

# Naomi Project Visit Planning Guide

Client's Name: \_\_\_\_\_ Infant/Child's \_\_\_\_\_

NP Mentor: \_\_\_\_\_

Area Coordinator: \_\_\_\_\_

Date of Initial Home Visit: \_\_\_\_\_

Date of Match Termination: \_\_\_\_\_

*Use this Visit Planning Guide to help you plan for and work with your client throughout the life of the match. This guide is your tool and can help you educate your client on important self and baby care matters; identify areas of concern about your client; set important goals with your client; and keep track of the issues and concerns and successes that you and your client have worked on. This guide is available on the Naomi Project page of the Britepaths website.*

*It is meant for you to use and maintain as an important part of your work as a mentor.*

## I. Prenatal Education

<i>Review/Discuss These Items With Your Client:</i>
▪ Need for good nutrition during pregnancy
▪ Taking appropriate vitamin supplements, including folic acid
▪ Adverse influence of drugs, alcohol, nicotine, and caffeine
▪ Benefits of appropriate exercise during pregnancy
▪ Attending childbirth classes (Lamaze, or other)
▪ Importance of getting to scheduled prenatal check-ups
▪ Emotional, sexual, and psychological changes that accompany pregnancy
▪ Importance of establishing paternity
▪ Importance of preparing of her other children for baby's arrival
▪ Benefits of breastfeeding (consult training manual)
▪ Plan of action for the onset of labor (has information on signs of labor from medical personnel, arranged for transportation, etc.)
▪ Choosing a pediatrician for baby's medical needs and routine scheduled checkups
▪ Having thermometer available (digital thermometer preferred) and knows how to use it rectally
▪ Plan for getting a crib, bassinet, or "Pack 'n Play"
▪ Plan for getting an infant car seat and learning how to install it.
▪ Plan for childcare if she is returning to work or school soon after the birth. (review childcare resources with client. See resources at <a href="https://britepaths.org/node/96">https://britepaths.org/node/96</a> )

**Mentor comments/goals:**

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## II. Baby Growth & Development (including breastfeeding & reading/interaction)

***Review/Discuss These Items With Your Client:***

- Supports for breastfeeding available through the Naomi Project, La Leche League, WIC, and the Health Department Lactation Consultant (resources at <https://britepaths.org/node/96>)
- For client is using formula: is using all recommendations for formula and bottle preparation (if client changes formula, closely follow manufacturer's suggestions for the transition)
- Mother's nutritional needs
- Importance of delaying solid foods
- How to & comfort with: bathing, changing, and feeding baby
- Appropriate expectations regarding infant behavior
- Coping mechanisms for responding to a crying baby
- Responding appropriately to baby's needs
- Understanding role as primary teacher and role model for baby
- Importance of reading to her baby
- How to choose appropriate books AND read to her baby/child
- Basic normal child development

**Mentor comments/goals:**

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## III. Medical / Health Care

*Review/Discuss These Items With Your Client:*

**Mother:**

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- Knows the importance of maintaining her physical health, including:
  - \_\_\_ Family planning options
  - \_\_\_ Postpartum check-up
  - \_\_\_ Annual gyn. check-ups
  - \_\_\_ Annual dental check-ups
  - \_\_\_ Breast self-exams
  - \_\_\_ Regular exercise
  - \_\_\_ Eye examination in past 5 years
  - \_\_\_ Client's attire raises no red flags concerning health (mental or physical), or lack of financial resources

- Seems to be having a normal adjustment to motherhood

- Can arrange some time for herself  
[does she need to find baby-sitting? Check churches, neighbors, and community groups...]

**Baby / Child:**

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- Mom knows how to assess illness in her baby

- Mom knows to contact a physician immediately for any fever 100.4 or higher for infant less than 2 months of age.

- Mom has appropriate fever control medication (ex. Infant Tylenol) available for children over 2 months of age.

- Mom knows that cold medicine (i.e. Benadryl, etc.) should not be given to children under two years of age without a doctor's order

**Mentor comments/goals:**

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## IV. Client's Support System and Personal Needs

<b>Review/Discuss These Items With Your Client:</b>
<ul style="list-style-type: none"> <li>▪ Has emergency phone numbers readily available                  ----family/friend   ---- 911   ---- doctor   ----poison control (1-800-222-1222)   ----</li> </ul>
<ul style="list-style-type: none"> <li>▪ Has reliable transportation, including a backup if needed</li> </ul>
<ul style="list-style-type: none"> <li>▪ Uses her Naomi Project calendar regularly</li> </ul>
<ul style="list-style-type: none"> <li>▪ Receives some financial support from baby's father</li> </ul>
<ul style="list-style-type: none"> <li>▪ Knows the options &amp; resources available to her if a relationship with her partner is, or becomes, abusive</li> </ul>
<ul style="list-style-type: none"> <li>▪ Knows the importance of establishing good credit                  _____ has bank account   _____ pays bills   _____ budgets for essentials</li> </ul>
<ul style="list-style-type: none"> <li>▪ Knows about and/or is receiving appropriate public/private assistance:                  ---WIC   ---Medicaid   --- Child care assistance   --- Food stamps   ---SNAP   ---Britepaths/other non-profit assistance</li> </ul>
<ul style="list-style-type: none"> <li>▪ Communicates with a close friend or a member of her own family regularly</li> </ul>
<ul style="list-style-type: none"> <li>▪ How is she feeling (checking for indications of despair, loneliness, guilt, sadness, worthlessness )*</li> </ul>
<ul style="list-style-type: none"> <li>▪ Encourage her to take steps to improve her mood (walks, music, meditation, etc.)*</li> </ul>

