Individualization of Programming for Enrolled Pregnant Women

Policy
Arrowhead Head Start will encourage and support the physical and mental health, safety, and overall well-being of enrolled pregnant mothers and their families.

Procedure
- The EHS Lead Educator will complete an initial home visit with the enrolled mother.
  - The enrollment packet will be completed to gather family, health, nutrition, and family interest information.
  - Program and parent expectations, mandated reporting, program calendar, and staff contact information will be shared.
  - Public Health Nurse Assessment appointment will be scheduled and the Release of the Confidential Information form will be completed for Public Health and any other service providers.
  - A Prenatal Medical form will be given and discussed.
  - A home visit schedule will be identified.
- The EHS Lead Educator will follow up with the enrolled mother on the Public Health Nurse Assessment appointment and prenatal medical appointment. The appointment dates will be emailed to the Information & Data Systems Coordinator. Once the PHN assessment and medical form arrive in the Head Start office they will be scanned into the mother’s electronic file.
- Each additional prenatal medical appointment date will be emailed to the Information & Data Systems Coordinator who will enter it into the data system.
- The EHS Lead Educator will email the enrolled mother’s due date to the Health Professional within 2 weeks of enrollment.
- The EHS Lead Educator will complete, score, and discuss the EPDS results with the mother during each trimester of her pregnancy. (See Edinburg Postnatal Depression Scale policy).
- The EHS Lead Educator and EHS Program Manager will complete the Initial Site Staffing within 45 days of enrollment to identify the strengths and needs of the family, and create an individualized prenatal training plan utilizing the enrollment paperwork, PHN Assessment, and Medical form.
- The EHS Program Manager, Health Professional, and Disabilities and Mental Health Manager will complete the Office Review to help identify any additional recommendations for the training plan.
- The EHS Lead Educator will cover education topics identified on the Initial Site Staffing form; Public Health Nurse’s Assessment; and verbally identified by the family as a need, concern, or interest.
• The EHS Lead Educator will educate all enrolled prenatal mothers with information that includes, but is not limited to:
  o Fetal Development
  o Benefits of Breastfeeding
  o Nutrition
  o Health Care
  o Physical Changes
  o Oral Health
  o Labor and Delivery
  o Post-Partum Depression
  o Family Adjustment
  o Car Seats
  o Sudden Infant Death Syndrome
  o Abusive Head Trauma
  o Preparing Home for New baby
  o Family Planning

• The EHS Lead Educator will encourage journaling throughout the prenatal period.
• The EHS Lead Educator will offer a prenatal home visit with the Health Professional for any health education topics requested.

Once Baby Arrives:

• Within 2 weeks of baby’s arrival, the EHS Lead Educator and Health Professional will complete the Postnatal Health Home Visit with the family. This will be the last home visit for the mother as the enrollee.
  o The mother will be encouraged to share her birthing story.
  o An assessment of the overall well-being of both the mother and newborn is completed by the Health Professional. Education topics will be individualized to meet each family’s needs.
  o The EHS Lead Educator will complete application updates.
• The following week’s home visit will be the Initial Home Visit for baby as the enrolled child. The EHS Lead Educator will follow the procedures for enrolling a child.

This policy complies with Head Start Performance Standard 45 CFR Section 1304.40 ©
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