit # 14 _____

date

_____ **Discuss SIDS**

_____ Inform the parent of the Newborn Visit by Health Department (document on Prenatal Health Assessment form).

_____ Do activities as listed in PAT, Partners for a Healthy Baby, What to Expect When You're Expecting or Teenagers and Their Babies curriculums.

_____ collect and review inkind

Visit #15 _____

Date

_____ **Discuss Breast Feeding option**

_____ Inform the parent of the Newborn Visit by Health Department (document on Prenatal Health Assessment form).

_____ Do activities as listed in PAT, Partners for a Healthy Baby, What to Expect When You're Expecting or Teenagers and Their Babies curriculums.

_____ collect and review inkind

Visit #16 _____

Date

_____ Do activities as listed in PAT, Partners for a Healthy Baby, What to Expect When You're Expecting or Teenagers and Their Babies curriculums.

_____ collect and review inkind

_____ Follow up on referrals

_____ Follow up on Family Action Plan if needed

_____ Discuss smoking during pregnancy, give handout.

_____ Journal and collect for portfolio

Visit #17 _____

_____ Do activities as listed in PAT, Partners for a Healthy Baby, What to Expect When You're Expecting or Teenagers and Their Babies curriculums.

_____ collect and review inkind

Visit #18 _____

date

_____ Do activities as listed in PAT, Partners for a Healthy Baby, What to Expect When You're Expecting or Teenagers and Their Babies curriculums.

_____ collect and review inkind

Visit #19 _____

date

_____ **Do a third nutritional visit, try a new food with mom. Discuss Go, Slow, Whoa**

_____ Do activities as listed in PAT, Partners for a Healthy Baby, What to Expect When You're Expecting or Teenagers and Their Babies curriculums.

_____ collect and review inkind

Visit #20 _____

date

_____ Do activities as listed in PAT, Partners for a Healthy Baby, What to Expect When You're Expecting or Teenagers and Their Babies curriculums.

_____ collect and review inkind

_____ Follow up on referrals

_____ Follow up on Family Action Plan if needed

_____ Discuss smoking during pregnancy, give handout.

_____ Journal and collect for portfolio

Visit #21 _____

date

_____ Do activities as listed in PAT, Partners for a Healthy Baby, What to Expect When You're Expecting or Teenagers and Their Babies curriculums.

_____ collect and review inkind

Visit #22 _____
date

_____ Do activities as listed in PAT, Partners for a Healthy Baby, What to Expect When You're Expecting or Teenagers and Their Babies curriculums.
_____ collect and review inkind

Visit #23 _____
date

_____ Do activities as listed in PAT, Partners for a Healthy Baby, What to Expect When You're Expecting or Teenagers and Their Babies curriculums.
_____ collect and review inkind

Visit #24 _____
date

_____ Do activities as listed in PAT, Partners for a Healthy Baby, What to Expect When You're Expecting or Teenagers and Their Babies curriculums.
_____ collect and review inkind
_____ Follow up on referrals
_____ Follow up on Family Action Plan if needed
_____ Discuss smoking during pregnancy, give handout.
_____ Journal and collect for portfolio

Visit #25 _____
date

_____ **Do a home safety checklist in preparation for a new baby**
_____ Do activities as listed in PAT, Partners for a Healthy Baby, What to Expect When You're Expecting or Teenagers and Their Babies curriculums.
_____ collect and review inkind

During 9th Month of Pregnancy

_____ **Review arrangement of getting to the hospital & a back-up plan (transportation, what to do with other children, having baby's bag packed, etc.)**

_____ **Offer to make a courtesy visit to the hospital (Post-Partum Contact) if the parent would like for you to (this would be a short 15 minute visit).**

_____ **Discuss if all needs have been met for baby essentials to bring baby home (baby bed/bassinet, diapers, car seat, etc.)**

_____ **Discuss Post -Partum Depression and give Handout**

_____ **Discuss post-partum recovery**

_____ Discuss with parent that you will be doing an Intake Visit for the newborn **within 2 weeks of baby's birth** (this visit will include the Ages and Stages Developmental Screening).

_____ Journal and collect for Portfolio

_____ Do activities as listed in **PAT, Partners for a Healthy Baby, What to Expect When You're Expecting or Teenagers and Their Babies** curriculums.

After delivery of the baby:

- **Complete change of status form with child's verified birthdate**
- **Call family and set up time to do child intake visit.**

- **Help family set up Health Department home visit within two weeks of delivery.**

- **Remind and support mother to follow-up on her own health needs**
- **Remind and support mother to get any needed dental treatment for herself**

- **Discuss Mental Health and adjusting after the baby is born**

When baby is 6 weeks old, do Edinburgh Postnatal Depression Scale packet with mom.
(document on child HVR and Health Assessment)