



UNIVERSAL HOME VISITING

A MODEL OF KANSAS HOME VISITING
for pregnant women and families with infants up to 1 year

KANSAS
MATERNAL &
CHILD HEALTH



**PROGRAM OVERVIEW AND
HOME VISITOR REQUIREMENTS**



HOME VISITING PROCESS MODEL



**RESOURCES AND INFORMATION
TO USE WITH FAMILIES**

UNIVERSAL HOME VISITING

PURPOSE: To educate, initiate referrals, and assist mothers and families in accessing community systems of care

GOALS

SAFETY NET: Every expecting or new mother receives an outreach/intake visit

SOCIAL/EMOTIONAL WELL-BEING: Families receive needed screenings and assessments

REFERRAL: Families are connected to resources in the community

TARGET POPULATION

Pregnant Women, Mothers, Infants (Birth to 12 Months)

APPROACH: Home visitor services are intended to educate and positively impact behaviors by increasing the number of women accessing early and comprehensive services before, during, and after pregnancy. A home visitor provides information on health and safety, parenting, preventive programs, and infant development. A critical responsibility of the home visitor is to have a broad knowledge of available community resources.

Home visiting includes prenatal and postpartum visits. On average, visits take about an hour. Typically, 1-2 visits are conducted; however, the number of visits is a decision of the supervising staff and home visitor based on family need/level of risk and availability of referral services. The home visiting program is intended to serve as a bridge to connect families to needed services.

Universal Home Visiting is a product of the Kansas Maternal and Child Health program (MCH), Kansas Department of Health and Environment (KDHE).

MINDSET AND MODELING THE WAY

A Universal Home Visitor has the right mindset to model the way for families.

The Universal Home Visiting program uses a strength-based approach and concentrates on the inherent strengths of individuals, families, groups, and organizations. This approach deploys personal strengths to aid in recovery and empowerment. To focus on health and well-being is to embrace an asset-based approach where the goal is to promote the positive.

MINDSET: The Universal Home Visitor must present information in a way that is not too clinical. They should stress the importance of partner engagement, as appropriate. They should be culturally aware and easily able to interact with people from varying socio-economic backgrounds. They should be respectful of families, have a growth mindset around an individual's ability to improve, and should meet families where they are—as long as there's no interference with the safety of the family or home visitor.

MODELING: Home visitors should model goal setting. Because home visitors meet clients where they are, this often means setting short-term, achievable goals—starting with next week, not next month or next year. Home visitors should demonstrate positive parent/child interaction: pick the baby up, talk to him or her, show the family how to interact with an infant. Home visitors teach the family to work through problems by helping them identify solutions. Home visitor follow up is key to making sure referrals are kept and goals are met.

TRAINING & SKILL REQUIREMENTS

A Universal Home Visitor must meet minimum qualifications and will complete initial and follow-up training requirements.

MINIMUM QUALIFICATIONS AND SKILLS

- Minimum of a high school diploma or GED
- Ability to differentiate between home visitor and nursing responsibilities
- Respectfulness of the confidentiality of a client relationship
- Effective communication skills
- Ability to present a warm, concerned, culturally-sensitive attitude toward families
- Knowledge of available community resources and how to utilize them
- Takes direction and carries out decisions made by a supervisor
- Completes timely and accurate reports
- Works independently and dependably
- Models a healthy lifestyle while interacting with clients

HOME VISITOR ORIENTATION REQUIREMENTS

Orientation of each home visitor must be completed within 90 days of hire/grant award. An orientation “checklist” is available in the Kansas Maternal and Child Health Service manual and should be used to document completion of orientation requirements. Completed checklists must be presented upon request during monitoring visits.

Prior to Providing Services, the home visitor will:

- Review the agency’s Aid to Local MCH application to better understand the services, partnerships, and home visiting plan submitted to KDHE
- Review agency policies and procedures regarding home visiting
- Complete Basic Kansas Home Visiting Training
- Become familiar with resource materials shared during visits
- Become familiar with community partners, services, and resources
- Shadow 3 visits conducted by an experienced home visitor
- Conduct at least 1 visit accompanied by the Home Visiting Program Supervisor

TRAINING & SKILL REQUIREMENTS

CONTINUED

TRAINING REQUIREMENTS

Basic Kansas Home Visiting Training

Part 1: Online trainings must be completed within 30 days of hire and prior to providing services. It is required of all home visitors and supervisors, regardless of profession/credential because content is specific to home visiting services.

- KS-TRAIN Course ID# 1043474
- Abuse and Neglect KS-TRAIN Course ID # 1043466
- HIPPA Overview KS-TRAIN Course ID # 1041019

Part 2: In-person training is offered every six to nine months and must be completed within nine months of hire. Training includes such topics as: role of the best practices and beliefs, role of the home visitor, boundaries, home visitor safety, and poverty.

