

**MATERNAL INFANT HEALTH PROGRAM (MIHP)  
 INFANT PLAN OF CARE  
 Part 1  
 Infant Packet**

Beneficiary: \_\_\_\_\_ Care Coordinator: \_\_\_\_\_

| <b>Provide “Healthy Start, Grow Smart Series” Infant packet which includes:</b> |  |
|---|--|
| <b><i>Infant Health</i></b>   | 1. Well baby care: <ul style="list-style-type: none"> <li>✓ Immunizations and illness prevention</li> <li>✓ Oral health care</li> <li>✓ Newborn health risks</li> <li>✓ Daily routine (including sleep/wake schedule, feeding strategies, hunger cues, hydration, physical activity, bathing, calming)</li> </ul> 2. Importance of attachment<br>3. How to feel comfortable and confident caring for infant  |
| <b><i>Infant Safety</i></b>   | 1. Safe sleep<br>2. Car seat safety<br>3. Shaken baby<br>4. Environmental risks including: <ul style="list-style-type: none"> <li>✓ Tobacco smoke</li> <li>✓ Hot liquids</li> <li>✓ Pests and pets</li> <li>✓ Lead</li> <li>✓ At 6 months include choking, falls, poisons, gun safety, drowning, childproofing the home</li> </ul>   |
| <b><i>Feeding and Nutrition</i></b>   | 1. WIC<br>2. Benefits of breastfeeding<br>3. Bottle feeding basics (including importance of holding baby for attachment)<br>4. Feeding routine: <ul style="list-style-type: none"> <li>✓ Feeding choices (i.e. introduction of complementary/solid food, vitamins, supplements)</li> <li>✓ Hunger/satiation cues</li> <li>✓ Feeding strategies (e.g. holding, burping, etc.)</li> <li>✓ Identification of food sensitivities</li> <li>✓ Anticipated weight gain</li> </ul> |
| <b><i>Family Social Support, Parenting and Childcare</i></b>                    | 1. Parenting supports (child care back up, emotional support): <ul style="list-style-type: none"> <li>✓ Father of baby</li> <li>✓ Baby’s grandparents</li> <li>✓ Other children</li> <li>✓ Other relatives</li> <li>✓ Friends</li> <li>✓ Neighbors</li> <li>✓ People at place of worship</li> </ul> 2. Options for child care: <ul style="list-style-type: none"> <li>✓ Child care centers</li> <li>✓ Early Head Start</li> </ul>  |

**MATERNAL INFANT HEALTH PROGRAM (MIHP)  
 INFANT PLAN OF CARE  
 Part 1  
 Infant Packet**

Beneficiary: \_\_\_\_\_ Care Coordinator: \_\_\_\_\_

|                            |  |
|----------------------------|--|
|                            | <ul style="list-style-type: none"> <li>✓ Family child care home</li> <li>✓ Group child care home</li> <li>✓ In home child care</li> <li>✓ Relative care</li> <li>✓ Drop in center care</li> </ul>  |
| <b>General Development</b> | <ol style="list-style-type: none"> <li>1. Hallmarks of physical development of infants</li> <li>2. Hallmarks of social/emotional development of infants:           <ul style="list-style-type: none"> <li>✓ Cry, coo, smile</li> <li>✓ Looks at faces</li> <li>✓ Seeks comfort</li> <li>✓ Shows excitement</li> <li>✓ Turns to parent or caregiver when scared or unsure</li> <li>✓ Calms down when hurt or upset when comforted by a familiar adult</li> <li>✓ Is curious about new people and things around him</li> <li>✓ Actively explores new places</li> <li>✓ Likes to discover new things</li> </ul> </li> <li>3. What parents can do to support their infant's social/emotional development           <ul style="list-style-type: none"> <li>✓ Gently hold and cuddle infant often</li> <li>✓ Respond to infant's effort to communicate (eye contact, etc)</li> <li>✓ Enrich infant's routine (meal, bath and nap times) with stories, games, etc.</li> <li>✓ Take time to follow infant's lead (join in floor time play)</li> <li>✓ Gently guide through social interactions</li> <li>✓ Be sure expectations match what infant is socially/emotionally ready to do</li> <li>✓ When infant is fussy or crying try to uncover real reason for behavior (e.g. scared, hungry, thirsty, cold, hot, etc.)</li> <li>✓ Don't let infant witness family violence. Don't allow anyone to physically abuse or use words to hurt infant</li> <li>✓ Take care of own social-emotional health and ask for help when you "need a break"</li> </ul> </li> </ol> |
| <b>In addition:</b>        |  |
|                            | <ol style="list-style-type: none"> <li>1. Develop plan to complete ASQ-3 and ASQ:SE Questionnaires corresponding to the infant's age (see ASQ-3 age administration chart)</li> <li>2. Provide information about parenting classes and support groups available in the community</li> </ol>   |

**Expected Outcomes:**

1. Beneficiary receives infant packet and has the opportunity to ask questions
2. Beneficiary is referred to WIC
3. Beneficiary receives MIHP Care Coordinator's contact information and verbalizes knowledge of how to contact if in need of assistance between scheduled appointments
4. Follow up MIHP appointment is scheduled

**MATERNAL INFANT HEALTH PROGRAM (MIHP)  
INFANT PLAN OF CARE  
Part 1  
Infant Packet**

Beneficiary: \_\_\_\_\_ Care Coordinator: \_\_\_\_\_

\_\_\_\_\_  
**RN Signature**                      **Date**

\_\_\_\_\_  
**SW Signature**                      **Date**