



Provincial Health  
Services Authority

# BC Family Health Visiting Program

## Visit Guide

April 2026



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# Abbreviations

<b>BCCDC</b>	BC Centre for Disease Control
<b>BCCSU</b>	BC Centre of Substance Use
<b>BC FHVP</b>	BC Family Health Visiting Program
<b>CCMI</b>	Centre for Collaboration, Motivation & Innovation
<b>CPS</b>	Canadian Paediatric Society
<b>ECHA</b>	Early Childhood Health Assessment
<b>FHA</b>	Fraser Health Authority
<b>FNHA</b>	First Nations Health Authority
<b>HC</b>	Health Canada
<b>HCDC</b>	Harvard Center on the Developing Child
<b>HLBC</b>	HealthLink BC
<b>IHA</b>	Interior Health Authority
<b>MoH</b>	Ministry of Health
<b>NCCIH</b>	National Collaboration Centre for Indigenous Health
<b>NCSBC</b>	National Centre for Shaken Baby Syndrome
<b>NESTS</b>	Nutrition, exercise, sleep, time, supports
<b>PCRPP</b>	Parent-Child Relationship Programs
<b>PHN</b>	Public Health Nurse
<b>PHO</b>	Public Health Ontario
<b>PHSA</b>	Provincial Health Services Authority
<b>PIPE</b>	Partners in Parenting Education
<b>PP</b>	Postnatal
<b>PSBC</b>	Perinatal Services BC
<b>RHA</b>	Regional Health Authority
<b>SUD</b>	Substance Use Disorder
<b>UBC</b>	University of British Columbia
<b>UDF</b>	User Defined Form
<b>VCH</b>	Vancouver Coastal Health
<b>WHO</b>	World Health Organization

# Purpose

The BC FHVP Visit Guide (the Visit Guide) is a resource designed to support providers in planning BC FHVP visits with clients and families. It outlines recommended program activities and clinical tools to use during program intake and across various family life stages.

The Visit Guide and Clinical Toolkit are companion documents and are intended to be used alongside one another. It outlines program activities that should be routinely offered to all Program clients or families and directs providers to relevant sections of the BC FHVP Clinical Toolkit.

Additional activities and resources that support the *client's individualized care plan* should be selected from the appropriate sections of the BC FHVP Clinical Toolkit and incorporated into the care activities recommended in the Visit Guide.

The program activity schedule in the Visit Guide is intended as a recommendation only. Providers should use clinical judgment and consult with an BC FHVP supervisor as needed to determine the timing, frequency, and appropriateness of all activities and tools.

# How to Use the Visit Guide

## Step 1: Begin at Intake

At Program entry, review the Intake section and select program activities based on the family's life stage (i.e., pregnancy, postnatal (PP) to 2 years, or 2–6 years). Complete all recommended intake visits before progressing to ongoing program visits.

## Step 2: Move to the Current Life Stage Section

After intake is complete, plan visits according to:

- The client's gestational period, or
- The child's current age (as listed in the *Program/Life Stage* column)

## Step 3: Review Earlier Sections as Needed

Before delivering activities in the current age/stage section:

- Scan earlier sections of the Visit Guide and identify program activities and topics that may benefit the client or family.

## Step 4: Use “Every Visit” Activities

At every encounter:

- Use the tools and activities listed in the “Every Visit” section.
- Introduce additional resources based on the *client's individualized care plan* (e.g., mental health, healthy adult relationships, parenting support).

## Step 5: Complete Recommended Routine Assessments

Refer to the **Recommended Program Assessments and Frequency (Table 1)** to ensure that routine assessments are completed at the appropriate intervals.

## Step 6: Continue Through the Appropriate Stages

Progress through the Visit Guide in sequence until:

- The client has received the number of visits determined by their stream,
- Program goals are achieved, or
- The client chooses to self-discharge.

When preparing for program completion, refer to the [Discharge](#) section of the Visit Guide.

### Example: Enroling a Parent with a 9-Month-Old Child

A provider would:

1. Use tools from the “Every Visit” section at each encounter.
2. Complete the Postnatal (PP) to 2 years Intake Visits.
3. Navigate to the “8–9 month” section of the Visit Guide.
4. Review earlier postnatal sections (e.g., newborn, 2–4 months, 6 months) to identify any beneficial activities.
5. Deliver recommended activities in the “8–9 month” section and introduce additional resources or program activities depending on the client’s individualized care plan focus areas.
6. Refer to the Recommended Program Assessments and Frequency (Table M1) to ensure routine assessments are completed.
7. Continue progressing through Visit Guide sections until discharge criteria are met.
8. Complete program activities listed in the [Discharge](#) section of the Visit Guide.

# Assessment Frequency

Throughout the Visit Guide, certain assessments are recommended to occur at specific frequencies. These assessments are detailed below in Table 1.

**Table 1: Recommended Program Assessments and Frequency**

Assessment	Frequency	Notes
<b>ASQ-3 and ASQ:SE-2 screening</b>	<ul style="list-style-type: none"> <li>• Every 4–6 months</li> </ul>	<p>More frequent assessments may be indicated based on screening results.</p> <p>Screening is not required if the family is accessing a referral through Infant or Child Development Program (<i>IDP/CDP</i>).</p>
<b>Partners in Parenting Education (PIPE) activity</b>	<ul style="list-style-type: none"> <li>• Every 2–3 visits</li> </ul>	<p>PIPE activities may be used up to age 6 with age and developmentally appropriate modifications.</p>
<b>Healthy Adult Relationships</b>	<ul style="list-style-type: none"> <li>• Prenatally (visit 5–7)</li> <li>• 6–8 weeks PP</li> <li>• 15–17 months of age</li> <li>• Annually thereafter or as indicated</li> </ul>	<p>This includes allowing dedicated time to discuss supports and relationships using an Eco-Map, reviewing the Duluth Power and Control Wheel and exploring the iHEAL app to explore the client’s relationships and determine if further indicator-based assessments or clinical actions are warranted.</p> <p><b>If indicated</b>, utilize the Healthy Relationships Assessment UDF which includes the Composite Abuse Scale (Revised) – Short Form. If additionally indicated, a danger assessment and/or IPV Offerings and Supports UDF may also be completed if further intervention is warranted.</p> <p>Assessments may be more frequent depending on care plan focus areas (e.g., consider re-assessment when client starts a new relationship). Re-assessment is not indicated after a disclosure of intimate partner violence (IPV).</p>