Annual/Ongoing Training: All home visitors are required to attend the fall regional training provided by KDHE. Supervisors are strongly encouraged to attend in order to provide adequate support and supervision.

Recommended/Optional: Quality conferences and events such as the Governor's Public Health Conference, Governor's Conference for Prevention of Child Abuse and Neglect, and Kansas Public Health Association Conference.

Training resources: KS-TRAIN www.ks.training.org
Public Health Connections www.kdheks.gov/olrh/public_health_connections
MCH Navigator www.mchnavigator.org

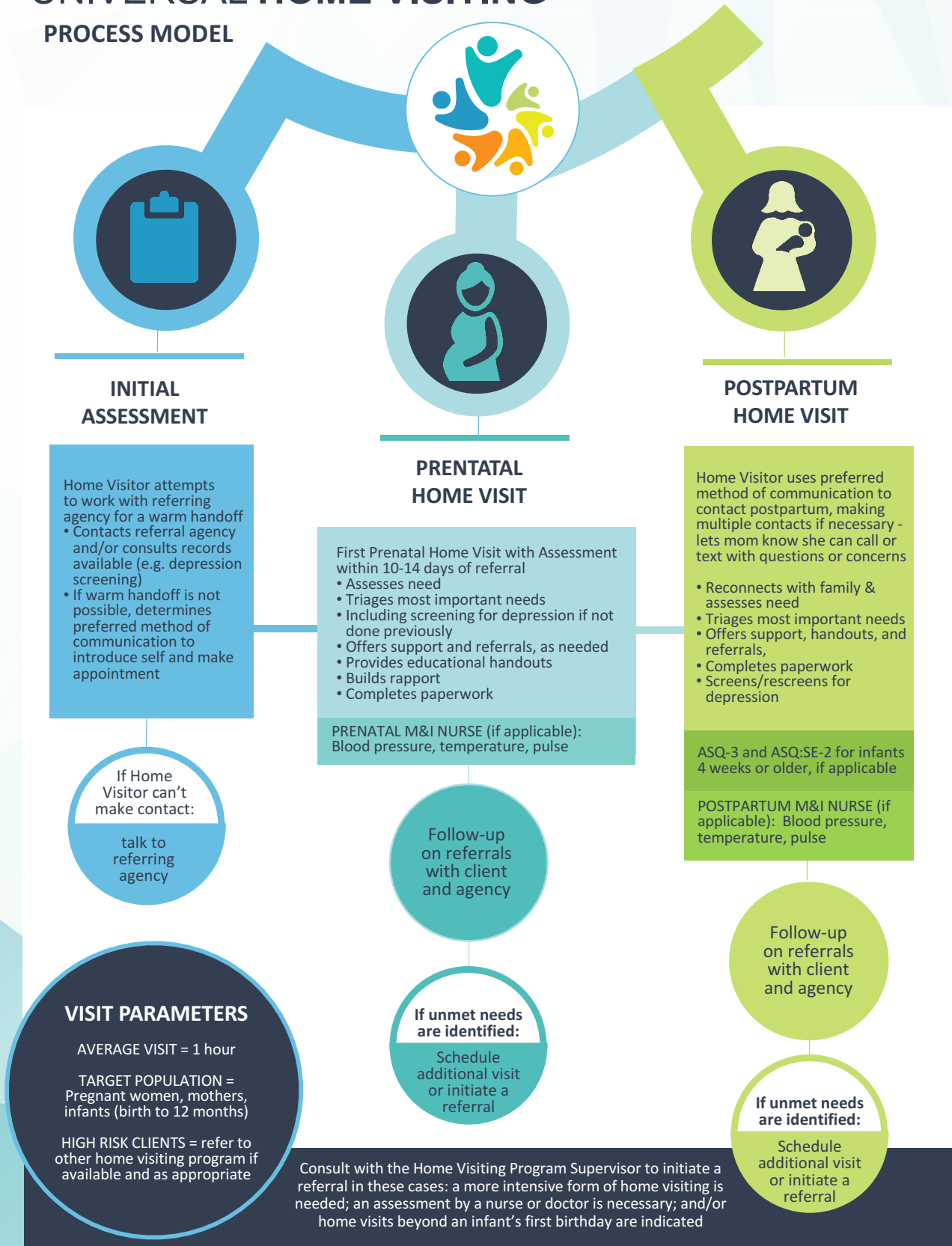
Shadowing: Prior to providing services independently, home visitors must shadow at least 3 visits conducted by an experienced home visitor and must conduct at least 1 visit accompanied by the home visiting program supervisor.

