



**COUNTY OF SAN BERNARDINO
PRESCHOOL SERVICES DEPARTMENT
POLICY**

NO. 01 ISSUE 1
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EFFECTIVE: 1-31-11
Updated

SUBJECT:
Educational Services to Pregnant Women Regarding
Fetal Development and Risks

APPROVED: 1-31-11
[Signature]
BY: Ron Griffin, Director

POLICY

To provide pregnant women and other family members, as appropriate, with prenatal education on fetal development (including risks from smoking and alcohol), labor and delivery, and postpartum recovery (including maternal depression).

REFERENCE

Head Start Performance Standards: 1304.20 (C) (2)

PROCEDURE

Registered Nurse will utilize the Partners for Healthy Baby Curriculum, other appropriate supplemental educational tools, and community resources to provide education to pregnant mothers and family.

Throughout the pregnancy, based on mother/family needs the Registered Nurse will educate and refer to community resources to support the following curriculum topics:

Family Development

- Relationships and Support
- Stress and Empowerment
- Planning and Problem Solving
- Career and Finances

Mother's Needs

- Physical Changes and Discomforts
- Health Care
- Emotional Changes
- Diet and Exercise
- Tobacco, Drug, Alcohol, and Medications
- Sex and STDs

- Childbirth Preparation
- Preterm Labor
- Postpartum Care/Postpartum Depression
- Family Planning

Preparing for Baby

- Daily Care Routines
- Sleeping Patterns/Safety/SIDS
- Health Care
- Breastfeeding
- Bottle-feeding

Baby's Development

- Fetal Growth and Development
- Bonding and Attachment