<b>Early Childhood Assessment (ECHA)</b>	<ul style="list-style-type: none"> <li>• 2 months</li> <li>• 4 months</li> <li>• 6 months</li> <li>• 9 months</li> <li>• 12 months</li> <li>• 18 months</li> <li>• Every 6–12 months thereafter</li> </ul>	<p>Fraser Health Nursing Care Pathway provides direction on assessment areas based on age for 2, 4, 6, 9, 12, 18 month, and 4–6 years. Rourke Baby Record includes assessments every year from age 2–5 years. Tools for completing an ECHA are to be determined by the regional health authority (RHA).</p>
<b>Edinburgh Perinatal/ Postnatal Depression Scale</b>	<ul style="list-style-type: none"> <li>• Pregnancy: <ul style="list-style-type: none"> <li>– 28–32 weeks</li> </ul> </li> <li>• Postnatal: <ul style="list-style-type: none"> <li>– 6–8 weeks</li> <li>– 4–6 months</li> <li>– 12 months</li> </ul> </li> </ul>	<p>Assessment is embedded within the Panorama Family Health Prenatal Intake, Postpartum Assessment, and Adult Health Assessment UDFs.</p>
<b>Healthy Lifestyle Assessment (substance use assessment)</b>	<ul style="list-style-type: none"> <li>• After visit 3</li> <li>• 36 weeks gestation</li> <li>• 12 months postpartum</li> <li>• 24 months postpartum</li> <li>• Annually thereafter</li> <li>• Discharge</li> </ul>	<p>Assessments may be more frequent depending on care plan focus areas and clinical judgement.</p>
<b>How Are We Doing? (TBD)</b>	<ul style="list-style-type: none"> <li>• After visit 5 or late pregnancy</li> <li>• 2–3 months postpartum</li> <li>• Annually thereafter</li> </ul>	<p>To routinely assess relationship between Family Health Nurse/Family Health Visitor and family, as well as when provider notices signs of disengagement.</p>
<b>Generalized Self-Efficacy Scale</b>	<ul style="list-style-type: none"> <li>• At intake</li> <li>• Every 6 months thereafter</li> <li>• Discharge</li> </ul>	<p>Tool used to assess self-efficacy to be determined. Questions are embedded in the Intake and Client Monitoring UDF.</p>
<b>Kessler Psychological Distress Scale</b>	<ul style="list-style-type: none"> <li>• At intake</li> <li>• Every 6 months thereafter</li> <li>• Discharge</li> </ul>	<p>Tool used to assess overall mental wellness. Questions are embedded in the Intake and Client Monitoring UDF.</p>

# Summary of Program Activities and Clinical Tools: Intake and Every Visit

Program/ Life Stage	Program Activities and Clinical Tools	Where Can I Find These Resources in the BC FHVP Clinical Toolkit?
Every Visit	<p><b>Use the following tools at every visit to organize care and determine priorities:</b></p> <ul style="list-style-type: none"> <li>• Visit Plan Form to organize visits (<i>Fraser Health Authority (FHA); Interior Health Authority (IHA)</i>)</li> <li>• <a href="#">Bubble Map</a> – choice sheets for planning visit priorities (<i>Vancouver Coastal Health (VCH)</i>)</li> <li>• BC FHVP Visit Planning Flowsheets – Pregnancy, Infancy, Toddler; update after each visit (<i>IHA</i>)</li> <li>• The need for recommendations or referrals to additional services and support should be assessed at each visit and documented appropriately (as needed) within the Client Interaction Record</li> </ul>	

Program/ Life Stage	Program Activities and Clinical Tools	Where Can I Find These Resources in the BC FHVP Clinical Toolkit?
<p><b>General Intake</b> (first 1–3 visits)</p>	<p>Support <b>adult physical health</b> using the following resources:</p> <ul style="list-style-type: none"> <li>• Complete an intake assessment (prenatal, postpartum, or adult) utilizing the BC FHVP Eligibility Assessment Tool to determine eligibility and stream (<i>Provincial Health Services Authority (PHSA)</i>)</li> <li>• <a href="#">Population and Public Health Prenatal Care Pathway</a> (<i>Perinatal Services BC (PSBC)</i>) or <a href="#">Postnatal Assessment and Care Guide</a> (<i>PSBC</i>) to complete a holistic adult assessment (TBD)</li> <li>• <a href="#">BCCDC Communicable Disease Control Manual</a> (<i>BC Centre for Disease Control (BCCDC)</i>)</li> <li>• <a href="#">Pregnancy Passport: Our Special Journey</a> or <a href="#">Our Sacred Journey</a> (<i>PSBC</i>)</li> <li>• <a href="#">Baby's Best Chance</a>; focus on Pregnancy or Postpartum section (as applicable) OR <a href="#">Toddler's First Steps</a>; focus on relevant sections (<i>Ministry of Health, British Columbia (MoH)</i>)</li> <li>• <a href="#">Pregnancy and Parent Learning Centre</a>; requires client to login (<i>PSBC</i>)             <ul style="list-style-type: none"> <li>– <a href="#">Pregnancy Module 4: Caring for Yourself</a> (6 lessons)</li> <li>– <a href="#">Pregnancy Module 5: Staying Safe During Pregnancy and Postpartum</a> (8 lessons)</li> <li>– <a href="#">Postpartum &amp; Newborn Care</a> – all modules</li> <li>– <a href="#">Infant Feeding</a> – all modules</li> </ul> </li> <li>• <a href="#">SmartParent app</a></li> <li>• <a href="#">Health Gateway app</a>; to access immunization records</li> </ul>	<p>► <a href="#">Adult Physical Health and Well-Being – Pregnancy or Parent</a></p>

Program/ Life Stage	Program Activities and Clinical Tools	Where Can I Find These Resources in the BC FHVP Clinical Toolkit?
<b>General Intake</b> (first 1–3 visits) <i>cont.</i>	Support <b>adult mental health</b> using the following resources: <ul style="list-style-type: none"> <li>• Perinatal Depression &amp; Anxiety Quick Reference Guide (<i>MoH; University of British Columbia (UBC)</i>)</li> </ul>	► Adult Mental Health and Well-Being – Pregnancy or Parent
	Support <b>child health and development</b> using the following resources (as applicable): <ul style="list-style-type: none"> <li>• Complete an intake assessment (newborn or child) utilizing the BC FHVP Eligibility Assessment Tool to determine eligibility and stream (<i>PHSA</i>)</li> <li>• Complete a holistic assessment of newborn/child using Postnatal Assessment and Care Guide (<i>PSBC</i>) (TBD) or Early Child Nursing Care Pathways (<i>RHA resource</i>)</li> <li>• <a href="#">Newborn and Infant Growth Measurements</a> (<i>PSBC</i>)</li> <li>• <a href="#">WHO Growth Chart Assessment and Counselling – Key Messages and Actions</a> (<i>Dietitians of Canada</i>)</li> <li>• <a href="#">BC Pediatric Nutrition Guidelines (Birth to Six Years) for Health Professionals</a> (<i>BCCDC, 2022</i>)</li> <li>• <a href="#">BCCDC Immunization Manual</a> (<i>BCCDC</i>)</li> <li>• <a href="#">ASQ-3</a> and <a href="#">ASQ:SE-2</a></li> <li>• <a href="#">Child Health Passport</a> (<i>MoH</i>)</li> <li>• <a href="#">Health Gateway app</a>; to access immunization records</li> <li>• Refer to <a href="#">Baby’s Best Chance</a> or <a href="#">Toddler’s First Steps</a> for age-appropriate guidance on applicable topics (<i>MoH</i>)</li> </ul>	► Growth and Development
	Support <b>healthy infant and child feeding</b> using the following resources (as applicable): <ul style="list-style-type: none"> <li>• Postnatal Assessment and Care Guide (<i>PSBC</i>)                             <ul style="list-style-type: none"> <li>– <i>Assessment and Care of the Feeding Dyad</i></li> </ul> </li> <li>• <a href="#">Lactation and Newborn Feeding Support (Postpartum) – Key Messages</a> (<i>PSBC</i>)</li> <li>• <a href="#">Breast/Chest Feeding Assessment in the First 14 Days</a> (<i>PSBC</i>)</li> </ul>	► Infant and Young Child Feeding
	Assess <b>client/family’s priorities and goals</b> using tools such as: <ul style="list-style-type: none"> <li>• Honouring the Mother’s Experience to explore goals and dreams for self, child, family (<i>FHA</i>)</li> </ul>	► Parenting Capacity

