



Webinar Viewer's Guide

TRACK B – Child Health and Prenatal Services

Webinar B3: Prenatal Development: Laying the Foundation for School Readiness

Summary:

The foundation for school readiness begins in pregnancy and continues throughout the early years of a child's life. This session will address the important messages programs serving expectant families should provide regarding prenatal care, education, and services that support strong beginnings leading to school readiness. Examples of successful program models will be shared by the presenters.

Key Messages:

- The prenatal period is a time for laying the foundation for all development and future learning.
- Early Head Start and Migrant Season Head Start programs and have an opportunity to support the development of attachment between parent and child prenatally.
- The services provided to expectant families support the development of strong healthy families and a strong foundation for school readiness.
- Nurturing relationships are the key to social-emotional and cognitive development.
- Right from the start, parents are the key in the development of school readiness skills.

Learning Objectives:

At the end of the session participants will be able to:

- Explain the link between prenatal development and school readiness.
- Describe how the Head Start Program Performance Standards that relate to services to expectant families support the foundation of school readiness.
- Identify strategies to use when working with expectant families that support nurturing relationships and school readiness.

Presenters:

Rachel Abramson is a master's-prepared nurse and lactation consultant who has provided leadership for HealthConnect One since 1986. She has extensive experience in breastfeeding, maternal-child health, and community-based health services, and is an author of *The Community-based Doula: Supporting Families Before, During and After Childbirth*. She has received multiple awards, including the American Public Health Association (APHA) Maternal-Child Health Award for Outstanding Leadership and Advocacy and the Jonas Salk Health Leadership Award from the Illinois March of Dimes.

Janet Shultz currently works with Danya, International and is deployed to the Office of Head Start, Washington, DC Quality Assurance Division as senior subject matter expert for Monitoring, specializing in American Indian and Alaska Native (AIAN) children and families. She obtained her Bachelor of Science in Nursing from the State University of New York at Stony Brook, NY; Certified Pediatric Nurse Practitioner at Columbia University, NY; and her Master's in health education from Beaver College, PA. Ms. Schultz has a wide variety of experience, including but not limited to 34 years of public health work in the field of pediatric and maternal child health (Certified Pediatric Nurse Practitioner and Fellow) with an emphasis on behavioral health in populations with health disparities; Head Start program health and disabilities coordinator with large urban school district; Early Head Start program director; and T/TA consultant to the Office of Head Start, formerly the Head Start Bureau.

Moderator: Donna Britt, EdD is a senior training specialist for the Early Head Start National Resource Center. She has served as the project manager for the ZERO TO THREE Mentor Infant Toddler Teachers (MITT) project, an Office of Head Start Innovation and Improvement Grant and for the Work/Family Directions IBM Nationwide Infant and Toddler Program developing online coursework early care professionals. Donna has more than 30 years of experience in early childhood and adult education working in various areas of early care and education including domestic violence, child abuse, Head Start, Department of the Army Child Development Services, and higher education. Dr. Britt received a doctorate in education from Nova Southeastern University, Child and Youth Studies Program and a Masters in child development/family life from Indiana State University.

Relevant Head Start Performance Standards

1304.40(c)(1)(i)(ii)(iii) - Services to pregnant women who are enrolled in programs serving pregnant women, infants, and toddlers.

- (i) Early and continuing risk assessments, which include an assessment of nutritional status as well as nutrition counseling and food assistance, if necessary;
- (ii) Health promotion and treatment, including medical and dental exams on a schedule deemed appropriate by the attending health care providers as early in the pregnancy as possible;



(iii) Mental health interventions and follow up, including substance abuse prevention and treatment, as needed

(2) Grantees must provide prenatal education about: Typical fetal development, including risks of tobacco and alcohol, labor and delivery and postpartum recovery (including maternal depression).

(3) Grantees must provide information on the benefits of breast feeding to all pregnant and nursing mothers.