Individual Professional Development Plan (IPDP): An IPDP or other system of documenting training and continuing education must be maintained and available for review.

For more information refer to the Kansas Maternal and Child Health Service Manual

UNIVERSAL HOME VISITING

PROCESS MODEL





UNIVERSAL HOME VISITING RESOURCES

BY TOPIC

KANSAS MATERNAL & CHILD HEALTH

GENERAL RESOURCES

ACES

BIRTH PLANS

CAR SEATS

CHOOSING CHILD CARE

CHILD DEVELOPMENT

DOMESTIC VIOLENCE

FATHER INVOLVEMENT

HEALTH CARE COVERAGE

IMMUNIZATIONS

INFANT CARE

INFANT FEEDING

INJURY PREVENTION

LABOR/CHILDBIRTH

MATERNAL DEPRESSION

MEDICAL HOME

NUTRITION

ORAL HEALTH

RISK SCREENING

CHOOSING CHILD CARE

PRENATAL RISK

REPRODUCTIVE HEALTH

SAFE HAVEN for NEWBORNS

SAFE SLEEP

SIBLINGS

SMOKING CESSATION

STRESS RELIEF

SUBSTANCE USE/ABUSE

TRAUMA AND CARE

MATERNAL DEPRESSION

WORK (RETURNING TO)

General Resources - Planning and Preparing for Baby

Baby Center www.babycenter.com

Baby Buffer www.babybuffer.org

Kansas Resource Guide www.kansasresourceguide.org OR 1-800-332-6262

Text4Baby www.text4baby.org

Kansas Birth Certificate Information www.kdheks.gov/vital/birth.html

Adverse Childhood Experiences (ACEs) see also Trauma/Trauma-Informed Care

ACEs Study www.cdc.gov/violenceprevention/acestudy

ACE Interface www.aceinterface.com

ACEs Connection Network www.acesconnection.com

ACEs Too High www.acestoohigh.com

Resilience Trumps ACEs www.resiliencetrumpspaces.org

CDC Essentials for Childhood Framework
www.cdc.gov/violenceprevention/childmaltreatment/essentials.html

Robert Wood Johnson Foundation www.rwjf.org/en/library/collections/aces.html

Futures without Violence: Healthy Moms, Happy Babies Curriculum
www.futureswithoutviolence.org/userfiles/file/HealthCare/HV_Trainer's_Guide_Low_Res_FINAL.pdf

Making the Connection: Intimate Partners Violence and Public Health
www.futureswithoutviolence.org/making-the-connection-intimate-partner-violence-and-public-health

ACEs Data/Report (Kansas) www.kdheks.gov/brfss/PDF/ACE_Report_2014.pdf

Kansas Power of the Positive www.kansaspowerofthepositive.org

Lemonade for Life (intervention) www.lemonadeforlife.com

Lucid Witness www.lucidwitness.com/2016/09/25/index-to-lucidwitness

The Sanctuary Model® (Dr. Sandra Bloom) www.sanctuaryweb.com/Home.aspx

ResilientKC www.kcchamber.com/Resilient-KC/Home.aspx

TraumaMatters KC www.marc2.org/traumamatterskc

Birth Plans

Birth Plan www.marchofdimes.org/materials/birth-plan.pdf

Car Seat Safety/Installation

Car Seat Program (Safe Kids Kansas) www.safekidskansas.org/car_seat_program.htm

**Partners for a Healthy Baby Home Visiting Curriculum Before Baby Arrives:
Car Seat Safety**

**Car Seat Informational Handouts, including Booster Seats, Buckling Up, Air Bags,
Selecting the Right Car Seat, Meeting the Car Seat Challenge**
www.kansasboosterseat.org

Car Seat Types www.safercar.gov/parents/CarSeats/Car-Seat-Types.htm?view=full

Choosing Child Care

Child Care Licensing Program www.kdheks.gov/bcclr/index.html

Parent Page www.kdheks.gov/bcclr/parents.htm

Online Child Care Search (compliance/licensing status) www.kdheks.gov/bcclr/capp.htm

Child Care Aware of Kansas www.ks.childcareaware.org

**Checklist for Choosing Quality Child Care (Lista de Control para Elejir una
Guarderia de calidad)**

www.ks.childcareaware.org/wp-content/uploads/2016/08/Checklist-for-Choosing-Quality-Child-Care.pdf

Spanish www.ks.childcareaware.org/wp-content/uploads/2016/08/Checklist-for-Choosing-Quality-Child-Care-español.pdf