Program/ Life Stage	Program Activities and Clinical Tools	Where Can I Find These Resources in the BC FHVP Clinical Toolkit?
<b>General Intake</b> (first 1–3 visits) <i>cont.</i>	Support the development of <b>core life skills and goal planning</b> using resources such as: <ul style="list-style-type: none"> <li>• <a href="#">Building the Skills Adults Need for Life</a> (<i>Harvard Center on the Developing Child (HCDC)</i>)</li> <li>• <a href="#">Parenting Goals</a>; worksheet (<i>Alberta Health</i>)</li> </ul>	► Parenting Capacity
	Set <b>clear expectations for BC FHVP and service delivery</b> using the following resources and actions: <ul style="list-style-type: none"> <li>• Complete and document site risk assessment prior to first home visit, following organizational policies and guidelines</li> <li>• Provide overview of program (service description, provider/program contact information)</li> <li>• Obtain consent for digital communication and to communicate with primary care provider(s)</li> <li>• Discuss confidentiality, duty to report</li> <li>• Provide families with a warm introduction to the program and provide a Welcome Letter (<i>IHA</i>)</li> <li>• Provide a binder for filing resources</li> <li>• If intake occurs after child’s second birthday, collaborate on care plan focus areas with BC FHVP supervisor</li> </ul>	► Health Care Coordination and Trust
	Support <b>family’s connection to community resources</b> using: <ul style="list-style-type: none"> <li>• Relevant referrals that are a priority for the client using the Recommendations, Referrals, and Care Coordination sections of the BC FHVP Clinical Toolkit (<i>PHSA</i>)</li> </ul>	► Connection to Community Supports
	Support <b>coordination of care</b> by the following actions: <ul style="list-style-type: none"> <li>• Collaborate on care plan focus areas based on assessments</li> <li>• Send Outcome of Referral Letter (<i>FHA</i>) to provider who initiated referral to inform them of program acceptance/refusal, care plan focus areas, and Family Health Nurse/Family Health Visitor contact information</li> <li>• Create a care plan once holistic assessment completed</li> </ul>	► Health Care Coordination and Trust

# Summary of Program Activities and Clinical Tools: Prenatal to Age 2 Years

Program/ Life Stage	Program Activities and Clinical Tools	Where Can I Find These Resources in the BC FHVP Clinical Toolkit?
<b>Early Pregnancy</b> (1 <sup>st</sup> trimester)	Support <b>physical health and well-being of the primary caregiver</b> using the following tools and assessments: <ul style="list-style-type: none"> <li>• <a href="#">Population and Public Health Prenatal Care Pathway (PSBC)</a>:               <ul style="list-style-type: none"> <li>- <i>Health Care/Physical Well-being, pp.6-16</i></li> <li>- <i>Nutrition in Pregnancy, pp.17-25</i></li> <li>- <i>Injury Prevention, pp.54-55</i></li> <li>- <i>Preparation for Birth, pp.56-59</i></li> </ul> </li> </ul>	► Adult Physical Health and Well-Being
	Once therapeutic relationship is established, assess <b>substance use behaviours</b> using tools such as: <ul style="list-style-type: none"> <li>• <a href="#">Population and Public Health Prenatal Care Pathway (PSBC)</a>:               <ul style="list-style-type: none"> <li>- <i>Healthy Lifestyles, pp.38-43</i></li> </ul> </li> <li>• <a href="#">Best Practice Guidelines for Mental Health Disorders in the Perinatal Period: Substance Use Disorders</a>; sample screening questions, Appendix 1, p.30 (PSBC)</li> <li>• <a href="#">Provincial Guideline for the Clinical Management of High-Risk Drinking and Alcohol Use Disorder: Pregnancy Supplement (BC Centre on Substance Use (BCCSU))</a>:               <ul style="list-style-type: none"> <li>- <i>AUDIT-C: Second level screening tools, pp.43-46</i></li> <li>- <i>AUDIT-C: Alcohol Use Disorders Identification Test (AUDIT)</i></li> <li>- <i>T-ACE Screening Tool (Tolerance, Annoyed, Cut down, Eye opener)</i></li> <li>- <i>TWEAK: Tolerance, Worry, Eye-opener, Amnesia, Cut down</i></li> </ul> </li> <li>• <a href="#">Cannabis Use During the Perinatal Period</a> – Key Messages, Perinatal &amp; Newborn Health Hub (PSBC)</li> <li>• <a href="#">Opioid Use During the Perinatal Period</a> – Key Messages, Perinatal &amp; Newborn Health Hub (PSBC)</li> </ul>	► Substance Use

Program/ Life Stage	Program Activities and Clinical Tools	Where Can I Find These Resources in the BC FHVP Clinical Toolkit?
<p><b>Early Pregnancy</b> (1<sup>st</sup> trimester) <i>cont.</i></p>	<p>Once therapeutic relationship is established, assess <b>tobacco and nicotine substance use</b> and offer supports with cessation or reduction using resources such as:</p> <ul style="list-style-type: none"> <li>• HealthLink BC (HLBC), Pregnancy and parenting resources: <ul style="list-style-type: none"> <li>– <i>Search: vaping, Quitting Smoking</i></li> <li>– <i>The harmful effects of second-hand tobacco smoke and vapour</i></li> <li>– <i>Quitting Smoking and Avoiding Smoke During Pregnancy</i></li> <li>– <i>Quit or reduce vaping</i></li> </ul> </li> <li>• QuitNow BC <ul style="list-style-type: none"> <li>– <i>Download materials include resources for Indigenous populations, toolkits</i></li> <li>– <i>Benefits of Quitting During Pregnancy</i></li> </ul> </li> <li>• First Nations Health Authority (FNHA) resources: <ul style="list-style-type: none"> <li>– <i>E-Cigarettes: What you need to know to stay healthy; info sheet</i></li> <li>– <i>Are You Trying to Stop Smoking or Vaping?; fact sheet</i></li> <li>– <i>Quitting Commercial Tobacco FAQs</i></li> <li>– <i>Quitting Commercial Tobacco: Covered Products to Help Support Your Transition; fact sheet</i></li> <li>– <i>QuitKit Guidebook and Journal</i></li> <li>– <i>Talk Tobacco</i></li> </ul> </li> <li>• Smoking Cessation Program (BC PharmaCare)</li> </ul>	<p>► Substance Use</p>

Program/ Life Stage	Program Activities and Clinical Tools	Where Can I Find These Resources in the BC FHVP Clinical Toolkit?
<p><b>Early Pregnancy</b> (1<sup>st</sup> trimester) <i>cont.</i></p>	<p>Once therapeutic relationship is established, assess <b>healthy adult relationships</b> using tools such as:</p> <ul style="list-style-type: none"> <li>• <a href="#">Understanding the Duluth Power and Control Wheel</a></li> <li>• <a href="#">How to make an ecomap</a>; video to support family and relationship assessment (<i>Family Finding</i>)</li> <li>• <a href="#">Initiating a Discussion about Intimate Partner Violence: Indicator-Based Assessment (PHN-PREP)</a></li> <li>• <a href="#">Intimate Partner Violence: Brief Risk Assessment</a>; directs provider when to administer Danger Assessment-5 (<i>PHN-PREP</i>)</li> <li>• <a href="#">iHEAL app</a>; <i>Introduce iHEAL app to all clients</i> <ul style="list-style-type: none"> <li>- <i>Danger Assessment</i></li> <li>- <i>Power and Control Wheel</i></li> <li>- <i>Symptom Checklist</i></li> </ul> </li> <li>• <a href="#">Assessment and Response to Intimate Partner Violence by Public Health Nurses (PHN-PREP)</a></li> <li>• <a href="#">The VEGA (Violence, Evidence, Guidance, Action) Project's Guidance for Responding Safely to Intimate Partner Violence: Adapted for Public Health Nurses (PHN-PREP)</a></li> </ul>	<p>► Healthy Adult Relationships</p>
	<p>Support <b>health of primary caregiver and family</b> by assessing and providing up-to-date <b>immunizations</b>, using the following tools as needed for guidance:</p> <ul style="list-style-type: none"> <li>• <a href="#">BCCDC Immunization Manual Routine Immunization Schedule C and D and Worksheet (BCCDC)</a></li> <li>• <a href="#">BCCDC Communicable Disease Control Manual Chapter 2: Immunization, Appendix C - Contraindications and Precautions Contraindications and Precautions for Immunization (BCCDC)</a></li> <li>• <a href="#">BCCDC Communicable Disease Control Manual (BCCDC)</a></li> <li>• <a href="#">Immunizations</a>; includes links to schedules, aftercare, accessing records, and vaccine health files (<i>HLBC</i>)</li> <li>• <a href="#">COVID-19: Advice if You're Planning a Pregnancy, Pregnant, Recently Pregnant, or Breastfeeding (HLBC)</a></li> <li>• <a href="#">Immunization Communication Tool (BCCDC)</a></li> <li>• <a href="#">BRAIN Decision-Making Worksheet (Centre for Collaboration, Motivation &amp; Innovation (CCMI))</a></li> </ul>	<p>► Adult Physical Health and Well-Being</p>