1304.40(a)(2) - Family Partnerships/Family Goal Setting

As part of this ongoing partnership, grantees must offer parents (including expectant families) opportunities to develop and implement individualized family partnership agreements that describe family goals, responsibilities, timetables, and strategies for achieving goals as well as progress in achieving them.

1304.40(i)(6)

Grantees serving infants and toddlers must arrange for health staff to visit each newborn within two weeks after the infant’s birth to ensure the well-being of both mother and child.

Key Definitions

Abruptia Placentae - premature detachment of the placenta.

Doula - A trained and experienced professional who provides continuous physical, emotional and informational support to the mother before, during and just after birth; or who provides emotional and practical support during the postpartum period.

Toxic Stress - Strong, frequent, and/or prolonged adversity—such as physical or emotional abuse, chronic neglect, caregiver substance abuse or mental illness, exposure to violence, and/or the accumulated burdens of family economic hardship—without adequate adult support.



Presentation Slides and Notes

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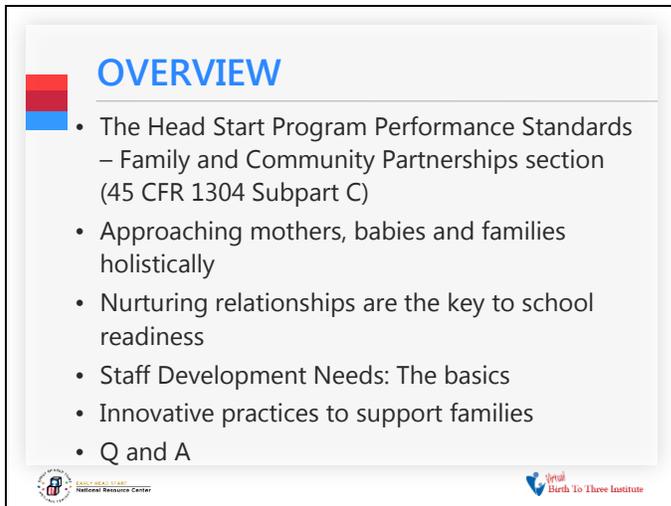
17th Annual Birth to Three Institute
TRACK B – CHILD HEALTH AND
PRENATAL SERVICES
Webinar B3

**Prenatal Development: Laying the
Foundation for School Readiness**

Presenters: Rachel Abramson and Janet Schultz
Moderator: Donna Britt

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OVERVIEW

- The Head Start Program Performance Standards – Family and Community Partnerships section (45 CFR 1304 Subpart C)
- Approaching mothers, babies and families holistically
- Nurturing relationships are the key to school readiness
- Staff Development Needs: The basics
- Innovative practices to support families
- Q and A

Slide 3



**Comprehensive Prenatal and
Postpartum Health Care**

1304.40(c)(1)(i)(ii)(iii)

- (i) Early and continuing risk assessments, which include an assessment of nutritional status as well as nutrition counseling and food assistance, if necessary;



Photo courtesy J. Schultz

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Comprehensive Prenatal Care
1304.40(c)(1)

- (ii) Health promotion and treatment, including medical and dental exams on a schedule deemed appropriate by the attending health care providers as early in the pregnancy as possible;



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Story from the Field



Photo courtesy EHS NRC



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Comprehensive Prenatal Care
1304.40(c)(1)

- (iii) Mental health interventions and follow up, including substance abuse prevention and treatment, as needed.



Photo courtesy J. Schultz



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Prenatal Education

1304.40(c)(2) Provide information about :

- Typical fetal development, including risks of tobacco and alcohol
- Labor and delivery
- Postpartum recovery
- Maternal postpartum depression



Photo courtesy EHS NRC



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Poll Question

Is there a particular EHS curriculum for school readiness?

