

Facilitating Pregnancy and Postpartum Visits Procedure

Purpose

This explains how to plan for and conduct home visits with expectant and postpartum families enrolled in EHS HB, using the *Pregnancy Visit Plan and Summary Form* and the *Postpartum Visit Plan and Summary Form* to document the visits.

Guidance

Pregnancy home visits

Home Visitors are expected to conduct a home visit every other week with each pregnant mother. The primary purpose of these home visits is to provide support and resources to ensure a healthy pregnancy and healthy outcomes for the newborn. It is essential that expectant mothers be linked to ongoing prenatal and dental care.

Pregnancy home visits also include education and resources regarding pregnancy health and nutrition, fetal development, childbirth preparation, maternal mental health, newborn health, development and nutrition (including breastfeeding), family planning and family support. *Partners for a Healthy Baby: Before Baby Arrives* is the primary curriculum used in planning for home visits. Additional resources, such as *Promoting Maternal Mental Health*, can be used to meet the individual needs of the pregnant mother and her family as appropriate. Expectant families should be linked to community resources and services when needed.

Home Visitors use interpreters to help facilitate pregnancy home visits in the expectant family's primary language or at the family's request. Home Visitors can document on the *Pregnancy Visit Plan and Summary* in the family's primary language if the Home Visitor is proficient in writing in the family's language. The home visit is reviewed with the family in their primary language.

Postpartum home visits

Home Visitors are expected to visit postpartum families on a weekly basis for the first six weeks following the baby's birth. The primary purpose of the postpartum visits is to provide support and resources to ensure an healthy postpartum recovery for the mother, healthy outcomes for the baby and the development of a healthy attachment relationship between mother and baby. It is essential that both the mothers and their newborns are linked to on going health care.

Postpartum home visits include education and resources regarding maternal health, nutrition and postpartum recovery, maternal mental health, infant health development and nutrition (including breastfeeding), family planning and family support. *Partners for a Healthy Baby: The First Six Months* is the primary curriculum used in planning for home visits. Additional resources, such as *Promoting Maternal Mental Health*, can be used to meet the individual needs of the postpartum mother and her newborn as appropriate. Postpartum families should be linked to community resources and services when needed.

Procedure

Pregnancy home visits

Home Visitors use the *Pregnancy/Postpartum Education and Services Checklist* and the *Partners for a Healthy Baby: Before Baby Arrives* curriculum to plan for each pregnancy home visit. The *Pregnancy Visit Plan and Summary Form* is used to document planning and to guide and summarize each home visit.

- Plan for each section of the *Pregnancy Visit Plan and Summary Form*.
- When using a lesson from *Partners for a Healthy Baby*, document the lesson title and page number. A minimum of one lesson from the curriculum should be introduced to expectant families each month.
- Summarize discussion and next steps in each section of the *Pregnancy Visit Plan and Summary Form*.

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- Plan and schedule the next home visit.
- Remind the expectant family about upcoming socialization groups and/or parent events.
- Review the completed *Pregnancy Visit Plan and Summary Form* with the mother and/or family. Sign and date. Have pregnant mother sign and date. Leave a copy with the mother.

Postpartum home visits

Home Visitors use the *Pregnancy/Postpartum Education and Services Checklist* and the *Partners for a Healthy Baby: The First Six Months* curriculum to plan for each postpartum home visit. The *Postpartum Visit Plan and Summary Form* is used to document planning and to guide and summarize each home visit.

- Use the 6-week Postpartum Visit Schedule below to ensure that all required services are completed in a timely manner prior to the baby's enrollment.
- Plan for each section of the *Postpartum Visit Plan and Summary Form*.
- When using a lesson from *Partners for a Healthy Baby*, document the lesson title, month and page number. A minimum of one lesson from the curriculum should be used each week.
- Summarize discussion and next steps in each section of the *Postpartum Visit Plan and Summary Form*.
- Plan and schedule the next home visit.
- Remind the postpartum family about upcoming socialization groups and/or parent events.
- Review the completed *Postpartum Visit Plan and Summary Form* with the mother. Sign and date. Have the mother sign and date. Leave a copy with the mother.

6-Week Postpartum Visit Schedule	
Week 1	First week following birth of the baby. Focus on the childbirth experience, maternal well-being and breastfeeding/feeding.
Week 2	2-week Postpartum Visit with nurse occurs. Continued focus on postpartum recovery, maternal well-being and feeding.
Week 3	Begin to shift some focus to the baby's well-being. Follow up on any concerns from the 2-week Postpartum Visit and well child exam including growth, feeding, sleeping and any health-related concerns. Follow up on any postpartum recovery concerns.
Week 4	Continue to follow up on both mother's and baby's well-being. Begin to complete child enrollment paperwork.
Week 5	Continue to follow up on both mother's and baby's well-being. Continue to complete child enrollment paperwork. Begin orientation regarding family home visits.
Week 6	Continue to follow up on both mother's and baby's well-being. Have mother complete Edinburg Maternal Mental Health screening. Discuss and provide resources as needed. Complete family visit orientation. The following week will be the first family home visit with the child enrolled.

Related Documents

Curriculum Planning Procedure – Early Head Start
Family Visit Plan and Summary Form– Early Head Start Home-Based
Home Visit Safety Procedure
Engaging Families in Curriculum
Curriculum Implementation Guidance
Pregnancy Visit Plan and Summary Form
Postpartum Visit Plan and Summary Form
Assigning Newborn to Pregnant Mother's Slot Procedure

Resources

Partners for a Healthy Baby
 Promoting Maternal Mental Health