

Welcome

to the
Healthy Families America

Prenatal Home Visiting Webinar



Webinar Objectives:

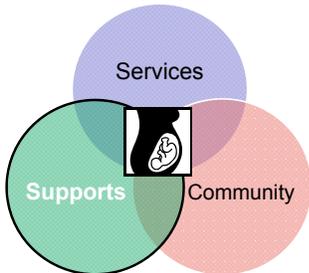
After this training, HFA staff will gain:

- ✓ Increased understanding of the role the home visitor plays in promoting bonding and attachment, and optimal physical and emotional development during the prenatal period;
- ✓ Increased confidence in working with families in the prenatal period within the HFA model, using skills already gained through previous training and experience;
- ✓ Greater knowledge about the developmental stages of pregnancy and fetal development;
- ✓ Greater understanding of the need for trauma-informed practice in the prenatal period; and
- ✓ Better understanding of how to implement prenatal and postpartum depression screening.

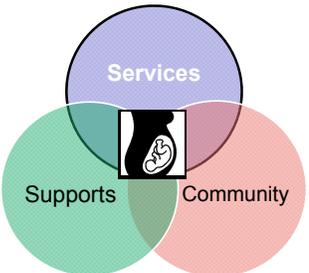
Prenatal Services-What's my Role?



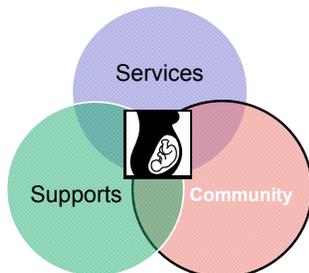
Prenatal Services-What's my Role?

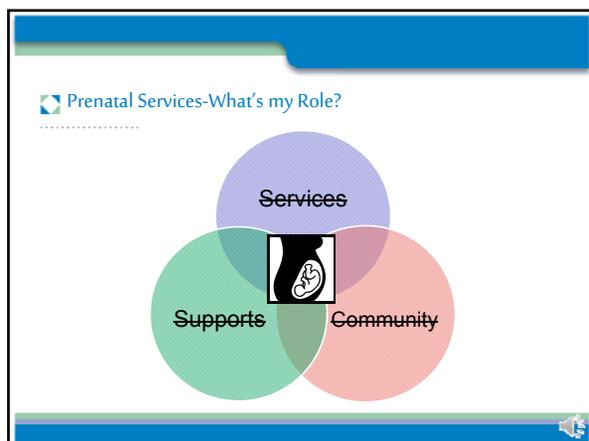


Prenatal Services-What's my Role?



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▣ Primary Home Visiting Goals of HFA

- **Build and sustain community partnerships to systematically engage vulnerable families in home visiting services prenatally or at birth.**
- Cultivate and strengthen nurturing parent-child relationships.
- Promote healthy childhood growth and development.
- Enhance family functioning by reducing risk and building protective factors.

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▣ Parallel Process

"Do unto others as you would have others do unto others."

- Jeree Pawl

Maternal Stress



- Cues from the environment
- Some stress is normal
- Fight or flight
- Low birth weight, preterm labor, irregular brain development
- Minimizing stress is the key

Home Visiting: the first phase



- The earlier, the better
- Best time for prevention
- Open to learning
- Best possible start

2nd Trimester

- Reality sinks in, and with it acceptance of the pregnancy
- Fetal movement adds to the sense of reality – this is happening!
- Developing an image of “my baby”
- Support system beginning to form around the pregnancy
- Services are hopefully now in place
- Circumstances often have settled down



2nd Trimester Physical Changes



- Return to ‘normal’
- Begins to ‘show’
- Back ache
- Dental needs
- Congestion
- Breast enlargement

When to Call the Doctor

- **Any time:**
 - Signs of preeclampsia
 - Passes tissue from the uterus
 - Fever
 - Vomits
 - Fluid from her vagina
 - Vaginal bleeding
 - Pelvic pain
 - Itching
 - Painful or frequent urination
 - Unusually weak



When to Call the Doctor



- **Between 20 and 37 weeks:**
 - Signs of preterm labor
 - Reduced or absent fetal movement
 - Uterine tenderness or unexplained fever

When to Call 9-1-1



- **Between weeks 20 & 37**
 - Severe vaginal bleeding
 - Severe abdominal pain
 - Fluid gushing or leaking from her vagina, AND umbilical cord is bulging

Fetal Development: 2nd Trimester



Prenatal Bonding and Attachment



- Read
- Sing
- Write
- Daydream
- Talk
- Play

Home Visiting in the 2nd Trimester



- CHEEERS
- Family goal planning
- Prenatal depression screening

3rd Trimester

- Physical changes
 - Increased discomfort
 - Back ache
 - Braxton Hicks
 - Continued breast enlargement
 - Increased vaginal discharge
 - 'Water' breaks



3rd Trimester

- Social-emotional changes
 - Increased social activity
 - Personal relationships may be strained
 - Nesting
 - "Imaginary baby" becomes more real in her mind
 - Labor and delivery loom near
 - Fear /Anxiety versus Excitement/Anticipation
 - Ready to move on!