Program/ Life Stage	Program Activities and Clinical Tools	Where Can I Find These Resources in the BC FHVP Clinical Toolkit?
<b>Early Pregnancy</b> (1 <sup>st</sup> trimester) <i>cont.</i>	Engage client in activities to support <b>mental well-being and positive connections to pregnancy resources</b> such as: <ul style="list-style-type: none"> <li>• <a href="#">Promoting Maternal Mental Health During Pregnancy: Activities</a> (<i>Parent-Child Relationship programs (PCRP)</i>):               <ul style="list-style-type: none"> <li>- <i>Dream Baby</i></li> <li>- <i>Attachment</i></li> <li>- <i>Connection</i></li> <li>- <i>DIAPERS</i></li> </ul> </li> <li>• <a href="#">NESTS for Well-being</a>; worksheet (<i>PSBC</i>)</li> </ul>	<ul style="list-style-type: none"> <li>▶ Adult Mental Health and Well-Being</li> </ul>
	Promote <b>health care engagement and knowledge building</b> using resources such as: <ul style="list-style-type: none"> <li>• Create a <a href="#">Life History Timeline</a> following direction from this webinar: <a href="#">Life History Timelines: A trauma- and violence-informed approach</a> (<i>Public Health Ontario (PHO)</i>)</li> </ul>	<ul style="list-style-type: none"> <li>▶ Health Care Coordination and Trust</li> </ul>
	Promote <b>attachment and positive parenting</b> by using one of the following Partners in Parenting Education ( <a href="#">PIPE</a> ) <b>activities</b> : <ul style="list-style-type: none"> <li>• Emotional Refueling</li> <li>• Patterns &amp; Expectations</li> <li>• Reading to Baby</li> <li>• Baby Cues</li> <li>• Love Needs a Safe Base</li> </ul>	<ul style="list-style-type: none"> <li>▶ Parenting Capacity</li> <li>▶ Growth and Development</li> </ul>

Program/ Life Stage	Program Activities and Clinical Tools	Where Can I Find These Resources in the BC FHVP Clinical Toolkit?
<p><b>Mid Pregnancy</b> (2<sup>nd</sup> trimester)</p>	<p>Support <b>physical health and well-being of the primary caregiver</b> using the following tools and assessments:</p> <ul style="list-style-type: none"> <li>• <a href="#">Population and Public Health Prenatal Care Pathway (PSBC)</a>:                             <ul style="list-style-type: none"> <li>- <i>Health Care/Physical Well-being, pp.6-16</i></li> <li>- <i>Nutrition in Pregnancy, pp.17-25</i></li> <li>- <i>Injury Prevention, pp.54-55</i></li> <li>- <i>Preparation for Birth, pp.56-59</i></li> </ul> </li> <li>• <a href="#">BCCDC Immunization Manual Routine Immunization Schedules C and D, and worksheets (BCCDC)</a></li> <li>• <a href="#">BCCDC Communicable Disease Control Manual Chapter 2: Immunization, Appendix C – Contraindications and Precautions Contraindications and Precautions for Immunization (BCCDC)</a></li> <li>• <a href="#">BCCDC Communicable Disease Control Manual (BCCDC)</a></li> <li>• <a href="#">Immunizations</a>; includes links to schedules, aftercare, accessing records, and vaccine health files (HLBC)</li> <li>• <a href="#">COVID-19: Advice if You’re Planning a Pregnancy, Pregnant, Recently Pregnant, or Breastfeeding (HLBC)</a></li> <li>• <a href="#">Immunization Communication Tool (BCCDC)</a></li> <li>• <a href="#">BRAIN Decision-Making Worksheet (CCMI)</a></li> <li>• <a href="#">Promoting Maternal Mental Health During Pregnancy: Activities (PCRPP)</a>:                             <ul style="list-style-type: none"> <li>- <i>Dream Baby</i></li> <li>- <i>Attachment</i></li> <li>- <i>Connection</i></li> <li>- <i>Diapers</i></li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>▶ Adult Physical Health and Well-Being – Pregnancy</li> <li>▶ Adult Mental Health and Well-Being – Pregnancy</li> </ul>

Program/ Life Stage	Program Activities and Clinical Tools	Where Can I Find These Resources in the BC FHVP Clinical Toolkit?
<b>Mid Pregnancy</b> (2 <sup>nd</sup> trimester) <i>cont.</i>	Support client's <b>learning needs in pregnancy</b> with resources such as: <ul style="list-style-type: none"> <li>• <b>Pregnancy &amp; Parent Learning Centre (PSBC):</b> <ul style="list-style-type: none"> <li>– <i>Pregnancy Module 1: Preparing for Your Pregnancy</i></li> <li>– <i>Pregnancy Module 2: Prenatal Health Care</i></li> <li>– <i>Pregnancy Module 3: Common Changes During Pregnancy</i></li> <li>– <i>Pregnancy Module 4: Caring for Yourself</i></li> <li>– <i>Pregnancy Module 6: Eating Well During Pregnancy</i></li> <li>– <i>Pregnancy Module 8: Special Considerations in Pregnancy</i></li> </ul> </li> <li>• <b>Baby's Best Chance; Pregnancy topics (MoH):</b> <ul style="list-style-type: none"> <li>– <i>Lifestyle, p.11</i></li> <li>– <i>Eating Well for Pregnancy, pp.19-23</i></li> <li>– <i>Weight Gain in Pregnancy, p.24</i></li> <li>– <i>Taking Care of Yourself, pp.25-29</i></li> <li>– <i>Health Care During Pregnancy, pp.30-31</i></li> <li>– <i>Pregnancy Risk Factors, p.32</i></li> <li>– <i>Stages of Pregnancy, pp.34-35</i></li> <li>– <i>Your Developing Baby, p.38</i></li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>▶ Adult Physical Health and Well-Being – Pregnancy</li> </ul>
	Support client in assessing goals, identifying barriers and gaining confidence in informed decision-making around <b>infant feeding and birth experience</b> , using resources such as: <ul style="list-style-type: none"> <li>• <i>Deciding how to feed your baby (PSBC)</i></li> <li>• <i>Birth Preference Guide (PSBC)</i></li> <li>• <i>My Birth Plan (HLBC)</i></li> </ul>	<ul style="list-style-type: none"> <li>▶ Infant and Young Child Feeding</li> <li>▶ Adult Physical Health and Well-Being – Pregnancy</li> </ul>
	Explore <b>client's current support system</b> using tools such as: <ul style="list-style-type: none"> <li>• <i>How to make an ecomap</i>; video to support family and relationship assessment (<i>Family Finding</i>)</li> <li>• <i>Family Support Circle</i>; worksheet (<i>VCH</i>)</li> <li>• <i>Circle of Support</i>; activity (<i>IHA</i>)</li> </ul>	<ul style="list-style-type: none"> <li>▶ Connection to Community Supports</li> </ul>
	Support <b>capacity building</b> by ensuring client is connected to resources such as: <ul style="list-style-type: none"> <li>• <i>Canada child benefit (CCB)</i> – requires current taxes to be filed (<i>Government of Canada</i>)</li> <li>• <i>Benefits Wayfinder</i>; assistance filing taxes, disability supports, budgeting workbooks, savings workbook (<i>Prosper Canada</i>)</li> </ul>	<ul style="list-style-type: none"> <li>▶ Parenting Capacity</li> </ul>