Yes or No



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Developing an Individualized Approach

1304.40(a)(2)

- No specific curriculum but rather a framework for developing services for expectant families to include:
- Goal identification
- Strategies to achieve goals
- EHS staff and parent responsibilities
- Timeline to carry out plan



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Prenatal Planning

Within the context of 1304.40(a)(2) – The Family Partnership Agreement

- Identify goals for participating expectant families
- Create strategies through which goals will be achieved
- Determine EHS staff and parent responsibilities
- Develop a timeline to carry out the plan



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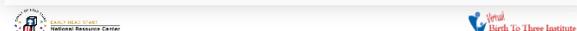
Postnatal Transition Planning

1304.40(i)(6)

- Health staff visits family to ensure well-being of newborn and mother (extended family as well)



Photo courtesy J. Schultz



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Postnatal Transition

- Health staff may be from EHS program or from collaborating community agency.
- Be sensitive to individual family's needs and mother's existing relationships with EHS staff and community providers.
- Two week visit does not exclude other contacts ex. phone calls



Photo courtesy J. Schultz



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Breastfeeding Education and Accommodations

1304.40(c)(3)

- Info on benefits of breastfeeding
- Include all family members to ensure success
- Use lactation specialists to address challenging situations
- Ensure facilities used for center-based activities, including group socializations are conducive to breastfeeding
- Safe storage and handling of breast milk



Photo by Filini Chaney, courtesy of HealthConnect One



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Postnatal Transition

- Assess family's interests and needs
- Continue development of a manageable plan to transition infant into appropriate EHS program option
- PRIOR TO DELIVERY, EHS staff and managers need to consider programming issues ex. Availability of center-based slot; home visitor caseloads; group socializations



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POLL Question

How do you create an Individualized Approach? (Check all that apply)

1. Respond to the HSPPS mandates
2. Consider community and population served by EHS
3. Develop a generic approach to be used with all families



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Approaching Mothers, Babies and Families Holistically

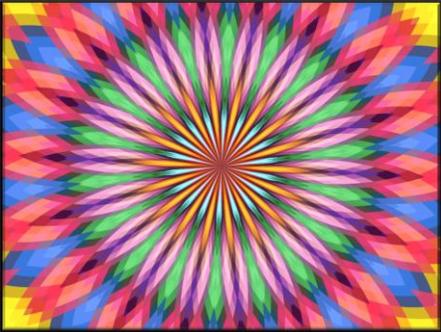


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Birth is a key life event.



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Continuity of Caring



Courtesy of HealthConnect One

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Social Determinants of Health and Development



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Nurturing Relationships: Key to School Readiness

- Support during pregnancy, birth and early parenting



Photo courtesy EHS NRC

Photo by Nancy Pinzolo
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Nurturing Relationships: Key to School Readiness



Image courtesy of hin256 at FreeDigitalPhotos.net

Image courtesy of africa at FreeDigitalPhotos.net

Nurturing, responsive parenting supports social-emotional development, which is the core of school readiness.

Early Head Start National Resource Center

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Nurturing Relationships: Attachment Theory

- The early bond between parent and child is critical to a child's emotional development.
- Parents who are available and responsive to their infant's needs establish a sense of security in their children.



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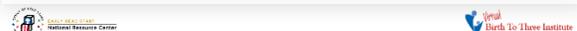
Prenatal Attachment



Courtesy of HealthConnect One



Courtesy EHS NRC



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Mother-Infant Attachment



Photo courtesy EHS NRC



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Consider Staff Development Needs

- Fetal and Infant brain development
- Pregnancy
- Birth
- Breastfeeding
- Early Postpartum
- Toxic Exposures: It's Not Just Chemicals
- Unexpected Events and Atypical Scenarios
- Mental Health issues (infant and mother)



Photo courtesy J. Schultz




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Fetal and Infant Brain Development

- Fetal brain development begins within weeks of conception.
- Phenomenal changes in brain circuitry and neurochemistry occur during prenatal and early postnatal development.
- Experience changes the actual structure of the brain.



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And ... Pregnancy

- Healthy pregnancies
- Prenatal care
- 40 weeks



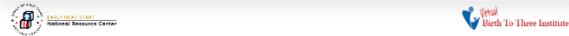
Photo by Lisa Ohlsen
Courtesy of HealthConnect One




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Healthy Pregnancies: Pre-Conceptional Health

- Healthy pregnancies actually begin with the health of the mother before conception.
- For women of childbearing age, maintaining a healthy weight, taking a multivitamin with folic acid, and managing chronic diseases like high blood pressure predict a healthier pregnancy.