**Mentor comments/goals:**

*\*If you are concerned about these issues for your client, please consult Depression in Mothers: More Than the Blues. Toolkit for Family Service Providers, 2014, SAMHSA*  
<https://store.samhsa.gov/shin/content//SMA14-4878/SMA14-4878.pdf>

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## V. Baby/Child Safety

*Review/Discuss These Items With Your Client:*

**Client is:**

- Using a properly positioned infant car seat (1-866-SEAT-CHECK for information)
- Aware that infants and children must not be left in a car without an adult
- Aware that all medications, cleaning products, matches, vitamins must be locked away from young children
- Aware of dangers of electrical cords and outlets
- Aware that smoking around the baby is unhealthy. Any smoker in the house, should smoke outside only.
- Aware that guns must be locked away from young children
- Able to perform first aid for burns, cuts, choking
- Aware of the dangers of radiators, stoves, electric blankets, space heaters, appliances that heat up ( i.e. curling irons, and fireplaces)
- Baby/Child's bed must be away from windows;
- Aware of potential dangers of screened windows and cords from curtains and blinds
- Aware that houseplants must be out of baby/child's reach
- Aware that home must have working smoke detectors; ▪ knows to change batteries on a regular schedule
- Aware of choking hazards from small objects, including toys
- Aware baby/child must never be left unattended in bath or near other water/liquids (i.e. cleaning buckets with liquid, toilet)
- Aware that child-resistant locks should be installed where needed
- Aware that she must call the Poison Control Center if thinks that child has ingested questionable substance
- Has phone number: 1-800-222-1222
- Aware that safety gates should be installed securely where needed (stairs, etc.)
- Aware of the safety and developmental concerns involved in the use of baby walkers

**Mentor comments/goals:**

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## VI. Safe Sleep and Sleep Environment Practices

*Review/Discuss These Items With Your Client:*

### Elements of Safe Sleep:

- Baby must not be placed for sleeping or when alone on: adult beds, chairs, sofas, waterbeds, pillows, or cushions
- Baby must always be on his/her back during naps and at nighttime.
- Baby's crib / Pack 'n Play / bassinet is near mother's bed, within arm's reach.  
(The safest place for baby to sleep is in the room where mother sleeps, but not in her bed.)
- Baby is on a firm crib/Pack 'n Play/bassinet mattress, covered by a tight fitting fitted-sheet.
- Baby should be put in sleep clothing, e.g., sleepers, sleep sacks, and wearable blankets as alternatives to blankets.
- No toys and/or soft bedding should be in the crib with the baby.  
(never in sleep are: blankets, comforters, loose sheets, pillows, stuffed animals, bumper pads, or wedges.)
- Avoid letting the baby get too hot. (could be too hot if: sweating, damp hair, flushed cheeks)
- Consider using a pacifier at nap time and bed time. (The pacifier should not have cords or clips that might be a strangulation risk.)

**Mentor comments/goals:**

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**Baby/Child Well Visit Check-Ups and Immunizations:** baby/child goes for scheduled well visit check-ups & immunizations.

Date	Immunization	Checkup	Schedule	General information, possible immunizations
			1-month	1 <sup>st</sup> Hepatitis B, if not given at birth, or 2 <sup>nd</sup> Hep B. Dr. may recommend giving vitamin D drops to breastfed babies.
			2-month	Pneumococcal (PCV13), DTaP, Hib, and polio vaccines (combined in two shots) and the rotavirus vaccine (given orally). 2 <sup>nd</sup> hepatitis B if didn't get it at the 1-month checkup.
			4-month	2 <sup>nd</sup> Rotavirus, 2 <sup>nd</sup> (DTaP, Hib, IPV), 2 <sup>nd</sup> Pneumococcal
			6-month	3 <sup>rd</sup> Hepatitis B between 6 & 18 mos, 3 <sup>rd</sup> DTaP, 3 <sup>rd</sup> Pneumococcal, Influenza (IIV) annually.
			8-9 month	3 <sup>rd</sup> IPV (9 to 18 mos)
			12-month	MMR, VAR (12 – 15 mos). Hep A (2 dose series, 12 – 23 mos)
			15-month	
			18-month	3 <sup>rd</sup> Hep B, 4 <sup>th</sup> DTaP
			2-years	
			2 ½ years	
			3 years	

**DON'T FORGET TO REPORT THESE DATES ON THE MONTHLY MENTOR REPORT FORM!**

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## Screening for Food Insecurity\* – Regularly ask these two questions:

1. Within the past 12 months, did you worry that food would run out before you had money to buy more?  
 Often true  
 Sometimes true  
 Never true  
 Don't know / refused
2. Within the past 12 months, did you lack the money to buy more food when your supply ran out?  
 Often true  
 Sometimes true  
 Never true  
 Don't know / refused

***\*If you are concerned about food insecurity for your client, please look into Food Resources such as:***

211 Virginia <https://www.211virginia.org/consumer/index.php>

Supplemental Nutrition Assistance Program (SNAP) <http://www.fairfaxcounty.gov/dfs/ss/foodstamps-snap.htm>

Women, Infants and Children Program (WIC) <http://www.fairfaxcounty.gov/hd/wic/>

Food for Others <https://www.foodforothers.org>

Britepaths <https://britepaths.org>