Program/ Life Stage	Program Activities and Clinical Tools	Where Can I Find These Resources in the BC FHVP Clinical Toolkit?
<b>Mid Pregnancy</b> (2 <sup>nd</sup> trimester) <i>cont.</i>	Promote <b>positive parenting experiences and parenting capacity</b> by introducing families to resources such as: <ul style="list-style-type: none"> <li>• <a href="#">Vroom videos (PCRP)</a></li> <li>• <a href="#">BabyCues® cards (PCRP)</a></li> <li>• <a href="#">Understanding Infants: Keys to Infant Caregiving</a>; handouts (<a href="#">PCRP</a>)</li> </ul>	<ul style="list-style-type: none"> <li>▶ Parenting Capacity</li> </ul>
	Promote <b>attachment and positive parenting experiences</b> by using one of the following Partner in Parenting education (PIPE) activities: <ul style="list-style-type: none"> <li>• Patterns &amp; Expectations</li> <li>• Reading to Baby</li> <li>• Emotional Refueling</li> </ul>	<ul style="list-style-type: none"> <li>▶ Parenting Capacity</li> <li>▶ Growth and Development</li> </ul>
<b>Late Pregnancy</b> (3 <sup>rd</sup> trimester)	Support <b>physical health and well-being of the primary caregiver</b> using the following tools and assessments: <ul style="list-style-type: none"> <li>• <a href="#">Population and Public Health Prenatal Care Pathway (PSBC)</a>:                             <ul style="list-style-type: none"> <li>– <a href="#">Health Care/Physical Well-being, pp.6-16</a></li> <li>– <a href="#">Nutrition in Pregnancy, pp.17-25</a></li> <li>– <a href="#">Injury Prevention, pp.54-55</a></li> <li>– <a href="#">Preparation for Birth, pp.56-59</a></li> </ul> </li> <li>• <a href="#">BCCDC Immunization Manual Routine Immunization Schedules C and D, and worksheets (BCCDC)</a></li> <li>• <a href="#">BCCDC Communicable Disease Control Manual Chapter 2: Immunization, Appendix C - Contraindications and Precautions Contraindications and Precautions for Immunization (BCCDC)</a></li> <li>• <a href="#">BCCDC Communicable Disease Control Manual (BCCDC)</a></li> <li>• <a href="#">Immunizations</a>; includes links to schedules, aftercare, accessing records, and vaccine health files (<a href="#">HLBC</a>)</li> <li>• <a href="#">COVID-19: Advice if You're Planning a Pregnancy, Pregnant, Recently Pregnant, or Breastfeeding (HLBC)</a></li> <li>• <a href="#">Immunization Communication Tool (BCCDC)</a></li> <li>• <a href="#">BRAIN Decision-Making Worksheet (CCMI)</a></li> </ul>	<ul style="list-style-type: none"> <li>▶ Adult Physical Health and Well-Being – Pregnancy</li> </ul>
	Support <b>physical health and well-being of the primary caregiver</b> and <b>child physical health</b> by providing Tetanus, diphtheria, pertussis ( <a href="#">Tdap</a> ) vaccine at 27-32 weeks to ensure pertussis protection.	<ul style="list-style-type: none"> <li>▶ Adult Physical Health and Well-Being – Pregnancy</li> <li>▶ Child Physical Health</li> </ul>

Program/ Life Stage	Program Activities and Clinical Tools	Where Can I Find These Resources in the BC FHVP Clinical Toolkit?
<p><b>Late Pregnancy</b> (3<sup>rd</sup> trimester) <i>cont.</i></p>	<p>Support <b>mental health of the primary caregiver</b> by completing <a href="#">Edinburgh Perinatal/Postnatal Depression Scale (EPDS)</a> at 28-32 weeks.</p> <p>Support physical and mental health by assessing <b>substance use behaviours</b> and offer supports as needed using resources such as:</p> <ul style="list-style-type: none"> <li>• <a href="#">Population and Public Health Prenatal Care Pathway (PSBC)</a>: <ul style="list-style-type: none"> <li>– <i>Healthy Lifestyles, pp.38-42</i></li> </ul> </li> <li>• <a href="#">Best Practice Guidelines for Mental Health Disorders in the Perinatal Period: Substance Use Disorders</a>; Sample screening questions, Appendix 1, page 30 (PSBC)</li> <li>• <a href="#">Provincial Guideline for the Clinical Management of High-Risk Drinking and Alcohol Use Disorder: Pregnancy Supplement (BC Centre on Substance Use (BCCSU))</a>: <ul style="list-style-type: none"> <li>– <i>AUDIT-C: Second level screening tools, pp.43-46</i></li> <li>– <i>AUDIT-C: Alcohol Use Disorders Identification Test (AUDIT)</i></li> <li>– <i>T-ACE Screening Tool (Tolerance, Annoyed, Cut down, Eye opener)</i></li> <li>– <i>TWEAK: Tolerance, Worry, Eye-opener, Amnesia, Cut down</i></li> </ul> </li> <li>• <a href="#">Cannabis Use During the Perinatal Period</a> – Key Messages, Perinatal &amp; Newborn Health Hub (PSBC)</li> <li>• <a href="#">Opioid Use During the Perinatal Period</a> – Key Messages, Perinatal &amp; Newborn Health Hub (PSBC)</li> </ul>	<ul style="list-style-type: none"> <li>▶ Adult Mental Health – Pregnancy</li> <li>▶ Substance Use</li> </ul>