State Child Care Facts in the State of Kansas

www.ks.childcareaware.org/wp-content/uploads/2016/12/State-of-Kansas-Child-Care-Facts.pdf

What Type of Child Care is Right for Your Family?

www.ks.childcareaware.org/wp-content/uploads/2014/10/TypesofChildCare.pdf

Selecting a Child Care Program

www.childcareaware.org/families/choosing-quality-child-care/selecting-a-child-care-program

Newborn Screening Program www.kdheks.gov/newborn_screening/index.html

SoundBeginnings Newborn Hearing Screening Program www.soundbeginnings.org

Infant-Toddler Services Program www.ksits.org/index.html

Local programs www.ksits.org/download/network_brochure.pdf

Special Health Care Needs Program www.kdheks.gov/shcn/index.htm

Ages and Stages Questionnaire www.agesandstages.com

Partners for a Healthy Baby Home Visiting Curriculum Before Baby Arrives

- Bonding With Your Baby
- How Can You Be a Nurturing Parent?

Partners for a Healthy Baby Home Visiting Curriculum Baby's First Six Months

- Learning About My New Baby
- Figuring Out What My Baby Wants

Bonding With Your Baby www.childwelfare.gov/pubPDFs/ch_six_bond.pdf

Understanding Your Baby's Cues

www.wicworks.fns.usda.gov/wicworks/Sharing_Center/CA/Handouts/BabyCuesEng.pdf

Track Your Child's Developmental Milestones brochure www.cdc.gov/ActEarly
www.cdc.gov/ncbddd/actearly/pdf/parents_pdfs/trackchildsdevmilestoneseng.pdf

Milestone Moments: Learn the Signs. Act Early. Booklet www.cdc.gov/Milestones
www.cdc.gov/ncbddd/actearly/pdf/parents_pdfs/milestonemomentseng508.pdf

Grow Up Healthy! www.cdc.gov/vaccines/parents/downloads/growth-chart-providers.pdf

Domestic Violence

Kansas Coalition Against Sexual and Domestic Violence www.kcsdv.org

Health Resource Center on Domestic Violence (888) Rx-Abuse (792-2873)

Am I a Victim of Domestic Violence?

www.safehome-ks.org/resources/am-i-a-victim-of-domestic-violence

Domestic Violence: A Practical Guide for Victims www.ksbar.org/page/domestic_victims

Domestic Violence www.kcsdv.org/images/pdfs/resources/dv12-16.pdf

Spanish www.kcsdv.org/images/pdfs/resources/dvespanol1-17.pdf

Safety Plan for Victims of Domestic Violence

www.kcsdv.org/images/pdfs/resources/safetyplan1-17.pdf

Spanish www.kcsdv.org/images/pdfs/resources/plandeseguridad1-17.pdf

Sexual Violence www.kcsdv.org/images/pdfs/resources/sa1-17.pdf

Spanish www.kcsdv.org/images/pdfs/resources/svespanol1-17.pdf

Safety Plan for Victims of Domestic Violence That Are Non-Citizens

Spanish www.kcsdv.org/images/pdfs/resources/safety-planning-for-non-citizens-espanol1-17.pdf

Father Involvement

Partners for a Healthy Baby Home Visiting Curriculum Before Baby Arrives

- How Can I be a Great Dad?
- Advice for Expectant Fathers
- Why Fathers Are So Important
- Tips for Fathers-to-Be

Partners for a Healthy Baby Home Visiting Curriculum Baby's First Six Months

- Tips for New Dads
- I'm a Great Dad!

Kansas Children's Service League www.kcsl.org

Resources for Fathers

www.fatherhood.gov/?gclid=Cj0KEQjw5YfHBRDzjNnioYq3_swBEiQArj4pdlaeXHT04ajejZvtqPRwPKLrIY9J20klUbdztl8SplAaAn3e8P8HAQ

Health Care Coverage

Health Care Insurance Toolkit

www.kshomevisiting.org/wpcontent/uploads/2016/11/Healthcare-Insurance-Toolkit-.pdf

Partners for a Healthy Baby Home Visiting Curriculum Before Baby Arrives: Where Does Your Money Go?

