

Prenatal Basics

Learning Guide for Ongoing Professional Development

Note to Learner: Early Impact Virginia encourages you to complete the training and activities with the support of your supervisor. The notes below will guide you in preparing to take the training, following up with your supervisor after the training, supporting transfer of learning into daily practice, and extending learning through individual supervision.

Ongoing: View the Professional Development Program and each EIV training module as an investment in skills and knowledge to help improve home visitor effectiveness.

Before the training:

- Learner and supervisor review course objectives and home visitor competencies
 - Learner rates knowledge of learning objectives
-

During the training, the learner:

- Completes activities
 - Reflects on own response
 - Identifies questions and concerns
 - Prints Reflective Responses to share with supervisor
 - Completes post-training evaluation
-

After the training:

- Learner:
 - Rates knowledge of learning objectives
 - Completes post-training activities, as required
 - Develops an action plan for applying skills and knowledge in daily practice
 - Meets with supervisor to:
 - Review pre- and post-training activities
 - Discuss reflections, questions, and concerns
 - Review action plan for applying skills and knowledge in daily practice
 - Assess personal learning goals, transfer of learning, and action plan
-

This 45-minute online module is a basic overview of the prenatal period, from conception through labor and delivery. Home visitors will learn answers to common questions and ways to support mothers to have a healthy pregnancy. The module includes information about lifestyle issues that may impact the health of the mother and her fetus. It includes prenatal care guidelines, nutrition information, ways to promote prenatal bonding, and information about preterm birth and labor and delivery. The module describes the home visitor's role and appropriate boundaries when working with pregnant women.

Prenatal Basics

Learning Guide for Ongoing Professional Development

Virginia Home Visitor Competencies Addressed:

4.5.a Understands prenatal development and potential threats to the mother’s and baby’s health during the prenatal period, and provides education to expectant parents to promote maternal and child health during pregnancy.

Before the Training

Rate Your Knowledge (Scale of 0 to 5, 0 = no knowledge, 5 = significant knowledge)

| Learning Objective | Before the Training | After the Training |
|---|---------------------|--------------------|
| Give an overview of the prenatal period, from conception through labor and delivery. | | |
| Provide answers to common questions a pregnant woman might ask. | | |
| Discuss lifestyle issues that may impact the health of the mother and fetus. | | |
| Describe prenatal care guidelines, nutrition information, and ways to promote prenatal bonding. | | |
| Define preterm, full term, late term and post term deliveries. | | |
| Discuss the risks of preterm births, the signs of preterm labor, and actions mothers should take if they experience signs of early labor. | | |
| Describe the home visitor’s role and appropriate boundaries when working with pregnant women. | | |

My personal learning goals for this training are:

1. _____
2. _____
3. _____

Prenatal Basics
 Learning Guide for Ongoing Professional Development

After the Training

Reflections on what I learned:

Questions and concerns I identified:

Post-Training Activities:

Action Plan: (Each learner’s plan will be unique. To get you started, some ideas are listed below.)

As a result of this training, I will...

- Explain the importance of attending all prenatal healthcare appointments and support mothers in doing so.
- Share handouts and resources about the prenatal period with expecting families.
- Teach families about ways they can begin to bond with their baby during pregnancy.
- Teach families the signs of pre-term labor and what they should do if the woman has signs of pre-term labor.
- Talk with my colleagues about ways that I can support families who experience miscarriage.

My Action Plan

| Action | Target Date | Date Completed |
|--------|-------------|----------------|
| | | |
| | | |
| | | |
| | | |
| | | |