Home Visiting in the 3rd Trimester



- Making a happy, healthy, and safe environment for baby
- Resources
- Accentuate the positive (ATP)
- Mothering the mother

Fetal Development: 3rd Trimester



Month 7



Month 8



Month 9

Pre-Labor Conversations

- How do you feel about pain management versus natural child birth?
- What coping skills have you used in the past when faced with something painful or frightening? Is there someone or something that you are aware of that may help you strengthen or build these skills?
- How important is it for you to know what to expect? How can you learn what you want to know?
- What's role do you hope for your partner, family, and/or friends, to play in your labor and delivery?
- Are there any family or cultural traditions you want to honor?
- Are you comfortable with your care providers, hospital or birth center? If not, do you have ideas of what might improve this?

Feeding

Breast or
bottle?



Breastfeeding



- Include dad
- Immediate skin-to-skin contact is encouraged
- Baby to the breast within 1 hour of birth
- Enlist the support of an expert to make sure baby has a good latch
- Learn early feeding cues
- When in doubt, ask for help!

Bottle feeding

- Cues
- Formula safety
- Preparation
- Holding
- Touch and talk
- Choosing the right one



Good, open communication with the home visitor can be the key to this transition, regardless of the feeding method selected.



**Labor and Delivery:
The Home Visitor Role**

- Support their wishes
- Reinforce parent education
- Help with practical planning
- Celebrate, reinforce, support!



Resolution and New Beginnings:

- Real baby replaces imaginary one
- New physical changes
- Sense of responsibility for a dependent being
- Fear/Anxiety -vs- Excitement/Fun (again!)
- Relationship stressors
- Maternal mood disorders may arise now - depression, anxiety
- Support system put to the test



Postpartum Recovery

- Sleep schedules
- Physical recovery from birth
- Feeding
- Relationship changes
- Falling in love: can take some time



Postpartum Home Visits



- Listen to their story
- Welcome baby
- Check on mom's and dad's well-being
- Develop new goals

Unexpected Outcomes and Losses

- Loss of "ideal" dreamed of baby –
 - confronted with reality
- Loss of perfect baby – physical handicaps, medical issues
- Death of infant
- Mother facing serious health challenges during or after birth



❑ Mood Disorders




- Change in appetite
- Changes to sleep patterns
- Fatigue or lack of energy
- Sadness
- Feelings of hopelessness or worthlessness
- Crying for no reason
- Lack of interest in previously pleasurable activities.

❑ What can I do?



- Routine Screening: once in pregnancy, and once within first 3 months post-partum
- Refer if necessary
- Remember: Do For, Do With, Cheer On
- Seek supervision

❑ The Home Visitor's Role

- Show up
- Be present
- Keep goals manageable and achievable
- Share stress–reduction strategies
- Encourage talk



❑ The Home Visitor's Role

- Build a support system
- Accentuate the positive
- Be patient
- Know the resources



❑ Resource agent

- Mental health treatment
- Medical providers
- Dental providers
- Nutritional support
- Housing
- Social support
- Financial assistance
- Addiction treatment
- Domestic violence services



❑ And let's not forget the father:




- Dads impact the pregnancy experience
- Fathers have worries, too
- Pre-natal disconnect
- Babysitter versus co-parent

◆ And let's not forget the father:



- Letting go of freedoms
- The need for support
- Earlier involvement results in *deeper* involvement

◆ Trauma-Informed Practice Approach

- Every participant deserves trauma-informed practice
- Trauma changes a person's perceptions, thoughts, feelings, and behaviors
- Remain person-centered and strength-based



◆ Trauma-Informed Practice Approach

- Immigrant families often have special needs
- Each person responds differently



◆ And for the home visitor:

- Separate your values and beliefs from the family's
- Support the family in making educated decisions
- Avoid undermining other professionals
- Values clarification
- Cheer on!



◆



Seek supervision

◆ For Programs....



- Better outcomes
- Happier and healthier environment