Financially Empowered New Parents: Financial Lessons for Parents with (or Expecting) Their First Child www.debtredutionservices.org/wp-content/uploads/2015/03/Financially-Empowered-New-Parents-Handouts.pdf

What Marketplace health insurance plans cover

www.healthcare.gov/coverage/what-marketplace-plans-cover

Health coverage if you're pregnant or plan to get pregnant

www.healthcare.gov/what-if-im-pregnant-or-plan-to-get-pregnant

Immunizations

Centers for Disease Control and Prevention (CDC) Vaccine Information and Recommendations www.cdc.gov/vaccines/hcp/acip-recs/index.html

2016 Recommended Immunizations for Children from Birth Through 6 Years Old

www.cdc.gov/vaccines/parents/downloads/parent-ver-sch-0-6yrs.pdf

Understanding How Vaccines Work

www.cdc.gov/vaccines/hcp/conversations/downloads/vacsafe-understand-color-office.pdf

Infant Care

Partners for a Healthy Baby Home Visiting Curriculum

Before Baby Arrives: What You Need for Baby's First Weeks

Partners for a Healthy Baby Home Visiting Curriculum Baby's First Six Months

- Soothing a Fussy Baby
- Understanding Your Baby's Cries
- Calming Yourself When Baby's Upset
- Never Shake Your Baby
- Learning Your Newborn's Signals

Crying and Colic: What it means when your baby is fussy

www.healthonline.washington.edu/document/health_online/pdf/Crying_Colic_11_11.pdf

Positive Parenting Tips for Healthy Child Development: Infants (0-1 year of age)

www.cdc.gov/ncbddd/childdevelopment/positiveparenting/pdfs/infants-0-1-w-npa.pdf

Infant Feeding (breast/formula)

Kansas Breastfeeding Coalition www.ksbreastfeeding.org/resources

Kansas Women, Infants, and Children (WIC) www.kansaswic.org/breastfeeding

Partners for a Healthy Baby Home Visiting Curriculum Baby's First Six Months

- Smoking and Breastfeeding
- The Truth about Alcohol and Breastfeeding

The CDC Guide to Strategies to Support Breastfeeding Mothers and Babies

www.cdc.gov/breastfeeding/pdf/BF-Guide-508.PDF

Your Guide to Breastfeeding

www.womenshealth.gov/files/assets/docs/breastfeeding/breastfeedingguide-general-english.pdf

Injury Prevention/Safety

Safe Kids Kansas www.safekidskansas.org

Poison Control Center www.kumed.com/medical-services/poison-control HOTLINE 1-800-222-1222

The Period of Purple Crying www.purplecrying.info/what-is-the-period-of-purple-crying.php

Shaken Baby Syndrome www.togetherwithbaby.com/Handouts/handout_sbs.pdf

Home Safety Checklist www.kshomevisiting.org

Lead Hazard Safety www.kshealthyhomes.org

Baby Safety Checklist

www.cpsc.gov/s3fspublic/206%20Baby%20Safety%20Checklist_web_enNEW.pdf

Infants & Toddlers (Ages 0-3) Safety in the Home & Community

www.cdc.gov/parents/infants/safety.html

Labor/Childbirth

Stages of Labor www.marchofdimes.org/pregnancy/stages-of-labor.aspx

How to Tell When Labor Begins

www.acog.org/~media/For%20Patients/faq004.pdf?dmc=1&ts=20120801T1121182122%20

Why at least 39 weeks is best for your baby

www.marchofdimes.org/pregnancy/why-at-least-39-weeks-is-best-for-your-baby.aspx

Medications for Pain Relief During Labor and Delivery

www.acog.org/~media/For%20Patients/faq086.pdf?dmc=1&ts=20130515T1004441971%20

Maternal/Perinatal Depression

Pregnancy and Postpartum Resource Center of Kansas www.kansasppd.org

Mom's Mental Health Matters

www.nichd.nih.gov/ncmh/ep/initiatives/moms-mental-health-matters/moms/Pages/default.aspx

Depression and Anxiety Happen. Getting Help Matters

www.nichd.nih.gov/maternalmentalhealth

During Pregnancy and After Birth: Learn the Signs of Depression

www.womenshealth.gov/publications/our-publications/fact-sheet/depression-pregnancy.html

Talk About Depression and Anxiety During Pregnancy and After Birth

www.nichd.nih.gov/publications/pubs/Documents/TalkAboutDepressionAnxiety.pdf

Action Plan for Depression and Anxiety Around Pregnancy

www.nichd.nih.gov/ncmh/ep/initiatives/moms-mental-health-matters/moms/Documents/ActionPlan_DepressionAnxiety.pdf

Edinburgh Postpartum Depression Scale (EPDS)

www.fresno.ucsf.edu/pediatrics/downloads/edinburghscale.pdf

Spanish Version www.cdph.ca.gov/programs/mcah/Documents/MO-CHVP-EPDS-Spanish.pdf

US Preventive Services Task Force Recommendation Statement

www.jama.jamanetwork.com/article.aspx?articleid=2484345#ArticleInformation

See related article in New York Times article

www.nytimes.com/2016/01/27/health/post-partum-depression-test-epds-screening-guidelines.html?_r=0

