

Note to Learner: The Institute for the Advancement of Family Support Professionals (IAFSP) 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 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 over time

This 45-minute online module, *Leaning In: Maternal and Infant Health*, focuses on the mother and baby's physical health and on your role in supporting their health during pregnancy, delivery and the postpartum period.

In this module, you'll learn the importance of pre- and postpartum care for women and their infants. You'll consider the impacts of racial and health inequities on women and their children during pregnancy, birth, and the weeks following birth, including the disparities in maternal and infant mortality. Finally, you'll learn strategies you can use to support mothers and babies for improved health and wellness during the postpartum period.

NATIONAL FAMILY SUPPORT PROFESSIONAL COMPETENCIES

Domain 2: Child Health, Safety & Nutrition

Dimension 7: Child health & wellness

Component b: Well child visits

Dimension 9: Child nutrition

Component a: Breastfeeding

Domain 4: Dynamics of Family Relationships

Dimension 14: Healthy family functioning

Component d: Networks of support

Dimension 15: Influences on family well-being

Component c: Socioeconomic status

Domain 5: Family Health, Safety & Nutrition

Dimension 17: Maternal health

Component c: Prenatal care

Component e: Pregnancy risk factors

Domain 6: Community Resources & Support

Dimension 22: Building community relationships

Component a: Identification of community resources

Dimension 24: Advocacy

Component b: Service barriers

Domain 8: Cultural & Linguistic Responsiveness

Dimension 29: Cultural humility

Component b: Power imbalances

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
Identify healthcare priorities for the mother and infant.		
List health risks that may occur for the mother and infant.		
List strategies to support the health of the woman and her infant and reduce the chances of maternal and infant mortality.		
Identify maternal and infant health disparities.		
Identify formal and informal supports for the mother and her infant.		
Describe the role of the family support professional in supporting maternal and infant health.		

My personal learning goals for this training are:

1. _____
2. _____
3. _____

AFTER THE TRAINING

Reflections on what I learned:

Questions and concerns I identified:

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...

- Update my resource file to include midwives and doulas, including those of color.
- Build relationships with midwives, doulas and other health care providers who serve pregnant and postpartum women and newborns in my community, for the purposes of collaboration and coordination of care.
- Deepen my knowledge of racial disparities for maternal and infant health.
- Explore information and resources to support women in my community to be advocates for themselves and their babies during pregnancy and postpartum.
- Reflect on any biases I might hold toward pregnant and parenting women of color.
- Reflect with my supervisor on strategies to help women overcome barriers to maternal and infant health.

My Action Plan

ACTION	TARGET DATE	DATE COMPLETED