

## Healthy Moms, Happy Babies: Creating Futures Without Violence

### Learning Guide for Ongoing Professional Development

**Note to Learner:** This guide is for Early Impact Virginia’s classroom training *Healthy Moms, Happy Babies: Creating Futures Without Violence*. The activities in this guide will help you transfer your learning into daily practice.

This 6-hour classroom module provides a comprehensive model of public health prevention and intervention to improve health and safety for victims of sexual and domestic violence. The training teaches home visitors how to screen mothers/women for domestic violence (DV) using the evidence-based Relationship Assessment Tool, provide safety planning, and make referrals that meet the Federal benchmark requirements.

As a result of the training, home visitors will have assessment strategies and tools, training curricula, educational materials and policy/procedure guidance to better identify and provide support and referrals to individuals and families impacted by sexual and domestic violence.

**Ongoing:** View the Professional Development Program and each EIV training module as an investment in skills and knowledge to help improve home visitor effectiveness.

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Before the training:

- Learner and supervisor review course objectives and home visitor competencies
- Learner rates knowledge of learning objectives

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During the training, the learner:

- Completes activities
- Reflects on own response
- Identifies questions and concerns
- Completes post-training evaluation

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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

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**Virginia Home Visitor Competencies Addressed:**

- 2.3.b. Explains how various factors such as parents’ mental and physical health, poverty, child abuse and neglect, culture, the mother’s prenatal care and experiences, and early substance exposure affects the child’s development, well-being, and brain development.
- 5.2. Understands the principles of adult and adolescent learning.
- 5.3. Uses instructional and coaching techniques to address various learning styles.
- 6.2.a. Recognizes how one’s own personal biases and emotional responses impact attitudes and practices and the way these elements might impact worker-client relationships.

### 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
Describe trauma-informed programming.		
Name two common reactions when caring for survivors of trauma.		
Name two strategies for promoting self-care related to trauma-informed workplace practice.		
Describe the prevalence of domestic violence.		
List two ways domestic violence affects perinatal health.		
Give two examples of reproductive coercion.		
Describe a tool developed to educate clients about reproductive coercion.		
Identify two barriers to home visitors doing domestic violence assessment with clients.		
Describe why universal education using the <i>Healthy Moms Happy Babies</i> safety card is important for helping clients experiencing domestic violence.		
Describe why the <i>Relationship Assessment Tool</i> is a good screening tool for domestic violence.		
List action steps in a safety plan that a client can take if she feels unsafe.		
Explain how developing a Memorandum of Understanding (MOU) with your domestic violence agency can enhance home visitation services.		

My personal learning goals for this training are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

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### After the Training

Reflections on what I learned:

Questions and concerns I identified:

### Post-Training Activities

**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...

- Practice using the *Relationship Assessment Tool* with colleagues.
- Practice safety planning with colleagues.
- Include safety plan template and safety cards in my resource and referral tool kit.
- Add domestic violence resources in my community to my tool kit.

#### My Action Plan

Action	Target Date	Date Completed