AAP news article on ruling on Medicaid coverage of maternal depression screening during well-child visits www.aappublications.org/news/2016/06/21/MaternalDepression062116

ACOG Committee Opinion www.acog.org/Resources-And-Publications/Committee-Opinions/Committee-on-Obstetric-Practice/Screening-for-Perinatal-Depression

Statement/Guidelines on use by AAP.org

www2.aap.org/sections/scan/practicingsafety/Toolkit_Resources/Module2/EPDS.pdf

Implementation Guidelines

www.pmh.health.wa.gov.au/general/CACH/docs/manual/3%20Birth%20to%20School%20Entry/3.8/3.8.4%20Birth%20to%20School%20Entry%20Resources%20-%20Edinburgh%20Postnatal.pdf

EPDS Screening Algorithm (Minnesota Department of Health)

www.health.state.mn.us/divs/cfh/topic/pmad/content/document/pdf/workflowepds.pdf

Responding to a positive screen for depression (Minnesota Department of Health) www.health.state.mn.us/divs/cfh/topic/pmad/fvpositive.cfm

Maternal/Perinatal Depression

Partners for a Healthy Baby Home Visiting Curriculum: Before Baby Arrives:

- Baby Blues
- Circle of Support for My Baby and Me

Partners for a Healthy Baby Home Visiting Curriculum: Baby's First Six Months: Is This Depression I'm Feeling? Depression During and After Pregnancy

mchb.hrsa.gov/sites/default/files/mchb/MaternalChildHealthTopics/maternal-womens-health/Depression_During_and_After_Pregnancy_ENGLISH.pdf

To order free print copies of this booklet, call the HRSA Information Center at 1-888-Ask-HRSA

Postpartum Depression Facts

www.nimh.nih.gov/health/publications/postpartum-depression-facts/index.shtml

Depression in Mothers: More Than the Blues (toolkit for Family Service Providers)

www.store.samhsa.gov/shin/content/SMA14-4878/SMA14-4878.pdf

Pregnant Mothers with Strong Family Support Less Likely to Have Postpartum Depression

www.newsroom.ucla.edu/releases/stress-hormone-foreshadows-postpartum-243844

Information for Family Home Visiting (Minnesota Department of Health)

www.hhealth.state.mn.us/divs/cfh/topic/pmad/familyvisiting.cfm

Medical Home

American Academy of Pediatrics Medical Home

www.aap.org/en-us/professional-resources/practice-transformation/medicalhome/Pages/home.aspx

National Center for Medical Home Implementation

www.medicalhomeinfo.aap.org/Pages/default.aspx

What is a medical home? Why is it important?

www.hrsa.gov/healthit/toolbox/Childrenstoolbox/BuildingMedicalHome/whyimportant.html

Defining the Patient Centered Medical Home (PCMH)

www.pcmh.ahrq.gov/page/defining-pcmh

Nutrition

Kansas Women, Infants, and Children (WIC) Program www.kansaswic.org/families
www.kdheks.gov/nws-wic

Healthy Pregnancy (womenshealth.gov): Food Don'ts

www.womenshealth.gov/files/assets/docs/charts-checklists-guides/pregnancy_food_donts.pdf

Partners for a healthy Baby Home Visiting Curriculum: Before Baby Arrives:

- How Does Food Nourish My Baby
- Nourishment for You and Your Baby

MyPlate for Expecting Moms

www.learningzoneexpress.com/myplate-for-expecting-moms-handouts

Partners for a healthy Baby Home Visiting Curriculum:

Baby's First Six Months: Is My Baby Getting Enough to Eat?

Exercise During Pregnancy

www.acog.org/~media/For%20Patients/faq119.pdf?dmc=1&ts=20140721T1409518773

Obesity and Pregnancy

www.acog.org/~media/For%20Patients/faq182.pdf?dmc=1&ts=20140721T1413437367

Tips for Pregnant Moms www.wicworks.fns.usda.gov/wicworks/Topics/PregnancyFactSheet.pdf

Oral Health (screening/care)

Oral Health Kansas www.oralhealthkansas.org

Tips and Tricks: A Guide for Your Baby's First Year

www.oralhealthkansas.org/Tipstricks.html

Tips and Tricks: Pregnancy and Dental Care

www.oralhealthkansas.org/pdf/tipstricks/Tips%20and%20Tricks%20Pregnancy%20and%20Dental%20Care%20-%20English.pdf

Tips and Tricks: Pregnancy, Gum Disease and Diabetes

www.oralhealthkansas.org/pdf/tipstricks/Tips%20and%20Tricks%20Pregnancy%20Gum%20disease%20and%20Diabetes.pdf

