

How the Nurse-Family Partnership (NFP) Curriculum Addresses Federal Benchmarks

October 2010

Overview of the NFP Curriculum

NFP curriculum, in part, focuses on three sets of Visit to Visit Guidelines: Pregnancy, Infancy and Toddler. These guidelines cover a broad range of topics and for many topics there are a variety of educational materials available to cover different aspects of the topic (e.g. the educational materials for breastfeeding include: storing breast milk, how to breastfeed, returning to work when breastfeeding, etc.). For each visit there are recommended educational topics. In addition, clients and nurse home visitors decide together which additional topic(s) to cover during the visits. Clients receive written materials with activities to reinforce learning at each visit. Assessment, goal setting and behavior change are integrated into each visit. Clients focus on short and long term goals in their lives to achieve the program goals of healthy pregnancy outcome, healthy child growth and development and life course self sufficiency.

Topics in the NFP Curriculum that Address Benchmark Areas

1. Improved Maternal and Newborn Health

Maternal Health topics: diet, exercise, tobacco, alcohol and drugs, chemical exposure, infections, danger signs in pregnancy, medical care, weight gain, preterm labor, social support, preparing for child birth, family planning.

Newborn Health topics: taking care of a newborn, cord care, circumcision, breastfeeding, feeding, jaundice, safe sleeping positions, pets, well baby care, danger signs, second hand smoke, dental health, and immunizations.

2. Prevention of child injuries, child abuse, neglect or maltreatment and reduction of emergency department visits*

Parental substance use, post partum danger signs, home safety, preparation for becoming a parent (mom and dad versions), prevention of shaken baby syndrome, car seats, crib safety, childcare, safe toys, lead poisoning, curriculum for fathers in regard to parenting, burns and anticipatory guidance in child development. The NFP curriculum also includes Partners in Parenting Education (PIPE) lessons which use experiential learning strategies to teach topics such as temperament and emotional refueling.

3. Improvement in school readiness and achievement

Play activities, making good choices for books, music and TV, using the library, baby brain development, reading for families, language development, and reading infant and child cues. PIPE topics include reading to baby and benefits of play, taking turns, floor time.

4. Reduction in crime or domestic violence*

Intimate partner violence, verbal abuse, relationship safety, problem solving, safe homes and neighborhoods, and communication skills.

5. Improvements in family economic self-sufficiency

Budgeting, money management, goal setting, English as a second language, returning to school, returning to work, communication skills, and finding a job.

6. Improvement in the coordination and referrals for other community resources and supports

Finding supportive services, community services for children with special needs, helping clients learn how to access community services, advocacy skills, and building skills in accessing available services.

*Curriculum is delivered by registered nurses who function within the scope of their State's Nurse Practice Act and reporting laws