Program/ Life Stage	Program Activities and Clinical Tools	Where Can I Find These Resources in the BC FHVP Clinical Toolkit?
<p><b>Late Pregnancy</b> (3<sup>rd</sup> trimester) <i>cont.</i></p>	<p>Support client's learning needs around <b>birth and transition to parenting role</b> by reviewing resources such as:</p> <ul style="list-style-type: none"> <li>• Baby's Best Chance; Birth topics (MoH):               <ul style="list-style-type: none"> <li>- <i>Preparing to Give Birth</i>, pp.40-41</li> <li>- <i>Preparing for Labour</i>, pp.42-44</li> <li>- <i>Giving Birth</i>, p.45</li> <li>- <i>Stages of Labour</i>, pp.46-48</li> <li>- <i>Medical Procedures to Help Labour and Birth</i>, pp.49-51</li> </ul> </li> <li>• Baby's Best Chance; Life With Your Baby topics (MoH):               <ul style="list-style-type: none"> <li>- <i>Bringing Your Baby Home</i>, p.56</li> <li>- <i>Your Body After Pregnancy</i>, pp.57-58</li> <li>- <i>Your Emotional Health</i>, pp.59-61</li> <li>- <i>Dealing with Frustration</i>, p.62</li> <li>- <i>Doing the Paperwork</i>, pp.65-66</li> </ul> </li> <li>• Baby's Best Chance; Baby Care topics (MoH):               <ul style="list-style-type: none"> <li>- <i>Clothing</i>, p.73</li> <li>- <i>Sleep</i>, pp.74-78</li> <li>- <i>Developing Attachment</i>, p.79</li> <li>- <i>Pooping, Peeing, and Diapering</i>, pp.80-81</li> <li>- <i>Cleaning</i>, p.82</li> <li>- <i>Teething</i>, p.83</li> <li>- <i>Crying</i>, p.84</li> <li>- <i>Healthy Habits</i>, p.85</li> <li>- <i>Baby Medical Care</i>, pp.86-91</li> <li>- <i>Baby Safety</i>, pp.92-95</li> </ul> </li> <li>• Pregnancy &amp; Parenting Learning Centre (PSBC):               <ul style="list-style-type: none"> <li>- <i>Labour &amp; Birth</i>, 5 Modules (PSBC)</li> <li>- <i>Postpartum &amp; Newborn Care</i>, 13 modules (PSBC)</li> </ul> </li> <li>• <b>Period of PURPLE Crying®</b>; refer to app, pamphlet, and infographic (<i>National Center on Shaken Baby Syndrome (NCSBS)</i>)</li> <li>• <i>Safer Sleep for My Baby</i> (PSBC)</li> <li>• <i>Safer sleeping for babies</i> (HLBC)</li> </ul>	<ul style="list-style-type: none"> <li>▶ Adult Physical Health and Well-Being</li> <li>▶ Parenting Capacity</li> <li>▶ Adult Mental Health and Well-Being – Pregnancy</li> <li>▶ Growth and Development</li> </ul>

Program/ Life Stage	Program Activities and Clinical Tools	Where Can I Find These Resources in the BC FHVP Clinical Toolkit?
<b>Late Pregnancy</b> (3 <sup>rd</sup> trimester) <i>cont.</i>	Support client in assessing goals, identifying, and gaining confidence in informed decision-making around <b>infant feeding and birth experience</b> , using resources such as: <ul style="list-style-type: none"> <li>• <a href="#">Postpartum Support Guide</a> worksheet (<i>PSBC</i>); also available in <i>Baby's Best Chance appendices</i>, pp.151-167</li> <li>• <a href="#">Labour and birth hospital packing list</a> (<i>PSBC</i>)</li> <li>• <a href="#">Deciding How to Feed Your Baby</a> (<i>PSBC</i>)</li> <li>• <a href="#">Birth Preference Guide</a> (<i>PSBC</i>) or <a href="#">My Birth Plan</a> (<i>HLBC</i>)</li> </ul>	<ul style="list-style-type: none"> <li>▶ Parenting Capacity</li> </ul>
	Support <b>capacity building</b> by assessing whether client has filed current taxes in preparation for application of <a href="#">Canada child benefit (CCB)</a> .	<ul style="list-style-type: none"> <li>▶ Parenting Capacity</li> </ul>
	Promote <b>health care engagement and therapeutic relationship</b> using resources such as: <ul style="list-style-type: none"> <li>• <a href="#">How Are We Doing?</a> (TBD)</li> </ul>	<ul style="list-style-type: none"> <li>▶ Health Care Coordination and Trust</li> </ul>
	Promote <b>attachment and positive parenting experiences</b> by using one of the following <a href="#">PIPE activities</a> : <ul style="list-style-type: none"> <li>• Emotional Refueling</li> <li>• Love Needs a Safe Base</li> <li>• Patterns &amp; Expectations</li> <li>• Reading to Baby</li> <li>• Baby Cues</li> </ul>	<ul style="list-style-type: none"> <li>▶ Parenting Capacity</li> <li>▶ Growth and Development</li> </ul>
<b>Postnatal Visits</b> 0–8 weeks	<b>Support adult and child physical health</b> by completing postpartum and newborn assessments using resources such as: <ul style="list-style-type: none"> <li>• <a href="#">Postnatal Assessment and Care Guide</a> (<i>PSBC</i>)</li> </ul>	<ul style="list-style-type: none"> <li>▶ Adult Physical Health and Well-Being – Parent</li> <li>▶ Adult Mental Health and Well-Being – Parent</li> </ul>

Program/ Life Stage	Program Activities and Clinical Tools	Where Can I Find These Resources in the BC FHVP Clinical Toolkit?
<b>Postnatal Visits</b> 0–8 weeks <i>cont.</i>	Complete <b>infant feeding</b> assessment and support feeding goals by using resources such as: <ul style="list-style-type: none"> <li>• <a href="#">Lactation and Newborn Feeding Support (Postpartum) – Key Messages (PSBC)</a></li> <li>• <a href="#">Breastfeeding or Chestfeeding (PSBC)</a></li> <li>• <a href="#">Infant Formula: What you need to know</a>; for infants receiving formula only (PSBC)</li> <li>• <a href="#">Breastfeeding My Baby (PSBC)</a> <ul style="list-style-type: none"> <li>– <i>PSBC Postnatal Assessment and Care Guide – Assessment and Care of the Feeding Dyad (PSBC)</i></li> </ul> </li> <li>• <a href="#">Pregnancy &amp; Parenting Learning Centre (PSBC)</a>:                             <ul style="list-style-type: none"> <li>– <a href="#">Infant Feeding</a>; 8 modules</li> </ul> </li> <li>• <a href="#">Baby’s Best Chance</a>; <a href="#">Feeding Your Baby</a> section, pp. 101-124 (MoH)</li> </ul>	► Infant and Young Child Feeding
	Promote <b>health care engagement</b> and <b>positive attachment</b> by inviting family to share birth experience by using resources such as: <ul style="list-style-type: none"> <li>• <a href="#">Our Special Journey Pregnancy Passport</a>; <a href="#">Our Birth Story</a>, pp.25-26 (PSBC)</li> <li>• <a href="#">Our Sacred Journey Indigenous Pregnancy Passport</a>; pp.28-29 (PSBC)</li> </ul>	► Health Care Coordination and Trust
	Support your client in dealing with <b>infant feeding</b> challenges or variances by reviewing resources such as: <ul style="list-style-type: none"> <li>• <a href="#">Baby’s Best Chance</a>; <a href="#">Feeding Your Baby</a> topics (MoH):                             <ul style="list-style-type: none"> <li>– <a href="#">Breastfeeding or Chestfeeding Challenges You May Face</a>, pp.111-114</li> </ul> </li> </ul>	► Infant and Young Child Feeding
	Support <b>parental mental well-being</b> by completing <a href="#">Edinburgh Perinatal/Postnatal Depression Scale (EPDS)</a> at 6-8 weeks postpartum.	► Adult Mental Health and Well-Being