Taking Care of Your Child's Smile

www.ada.org/~media/ADA/Publications/Files/ForthePatient-0514.ashx

Prenatal/Postpartum Risk Screening

(see also Maternal/Perinatal Depression)

Partners for a Healthy Baby Home Visiting Curriculum: Before Baby Arrives:

- Why Prenatal Care Is Important
- Getting the Care You Deserve from Your Doctor or Midwife
- Am I in Labor?
- Healthy Things to Do for You and Your Baby
- What Medicines Are Safe to Take?
- Postpartum Concerns

Partners for a Healthy Baby Home Visiting Curriculum: Baby's First Six Months:

- Motherhood: Adjusting to the Changes It Brings
- Taking Care of Yourself After Childbirth

Pregnancy Care www.medlineplus.gov/ency/article/007214.htm

Congratulations on Your Pregnancy!

www.pamf.org/obgyn/handouts/n1245_congratulations.pdf

Healthy Pregnancy www.womenshealth.gov

Do's and Don'ts

www.womenshealth.gov/files/assets/docs/charts-checklists-guides/pregnancy-dos-donts.pdf

Labor and Birth

www.womenshealth.gov/pregnancy/childbirth-and-beyond/labor-and-birth

US Department of Health and Human Services www.nichd.nih.gov/pubs

Am I at Risk for Gestational Diabetes? Booklet

www.nichd.nih.gov/publications/pubs/Documents/gestational_diabetes_2012.pdf

Choosing Child Care

What are the factors that put a pregnancy at risk?

www.nichd.nih.gov/health/topics/high-risk/conditioninfo/pages/factors.aspx

Reproduce Health and Family Planning

Women's Reproductive Health www.cdc.gov/reproductivehealth/womensrh/index.htm

Common Reproductive Health Concerns for Women
www.cdc.gov/reproductivehealth/womensrh/healthconcerns.html

Effectiveness of Family Planning Methods
www.cdc.gov/reproductivehealth/contraception/unintendedpregnancy/pdf/contraceptive_methods_508.pdf

www.cdc.gov/reproductivehealth/contraception/unintendedpregnancy/pdf/family-planning-methods-2014.pdf

Spanish www.cdc.gov/reproductivehealth/contraception/unintendedpregnancy/pdf/eficacia-de-los-métodos-de-planificación-familiar-afiche.pdf

Safe Haven for Newborns

Safe Haven for Newborn
www.mchc.net/wp-content/uploads/2014/11/Safe-Haven-Poster-English.pdf

Spanish www.mchc.net/wp-content/uploads/2014/11/Safe-Haven-poster-Spanish.pdf

Safe Sleep

Kansas Infant Death & SIDS (KIDS) Network www.kidsks.org

ABCs of Safe Sleep www.kidsks.org/safe-sleep.html

- Safe Sleep Toolkit
- ABC's of Safe Sleep
- Safe Sleep Guidelines

Safe Sleep for Your Baby www.nichd.nih.gov/SIDS
www.nichd.nih.gov/publications/pubs/Documents/Safe_Sleep_Baby_English.pdf

**Partners for a healthy Baby Home Visiting Curriculum:
Before Baby Arrives: A Safe Sleep Environment for My Baby**

US Department of Health and Human Services www.nichd.nih.gov/SIDS

What Does a Safe Sleep Environment Look Like and Safe Sleep for Your Baby
www.nichd.nih.gov/publications/pubs/Documents/Safe_Sleep_Environment_English.pdf

A Parent's Guide to Safe Sleep www.healthychildcare.org/PDF/SIDSparentsafesleep.pdf

Sleep Safety and Suffocation Prevention Tips
www.safekids.org/tip/sleep-safety-and-suffocation-prevention-tips

Siblings (support, relationships)

New Baby Siblings: Helping Your Older Child (or Children) Adjust

www.med.umich.edu/yourchild/topics/newbaby.htm

Smoking/Tobacco Cessation

KanQuit (Kansas Quitline) kanquit.org OR 1-800-QUIT-NOW (784-8669)

www.QuitNow.net/Kansas

What's in a cigarette?

www.thetruth.com/facts/useful_cigarette

Become an Ex

www.becomeanex.org

My Last Dip

www.mylastdip.com

Need Help Putting Out That Cigarette? www.tobaccocessation.org/PDFs/NeedHelpBooklet.pdf

Quitline Pregnancy Program Overview

www.kdheks.gov/olrh/Govs_PH_Conf_2016/April%2027/Perinatal_Smoking_Cessation_Quitline_Pregnancy_Program_Overview.pdf

BABY & ME—Tobacco Free® www.babyandmetobaccofree.org

Smoking Cessation Reduction In Pregnancy Treatment (SCRIPT)

www.sophe.org/focus-areas/script-smoking-cessation-reduction-pregnancy-treatment-program

Partners for a Healthy Baby Home Visiting Curriculum:

Before Baby Arrives:

- How Smoking Can Hurt Your Unborn Baby
- Quit Now!

