Child and Family Health

Please Note: Other outcomes and indicators related to this domain can also be found in other domains. If you cannot find what you are looking here, please review the outcomes in other domains or search in the Logic Model Builder.

Prenatal Care

Programs from the FRIENDS' Program Directory* with components that promote outcomes or indicators in this sub-domain are: Early Head Start, Healthy Families America, Healthy Families New York, Nurse Family Partnership, and Project SafeCare.

Short-term	Intermediate/Long-term
Outcome Participants understand the importance of prenatal care. **Indicators** • Participants know what prenatal care entails. • Participants know the benefits of prenatal care for infants. • Participants know the benefits of prenatal care for mothers.	**Outcome** Participants who are pregnant receive prenatal care. **Indicators** • Participants attend routine prenatal visits pregnancy. • Participants receive necessary follow-up medical services as prescribed by the health care provider.
Outcome Participants know how to access prenatal care. **Indicators** • Participants have contact information for local providers who provide prenatal care. • Participants know where they can access prenatal care in their community.	**Outcome** Participants maintain a healthy lifestyle during pregnancy. **Indicators** • Participants who are pregnant refrain from using drugs, including alcohol, during pregnancy. • Participants maintain a healthy diet. • Participants who are pregnant have an appropriate exercise routine. • Participants live in violence-free environments. • Participants practice effective and healthy strategies to reduce stress in their lives. • Babies are born free of substance exposure.
Outcome Participants understand how a healthy lifestyle during pregnancy will affect prenatal development. **Indicators** • Participants understand how a healthy lifestyle during pregnancy will affect prenatal development. • Participants know prenatal lifestyle habits that increase the likelihood of a healthy baby. • Participants know the effects of stress and/or violence on a fetus.	

* Listing a program does not imply endorsement by FRIENDS or the Children's Bureau. Programs listed are from the FRIENDS' Program Directory and were selected based on their relevancy to child abuse & neglect prevention & their presence on four EBP national registries. Certainly, there are many programs missing from the Directory, not because they are unworthy, but because they were either not brought to FRIENDS' attention or because information on them was not readily available at the time this document was completed.

Prenatal Care
(continued)

Short-term

Outcomes

Participants understand what supplies and support systems need to be in place when they bring their babies home.

Indicators

- Participants know appropriate sleeping arrangements for an infant.
- Participants know nutritional and medical programs that can provide free or low-cost services for themselves or their babies (WIC, Health Department, etc.).
- Participants know the types and quantities of clothing, bedding, and diapering supplies needed for infants and where to access them at a low cost.
- Participants identify their personal needs for rest and self-care.

Intermediate/Long-term

Outcomes

Participants have the necessary supplies, feeding plans, and support systems in place when they bring their babies home.

Indicators

- Participants have appropriate sleeping arrangements for their infants.
- Participants access nutritional programs that can provide free or low-cost services for themselves or their babies (WIC, Health Department, etc.) as needed.
- Participants arrange for friends and/or family members to provide occasional respite so participants can take care of their personal needs for rest and other self-care.

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Prenatal Care
(continued)

Programs from the FRIENDS' Program Directory* with components that promote outcomes or indicators in this sub-domain are: Healthy Families America, Healthy Families New York, Infant Health and Development, Nurse Family Partnership, and Project SafeCare,

Outcomes

Participants understand postnatal depression.

Indicators

- Participants know postnatal depression symptoms.
- Participants know the effects postnatal depression can have on the entire family.
- Participants know where they can get help (mental health care, support group, etc.) if they develop symptoms of postnatal depression.

Outcomes

Participants who experience postnatal depression receive appropriate treatment.

Indicators

- Participants with symptoms of postnatal depression identify them.
- Participants with symptoms of postnatal depression receive appropriate treatment.
- Participants with symptoms of postnatal depression have support networks of friends and family.
- Participants with symptoms of postnatal depression have reliable child care providers available for respite as needed.

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Nutrition

Programs from the FRIENDS' Program Directory* with components that promote outcomes or indicators in this sub-domain are: Carolina Abecedarian Project, Early Head Start, Healthy Families America, Healthy Families New York, Nurse Family Partnership, Parents As Teachers, and Project SafeCare,

Short-term

Outcomes

Participants understand the components of a healthy diet and exercise program for their families.

Indicators

- Participants know appropriate foods and portions to meet their children's needs.
- Participants know how and when to introduce new foods to their children.
- Participants know how to read food labels.
- Participants know healthy snacks for themselves and their children.
- Participants know how to access WIC, food stamps, food banks, and other nutrition programs.
- Participants know the dangers of obesity.
- Participants know how diet and exercise are related to health.

Outcomes

Participants understand how to meet their children's needs for health and safety.

Indicators

- Participants know how to access nutritional programs (WIC, Extension, etc.).
- Participants know healthy standards of hygiene.
- Participants know when and how to schedule routine medical examinations.
- Participants know when and how to schedule and immunizations.
- Participants know how and where to secure a "medical home".
- Participants know when it is appropriate to seek medical care for their children.
- Participants know how to select appropriate caregivers for their children.

Participants know how to use appropriate car seats and restraints for children.

Intermediate/Long-term

Outcomes

Participants and their families follow a healthy diet and exercise program.

Indicators

- Participants engage in games and activities that provide appropriate exercise for themselves and their families.
- Participants serve foods and portions that are appropriate to their children's health, needs, ages, and development.
- Participants read food labels prior to making food purchases.
- Participants make healthy snacks available for themselves and their children.
- Participants access WIC, food stamps, food banks, and other nutrition programs as needed.
- Participants and their families routinely engage in games, play, and other activities that provide appropriate exercise.

Outcomes

Participants meet their children's needs for health and safety.

Indicators

- Participants have at least a two-day supply of healthy food available.
- Participants maintain a healthy standard of hygiene for their infants and children.
- Participants' children receive routine medical examinations.
- Participants' children receive immunizations according to medical guidelines.
- Participants have secured a "medical home" for their infants or children.
- Participants received appropriate medical care for their children as needed.
- Participants have selected appropriate caregivers for their infants or children.

Participants consistently use appropriate car seats or restraints for their children.

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