Program/ Life Stage	Program Activities and Clinical Tools	Where Can I Find These Resources in the BC FHVP Clinical Toolkit?
<b>Postnatal Visits</b> 0–8 weeks <i>cont.</i>	Support <b>healthy relationships</b> by performing healthy adult relationships assessment at 6-8 weeks postpartum, using resources such as: <ul style="list-style-type: none"> <li>• <a href="#">Understanding the Duluth Power and Control Wheel</a></li> <li>• <a href="#">How to make an ecomap</a>; video to support family and relationship assessment (<i>Family Finding</i>)</li> <li>• <a href="#">Initiating a Discussion about Intimate Partner Violence: Indicator-Based Assessment (PHN-PREP)</a></li> <li>• <a href="#">Intimate Partner Violence: Brief Risk Assessment</a>; directs provider when to administer Danger Assessment-5 (<i>PHN-PREP</i>)</li> <li>• <a href="#">iHEAL app</a>; <i>Introduce iHEAL app to all clients</i> <ul style="list-style-type: none"> <li>– <i>Danger Assessment</i></li> <li>– <i>Power and Control Wheel</i></li> <li>– <i>Symptom Checklist</i></li> </ul> </li> <li>• <a href="#">Assessment and Response to Intimate Partner Violence by Public Health Nurses (PHN-PREP)</a></li> <li>• <a href="#">The VEGA (Violence, Evidence, Guidance, Action) Project's Guidance for Responding Safely to Intimate Partner Violence: Adapted for Public Health Nurses (PHN-PREP)</a></li> </ul>	► Healthy Adult Relationships
	Assess <b>tobacco and nicotine substance use</b> and offer education around the importance of a smoke-free environment and supports with cessation or reduction using tools such as: <ul style="list-style-type: none"> <li>• <a href="#">The harmful effects of second-hand tobacco smoke and vapour (HLBC)</a></li> <li>• <a href="#">Baby's Best Chance; Feeding Your Baby topics (MoH)</a>:                             <ul style="list-style-type: none"> <li>– <a href="#">Caffeine, Smoking, Vaping, Alcohol, Other Substances and Breastfeeding or Chestfeeding, pp.116-117</a></li> </ul> </li> <li>• <a href="#">QuitNow BC</a> <ul style="list-style-type: none"> <li>– <a href="#">Download materials include resources for Indigenous populations, toolkits</a></li> </ul> </li> <li>• <a href="#">Quitting Smoking or Quit or Reduce Vaping (HLBC)</a></li> <li>• FNHA resources:                             <ul style="list-style-type: none"> <li>– <a href="#">E-Cigarettes: What you need to know to stay healthy; info sheet</a></li> <li>– <a href="#">Are You Trying To Stop Smoking Or Vaping?; fact sheet</a></li> <li>– <a href="#">Quitting Commercial Tobacco FAQs</a></li> <li>– <a href="#">Frequently Asked Questions: Quitting Commercial Tobacco; fact sheet</a></li> <li>– <a href="#">QuitKit Guidebook and Journal</a></li> </ul> </li> </ul>	► Substance Use

Program/ Life Stage	Program Activities and Clinical Tools	Where Can I Find These Resources in the BC FHVP Clinical Toolkit?
<b>Postnatal Visits</b> 0–8 weeks <i>cont.</i>	Support <b>connection to community and government supports</b> using resources such as: <ul style="list-style-type: none"> <li>• <a href="#">Government of Canada: Financial support and leave options</a>; client must have filed current taxes to complete applications for <a href="#">Canada child benefit (CCB)</a>.</li> <li>• <a href="#">Benefits Wayfinder</a>; assistance filing taxes, disability supports, budgeting workbooks, savings workbook (<i>Prosper Canada</i>)</li> <li>• Baby's Best Chance; Life With Your Baby topics (<i>MoH</i>):                             <ul style="list-style-type: none"> <li>– <a href="#">Doing the Paperwork</a>, pp.65-66</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>▶ Connection to Community Supports</li> </ul>
	Support client's learning needs around transitioning to <b>parenting role</b> and newborn stage by reviewing resources such as: <ul style="list-style-type: none"> <li>• <a href="#">NESTS for Well-Being</a>; worksheet (<i>PSBC</i>)</li> <li>• <a href="#">Safer Sleep for My Baby</a> (<i>PSBC</i>)</li> <li>• <a href="#">Honouring Our Babies (Safer Sleep Cards)</a> (<i>PSBC</i>)</li> <li>• <a href="#">Pregnancy &amp; Parenting Learning Centre</a> (<i>PSBC</i>)                             <ul style="list-style-type: none"> <li>– <a href="#">Postpartum and Newborn Care</a>, 13 Modules</li> </ul> </li> <li>• Baby's Best Chance; Life With Your Baby topics (<i>MoH</i>):                             <ul style="list-style-type: none"> <li>– <a href="#">Bringing Your Baby Home</a>, p.56</li> <li>– <a href="#">Your Body After Pregnancy</a>, pp.57-58</li> <li>– <a href="#">Your Emotional Health</a>, pp.59-61</li> <li>– <a href="#">Dealing with Frustration</a>, p.62</li> <li>– <a href="#">Doing the Paperwork</a>, pp.65-66</li> </ul> </li> <li>• Baby's Best Chance; Baby Care topics (<i>MoH</i>):                             <ul style="list-style-type: none"> <li>– <a href="#">Clothing</a>, p.73</li> <li>– <a href="#">Sleep</a>, pp.74-78</li> <li>– <a href="#">Developing Attachment</a>, p.79</li> <li>– <a href="#">Pooping, Peeing and Diapering</a>, pp.80-81</li> <li>– <a href="#">Cleaning</a>, p.82</li> <li>– <a href="#">Teething</a>, p.83</li> <li>– <a href="#">Crying</a>, p.84</li> <li>– <a href="#">Healthy Habits</a>, p.85</li> <li>– <a href="#">Baby Medical Care</a>, pp.86-91</li> <li>– <a href="#">Baby Safety</a>, pp.92-95</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>▶ Parenting Capacity</li> <li>▶ Growth and Development</li> </ul>

Program/ Life Stage	Program Activities and Clinical Tools	Where Can I Find These Resources in the BC FHVP Clinical Toolkit?
<b>Postnatal Visits</b> 0–8 weeks <i>cont.</i>	Promote <b>parenting capacity and attachment</b> by introducing families to resources such as: <ul style="list-style-type: none"> <li>• <a href="#">Baby Cues®: A Child's First Language</a>; cards (<i>PCRCP</i>)</li> <li>• <a href="#">Vroom Videos</a></li> <li>• <a href="#">Building Babies' Brains Through Play: Mini Parenting Master Class</a>; video (<i>HCDC</i>)</li> <li>• Consider the following <b>PIPE activities</b>:                             <ul style="list-style-type: none"> <li>– Love Needs a Safe Base</li> <li>– Baby Cues</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>▶ Parenting Capacity</li> <li>▶ Growth and Development</li> </ul>
	Support family's <b>connection to community supports</b> : <ul style="list-style-type: none"> <li>• Follow up on previous recommendations and referrals</li> <li>• Explore tools within the BC FHVP Clinical Toolkit – Connection to Community Supports to identify appropriate supports based on family's care plan</li> <li>• Make new referrals as determined by client's care plan</li> </ul>	<ul style="list-style-type: none"> <li>▶ Connection to Community Supports</li> </ul>