Partners for a Healthy Baby Home Visiting Curriculum:

Baby's First Sixth Months: Smoke Can Hurt Your Baby

How Does Smoking During Pregnancy Harm My Health and My Baby?

www.cdc.gov/reproductivehealth/maternalinfanthealth/tobaccousepregnancy/index.htm

Take Steps to Quit

www.cdc.gov/tobacco/campaign/tips/quit-smoking/guide/steps-to-prepare.html

9 Myths About Smoking and Pregnancy

www.women.smokefree.gov/9-myths-about-smoking-pregnancy.aspx

Stress Relief

Kansas Community Mental Health Centers www.acmhck.org/about-us/cmhc-directory

Life Stress Test (Based on The Holmes and Rahe Stress Scale Test)

www.cliving.org/PDF%20files/Life%20Stress%20Test%20small.pdf

Spanish www.cliving.org/lifestresstestSpanish.htm

**Partners for a Healthy Baby Home Visiting Curriculum:
Before Baby Arrives:**

- How Can Stress Affect My Unborn Baby?
- 10 Ways to Relieve Stress
- Coping with Stress
- What I Thought and How I felt This Week

Building Strong Families: Stress Management Activities and Tips

www.extension.missouri.edu/bsf/stress/ManagingStressHandout2.pdf

Stress and Pregnancy

www.marchofdimes.org/materials/Maternal-Stress-Issue-Brief-January2015.pdf

Substance Use/Abuse

An Alcohol-Free Pregnancy Is the Best Choice for Your Baby

www.cdc.gov/ncbddd/fasd/documents/fasd-poster_alcohol-free-pregnancy_woman-looking-ahead.pdf

Think Before You Drink

www.cdc.gov/ncbddd/fasd/documents/thinkbeforeyoudrinkbrochure.pdf

Drinking and Your Pregnancy

www.pubs.niaaa.nih.gov/publications/drinkingpregnancy_html/pregnancy.pdf

Trauma/Trauma-Informed Care

How Our Brains Are Built

www.albertafamilywellness.org/resources/video/how-brains-are-built-core-story-brain-development

Still Face Program ACEs Connection Network www.youtube.com/watch?v=apzXGEbZht0

American Academy of Pediatrics Toolkit www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/healthy-foster-care-america/Pages/Trauma-Guide.aspx

HealthCare Toolbox www.healthcaretoolbox.org

NEAR@Home Toolkit: A Guided Process to Talk about Trauma and Resilience in Home Visiting www.thrivewa.org/work/trauma-and-resilience-4

Trauma-Informed Primary Care Initiative (TIPCI)

www.nationalcouncildocs.net/trauma-informed-care-learning-community/tic-in-primary-care

Child Trauma Academy www.childtrauma.org

Childhood Trauma – Changing Minds™ www.changingmindsnow.org

Community Resilience Cookbook www.communityresiliencecookbook.org

Substance Abuse and Mental Health Services Administration (SAMHSA) TIP 57

www.integration.samhsa.gov/clinical-practice/SAMSA_TIP_Trauma.pdf

Well Child/Well Woman

Bright Futures www.brightfutures.aap.org/materials-and-tools/Pages/default.aspx

Periodicity Schedule www.aap.org/en-us/Documents/periodicity_schedule.pdf

Check-Up Checklist www.cdc.gov/family/checkuplist/index.htm

Well-Child Visits www.medlineplus.gov/ency/article/001928.htm

Well-Woman Visit www.acog.org/-/media/Committee-Opinions/Committee-on-Gynecologic-Practice/co534.pdf?dmc=1&ts=20170330T1944198326

Your Guide to Well-Woman Visits www.nwlc.org/sites/default/files/final_well-womanbrochure.pdf

Annual Well-Woman Examination www.acog.org/-/media/For-Patients/Annual-Well-Woman-Exam-Infographic-lg.pdf?dmc=1&ts=20170330T1946150359

Work (returning to work)

Support for Breastfeeding in the Workplace www.cdc.gov/breastfeeding/pdf/bf_guide_2.pdf

Going back to work after having a baby

www.marchofdimes.org/pregnancy/going-back-to-work-or-school-after-having-a-baby.aspx

New mom fatigue www.marchofdimes.org/baby/new-mom-fatigue.aspx#