

Visit 1

Getting to Know the Participant



I. Objectives

1. Acquaint them with the MIHOW Program and you.
2. Explore their feelings and concerns about the pregnancy.
3. Identify sources of social support.

II. Pre-visit Tasks

1. Help parent determine gestational age and due date with online due date calculator (babycenter.com, espanol.babycenter.com or whattoexpect.com).
2. Review *MIHOW Consent Form*.
3. Read “Mayo Clinic Guide to a Healthy Pregnancy”, 2018 Chapter 4, pg 85-94, “Month One Weeks 1-4”, pg. 93-94 “Your Emotions”
4. Collect (optional):
 - *The Pregnancy Baby Book – Month to Month* ([March of Dimes](http://MarchofDimes.org))
 - *Folic Acid pamphlet*
 - business card and/or MIHOW brochure with your name and number

III. Background Information

Pregnancy is a time of dramatic physical and emotional changes. Some feelings experienced in response to pregnancy are:

- *Joy* about their new life as a caregiver.



- *Curiosity* and/or *fear* of the *unknown* and changes taking place.
- *Sadness* that they are pregnant, even when a pregnancy is planned.
- *Anger* if the pregnancy is unplanned and unwanted.
- *Reluctance* to assume the "role" of pregnant parent or caregiver.
- *Hope* that they will raise a child who will have more advantages than they had.
- *Fear* of failure as a caregiver.
- *Anxiety* about health problems, existing or potential, in self and/or child.
- *Guilt* for having what may seem to be inappropriate feelings.
- *Confusion* about what they should feel and do.
- *Worry* about the labor and delivery process: *pain, discomfort, and loss of control.*
- *Excitement* that they will have someone to love and care for and to love them.
- *Overwhelmed* with advice from others.

In addition to the pregnancy, if the participant or their family is experiencing a stressful situation such as losing a job, recently moving to a new town, or the loss of a family member, they may be reluctant to start a new friendship. On the other hand, they may reach out for support during difficult times.

For teens, it is especially important to get a clear sense of their feelings about finishing school and how pregnancy will interfere with graduating. You may want to connect with the counselor or supportive teachers at school (make sure you follow all agency policies related to serving minors).



IV. Making the Home Visit

Objective 1: Acquaint Her with the MIHOW Program and You

- ***Explain the MIHOW program and encourage participation.***

Make sure they understand:

- how you were put in touch with them (church group, prenatal clinic, relative, friend, neighbor).
 - the goal is to assist with the healthiest pregnancy possible, the healthiest baby possible, and becoming the best caregiver possible.
 - the services are personalized to meet each participant's needs.
 - your part in detail, including a description of a typical visit, the visit schedule, and examples of activities.
 - you will help them connect with services available in the community.
 - They will meet other caregivers like themselves to share experiences and ideas.
- ***Ask if they have any questions or concerns about the program or the pregnancy.***
 - ***Have participant sign the agreement form.*** Explain that the program is voluntary and that they decide how long you continue to visit.
 - ***Give a card and/or brochure with your name and number or ask if they want to add you as a contact in their phone.*** Follow any agency policies regarding sharing contact information with participants.



Objective 2: Explore Feelings and Concerns About the Pregnancy

- **Ask how they feel about the pregnancy.** Some participants may have no one else to talk to about their fears and desires with the pregnancy.
 - If this is an unplanned or unwanted pregnancy, they may feel this is their first chance to explore their feelings.
 - If this is a wanted pregnancy, it gives them a chance to share their excitement, joy and any mixed emotions with you.
- **Ask how their family and community feel about the pregnancy.** Different cultures and communities feel differently about pregnancy and may treat pregnant individuals in different ways.
- **Ask what short- and long-term plans they had for themselves before they found out they were expecting a baby. How has this pregnancy changed those plans?** This gives you a chance to know the parent as well as address any sources of anxiety or happiness that this might bring up. Explore how this may change any plans for education, career, family, etc.
- **Ask what changes they have noticed since becoming pregnant.** Talk about some of the normal physical and emotional changes of pregnancy and ask about their experiences. Let them ask questions and talk about issues that are bothering them.
- **Ask what has changed about life since finding out about the pregnancy.** Sometimes, people may not be able to identify that they are worried or concerned, but are able to notice that their lives are different. This question may provide direction for your conversation and allow the



participant to talk about what things have changed as a result of the pregnancy.

- **Ask if anyone has identified any problems with the pregnancy.**
Pregnant individuals with high-risk pregnancies will have the added fears of abnormal babies, or harm and pain to themselves. They may also feel very guilty if the pregnancy is not normal, even if they have no control over the problem.
- **Give a booklet like “The Pregnancy Baby Book - Month by Month, A Diary of Your Pregnancy” and handout Folic Acid or help them download an app that will help them see how their baby is growing each week.** Let them know you will be there throughout the pregnancy to help find answers to all of their questions.

Objective 3: Identify Sources of Social Support

- **Ask who is around to help now and after the baby comes.**
 - Is there a spouse or partner at home? Are they supportive emotionally?
Are they supportive financially?
 - Will the other parent of the baby continue to be involved with the pregnancy and parenting?
 - Does the participant have family or close friends nearby?
 - Is the relationship with family positive or strained/stressful? Are they willing to help after the baby is born?
- **Ask if there are other small children at home that will need care.**
- **Assure them that you will help identify and connect them with the help they need.**



V. Reflections

- ✓ Did you establish good rapport with the parent? Did they ask questions? Do you think they felt comfortable? Did you both laugh?
- ✓ Do you feel that you explained the MIHOW program and your role in it to the participant's satisfaction? Do they have a good picture of what will happen when you walk through the door for future visits?
- ✓ Do you have a clear understanding of the participant's feelings about pregnancy and/or caregiving?
- ✓ Did you help identify the sources of support available to them?
- ✓ Do you feel that you are a good match for this caregiver?



Notes

A large, empty rectangular box with a black border, intended for taking notes during the home visit.