



Home Visits with the Nurse

Support

Prenatal Support

- * Month by month review of your baby's growth and development
- * Dealing with symptoms of pregnancy
- * Preparing for labor
- * Review and assistance with birth plans
- * Review and assistance with obtaining necessary supplies for baby information regarding community resources
- * Signs of preterm labor
- * SIDS and shaken baby education/prevention
- * Sibling preparation

After Deliver Support

- * Breastfeeding support
- * Baby blues and postpartum depression information
- * Understanding how your baby communicates
- * Happiest Baby on the Block



The Toddler Years to Closure

- * Continued growth and development
- * Ages and Stages Questionnaire (ASQ)
- * Positive discipline - time outs
- * Dealing with hitting, biting, and other aggressive behavior
- * Feeding your toddler
- * Activities for toddlers
- * Introduction to potty training
- * The Happiest Toddler on the Block



What is a home visit?

A great opportunity to provide support and educate expecting parents during their pregnancy, postpartum, and baby/toddler moments.

How long can I have a home visit?

Families who are expecting a baby or planning adoption or families with children under 3 years old are eligible for visits. A family service plan is developed by you and the Family Advocacy Nurse and home visits are provided until goals are met. This is a FREE VOLUNTARY program!

How can the Family Advocacy Nurses help us? Our Nurses can help by providing a caring and understanding approach to a new transition in your life called parenthood.

Where do I sign up?

Feel free to call the Family Advocacy Program or New Parents Support directly at 687-4341/7801 for more information.

**New Parent Support Program
509th/Medical Group
331 Sijan Avenue
Whiteman AFB, MO 65305
(660)687-4341/7801**



Growth and Development

Month 1

- Breastfeeding/bottle feeding
- Newborn care
- Coping with crying baby

Month 2

- Activities for your baby
- Growth and development assessment
- Sleep routines/SIDS

Month 3

- Returning back to work
- Developing routines
- Self care; learn about resources

Month 4

- Sleep training
- Growth and development assessment
- Time/organization management

Month 5

- Teething
- Child proofing

Month 6

- Introduction to solids
- Begin reading to infant
- Well baby visits

Month 7

- Deployment/TDY preparation
- Milestones/activities for 7-12 months

Month 8

- Growth and development assessment
- Separation anxiety

Month 9

- Finger foods
- Review choking

Month 10

- Beginning discipline
- Importance of rules

Month 11

- Growth and development assessment
- Socialization for children

Month 12

- Milestones for 12-24 months
- Temper Tantrums
- Activities for toddlers