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Healthy Pregnancies: Prenatal Care

- My 40 weeks: Healthy Babies are Worth the Wait!
- Management of chronic disease
- Oral health



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And... Birth

- Birth plans
- Need for support
- Low-intervention births
- The Golden Hour



Photo courtesy EHS NRC



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And...Breastfeeding

- For all the right reasons
- Rates increasing but disparities continue
- AAP recommends 6 months exclusive BF, continuing for at least 12 months



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And...Breastfeeding

- It's natural but it's learned
- Keys to success –
 - Skin-skin-contact
 - First feeding within the 1-2 hrs after birth
 - No formula or pacifiers until breastfeeding is established
 - Comfortable latch
 - Frequent feedings (8-12/day)
- Support, support, support




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And... Early Postpartum

- What do mothers tell us about this time?
- Mother's physical changes
- Sleep, crying, feeding, infant capacities
- Need for intensive support in first weeks
- Well-woman and well-child care visits
- Family planning




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And... Mental Health Issues



- Perinatal Depression
- Chronic mental health issues
- Infant mental health

Image courtesy of David Castillo Domincal / FreeDigitalPhotos.net



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Infant Mental Health

- Infant mental health — promoting mental, emotional, and social development during infancy



Photo: EHS NRC

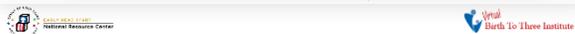


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Mental Health Issues



Photo courtesy J. Schultz



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And ... Toxic Exposures

- Alcohol
- Tobacco
- Drugs
- Violence
- Toxic stress

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Unexpected Events and Atypical Scenarios

- Threatened “fetal demise” – abruptio, placenta previa
- Fetal demise – miscarriage
- Stillborn
- Late adoption decision
- Multiple births
- Extreme prematurity

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Challenges are Worth the Outcome

22 Weeks of Gestation

Photo courtesy J. Schultz

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Challenges are Worth the Outcome



At 141 days of life

Photo courtesy J. Schultz




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Innovative Practices to Support Families




Photo courtesy EHS NRC

Photo by Liz Chilsen
Courtesy of HealthConnect One




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Innovative Practices to Support Families



Community-based doulas are trusted women from the community being served who provide support during pregnancy, birth and early parenting.

From A Doula Story, Courtesy of Kindling Group




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Community-Based Doulas in Early Head Start:

Rock-Walworth Comprehensive Family Services, Inc.

<p>EHS Home Visitor</p> <ul style="list-style-type: none"> • Assist pregnant women in establishing a health home and accessing comprehensive prenatal and post-partum health care • Risk assessment • Nutrition services • Physical, oral health promotion and treatment • Mental health interventions • Prenatal/post-partum care (2-week postpartum exam) 	<p>C-B Doula</p> <ul style="list-style-type: none"> • Early linkage to health care, including prenatal and post-partum services • Attendance at prenatal exams • Birth planning • 24/7 availability to provide support • Support during labor and delivery • Breastfeeding promotion and counseling
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From A Doula Story, Courtesy of Kindling Group

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Innovative Practices to Support Families



From A Doula Story, Courtesy of Kindling Group

- Breastfeeding Peer Counselors are trained, experienced women from the same community as the mother, who support the choice to breastfeed provide information and support for a successful breastfeeding experience.

From A Doula Story, Courtesy of Kindling Group

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Always Include Fathers.....



Photo Courtesy EHS NRC

From A Doula Story, Courtesy of Kindling Group

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Q and A



Courtesy of HealthConnect One



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T H A N K Y O U
S E E Y O U S O O N



Resources:

Another Reason Not to Smoke While Pregnant: Birth Defects.2007. DHHS/OWH.

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"With Child" - Life-size display by Childbirth Graphics.

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