

MATERNAL INFANT HEALTH PROGRAM (MIHP)

INFANT PLAN OF CARE

Part 1

Infant Packet

1. Write the name of the beneficiary and the name of the care coordinator on the lines provided

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

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

1. Give beneficiary the infant information packet and ask her if she has questions
2. Assure that beneficiary is referred to WIC
3. Give the beneficiary the MIHP Care Coordinator’s contact information and ask if she knows how to contact the Care Coordinator if she is in need of assistance between scheduled appointments
4. Schedule a follow up MIHP appointment or give her the number of the Care Coordinator to schedule the follow up appointment

The nurse (required) who will be providing care to this beneficiary signs here and dates signature

The social worker (required) who will be providing care to this beneficiary signs here and dates signature