



★ Early Essentials ★

## Quick Start Guide for Expectant Families

### Know the Essentials

- There is tremendous growth and development during the prenatal period for both the mother and baby!
- The prenatal period provides lots of opportunities for good beginnings such as good nutrition, health, and mental health as well as appropriate management of stress.
- Good and healthy beginnings create the foundation for the child's school readiness.
- One of the most important roles staff play during the prenatal period is helping families access needed comprehensive services.

### Take a Deeper Look

- All families have different cultures. How do you use questions and your relationship with an expectant family to learn about their culture and to support them during this prenatal period?
- How do you build a relationship with an expectant family that helps them identify and access needed comprehensive services?
- Who can support you if you don't have the answers for your expectant families?

### Explore Resources

- View **Track B – Plenary: Prenatal Brain Development: Nurturing Babies in a Healthy Environment** webcast: <https://eclkc.ohs.acf.hhs.gov/hslc/tta-system/ehsnrc/btt/archive.html>
- View **Webinar B4: Meeting the Unique Needs of Families Through the Required Postpartum Visit**: <http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/ehsnrc/Early%20Head%20Start/multimedia/webinars/MeetingtheUniqu.htm>
- Listen to the **Serving Expectant Teens: Principles for Practice, Resources and Curricula** audio conference: <https://eclkc.ohs.acf.hhs.gov/hslc/tta-system/ehsnrc/Early%20Head%20Start/multimedia/audio-casts/ServingExpectant.htm>
- Read **The First Nine Months of Fatherhood: Paternal Contributions to Maternal and Child Health Outcomes**: [https://www.texasattorneygeneral.gov/AG\\_Publications/pdfs/first9months.pdf](https://www.texasattorneygeneral.gov/AG_Publications/pdfs/first9months.pdf)