Program/ Life Stage	Program Activities and Clinical Tools	Where Can I Find These Resources in the BC FHVP Clinical Toolkit?
<b>Postnatal Visits</b> 2–4 months	Support <b>healthy child growth and development</b> and provide anticipatory guidance around introducing solid foods using resources such as: <ul style="list-style-type: none"> <li>• Complete an Early Child Health Assessment (ECHA)</li> <li>• Oral health assessment as part of ECHA:                             <ul style="list-style-type: none"> <li>– <i>Local public health dental programs</i></li> <li>– <i>Find A Dentist in BC; database (BC Dental Association)</i></li> <li>– <i>Canadian Dental Care Plan (Government of Canada)</i></li> <li>– <i>BC Healthy Kids program; helps low-income families with the costs of basic dental care and prescription eyewear for their children (Ministry of Social Development and Poverty Reduction)</i></li> <li>– <i>Children's Dental Program for low-income families without dental coverage (UBC)</i></li> <li>– <i>Children's Oral Health Initiative; early childhood tooth decay prevention program for First Nations children age 0-7, their caregivers, pregnant persons, living or accessing services in First Nations communities (FNHA)</i></li> </ul> </li> <li>• <i>First Nations Health Benefits Coverage: Pregnancy and Infant Care, Baby Oral Health, p.9 (FNHA)</i></li> <li>• <i>Baby's Best Chance; Dental Care resources, p.132 (MoH)</i></li> <li>• Provide or facilitate immunizations at 2 months of age (HLBC)</li> <li>• <i>BC Pediatric Nutrition Guidelines (Birth to Six Years) for Health Professionals (BCCDC, 2022)</i></li> <li>• <i>Nutrition for Healthy Term Infants: Recommendations for Birth to Six Months (Health Canada (HC))</i></li> <li>• <i>Vitamin D and your health (HLBC)</i></li> <li>• <i>Baby's first foods (HLBC)</i></li> <li>• <i>Baby's Best Chance; Feeding Your Baby topics (MoH):</i> <ul style="list-style-type: none"> <li>– <i>Breastfeeding or Chestfeeding Your Baby, p.107</i></li> <li>– <i>Supplementing, pp.118-119</i></li> <li>– <i>Introducing Solid Foods, p.123</i></li> <li>– <i>Understanding Food Allergies, p.124</i></li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>▶ Growth and Development</li> <li>▶ Infant and Young Child Feeding</li> </ul>
	Support <b>parental mental well-being</b> by completing: <ul style="list-style-type: none"> <li>• <i>Edinburgh Perinatal/Postnatal Depression Scale (EPDS)</i> if not already completed. Repeat at 4-6 months as needed.</li> <li>• Introduce resources such as <i>NESTS for Well-being (PSBC worksheet)</i> if applicable</li> </ul>	<ul style="list-style-type: none"> <li>▶ Adult Mental Health and Well-Being</li> </ul>
	Promote <b>health care engagement and therapeutic relationship</b> using resources such as: <ul style="list-style-type: none"> <li>• <i>How Are We Doing? (TBD)</i></li> </ul>	<ul style="list-style-type: none"> <li>▶ Health Care Coordination and Trust</li> </ul>

Program/ Life Stage	Program Activities and Clinical Tools	Where Can I Find These Resources in the BC FHVP Clinical Toolkit?
<b>Postnatal Visits</b> 2–4 months <i>cont.</i>	Support <b>community engagement</b> and assess supports and resources such as: <ul style="list-style-type: none"> <li>• <a href="#">StrongStart BC</a> (<i>Government of BC</i>)</li> <li>• Local library programs</li> <li>• Local group-based parenting supports</li> </ul>	► Connection to Community Supports
	Complete <b>healthy adult relationships</b> assessment at 8 weeks postpartum (if not already completed in postpartum period) using the following resources: <ul style="list-style-type: none"> <li>• <a href="#">Understanding the Duluth Power and Control Wheel</a></li> <li>• <a href="#">How to make an ecomap</a>; video to support family and relationship assessment (<i>Family Finding</i>)</li> <li>• <a href="#">Initiating a Discussion about Intimate Partner Violence: Indicator-Based Assessment</a> (<i>PHN-PREP</i>)</li> <li>• <a href="#">Intimate Partner Violence: Brief Risk Assessment</a>; directs provider when to administer Danger Assessment-5 (<i>PHN-PREP</i>)</li> <li>• <a href="#">iHEAL app</a>:                             <ul style="list-style-type: none"> <li>– Danger Assessment</li> <li>– Power and Control Wheel</li> <li>– Symptom Checklist</li> </ul> </li> <li>• <a href="#">Assessment and Response to Intimate Partner Violence by Public Health Nurses</a> (<i>PHN-PREP</i>)</li> <li>• <a href="#">The VEGA (Violence, Evidence, Guidance, Action) Project's Guidance for Responding Safely to Intimate Partner Violence: Adapted for Public Health Nurses</a> (<i>PHN-PREP</i>)</li> </ul>	► Healthy Adult Relationships
	Assess <b>primary caregiver self-efficacy and core life skills</b> using resources such as: <ul style="list-style-type: none"> <li>• <a href="#">Importance of Self-Efficacy</a> (<i>Transforming Education</i>)</li> <li>• <a href="#">Growing Together Parent Handouts</a> (<i>BC Council for Families</i>)</li> <li>• <a href="#">What is The Circle of Security</a> (<i>Circle of Security International</i>)</li> <li>• <a href="#">Brief Action Planning Flow Chart</a> (<i>CCMI</i>)</li> <li>• <a href="#">Building the Skills Adults Need for Life: A Guide for Practitioners</a> (5 Ways to Help Adults Build Their Core Life Skills), p.2 (<i>HCDC</i>)</li> </ul>	► Parenting Capacity

Program/ Life Stage	Program Activities and Clinical Tools	Where Can I Find These Resources in the BC FHVP Clinical Toolkit?
<b>Postnatal Visits</b> 2–4 months <i>cont.</i>	Promote <b>attachment and positive parenting experiences</b> by using one of the following resources <b>PIPE activities</b> : <ul style="list-style-type: none"> <li>• Baby Cues</li> <li>• Patterns &amp; Expectations</li> <li>• Emotional Refueling</li> <li>• Attachment</li> <li>• Floortime</li> <li>• Each Child is Different</li> <li>• Baby’s First Teacher</li> </ul>	<ul style="list-style-type: none"> <li>▶ Parenting Capacity</li> <li>▶ Growth and Development</li> </ul>
<b>Postnatal Visits</b> 4–6 months	Support <b>healthy child growth and development</b> and provide anticipatory guidance around introducing <b>solid foods</b> using resources such as: <ul style="list-style-type: none"> <li>• Complete an Early Childhood Assessment (ECHA)</li> <li>• Early Child Health Assessment Parent Checklist</li> <li>• Oral health assessment during Early Child Health Assessment:                             <ul style="list-style-type: none"> <li>– <i>Local public health dental programs</i></li> <li>– <i>Find A Dentist in BC; database (BC Dental Association)</i></li> <li>– <i>Canadian Dental Care Plan (Government of Canada)</i></li> <li>– <i>BC Healthy Kids program helps low-income families with the costs of basic dental care and prescription eyewear for their children (Ministry of Social Development and Poverty Reduction)</i></li> <li>– <i>Children’s Dental Program; for low-income families without dental coverage (UBC)</i></li> <li>– <i>Children’s Oral Health Initiative; early childhood tooth decay prevention program for First Nations children age 0-7, their caregivers, pregnant persons, living or accessing services in First Nations communities (FNHA)</i></li> </ul> </li> <li>• <i>First Nations Health Benefits Coverage: Pregnancy and Infant Care, Baby Oral Health, p.9 (MoH)</i></li> <li>• Baby’s Best Chance; <i>Dental Care resources, p.132 (MoH)</i></li> <li>• 4-month immunizations for family as indicated</li> <li>• <b>ASQ-3 4-month and ASQ:SE-2</b></li> <li>• <b>BC Pediatric Nutrition Guidelines (Birth to Six Years) for Health Professionals (BCCDC, 2022)</b></li> <li>• <b>Nutrition for Healthy Term Infants: Recommendations for Birth to Six Months (HC)</b></li> <li>• <b>Vitamin D and Your Health (HLBC)</b></li> <li>• <b>Baby’s first foods (HLBC)</b></li> </ul>	<ul style="list-style-type: none"> <li>▶ Growth and Development</li> <li>▶ Infant and Young Child Feeding</li> </ul>

Program/ Life Stage	Program Activities and Clinical Tools	Where Can I Find These Resources in the BC FHVP Clinical Toolkit?
<b>Postnatal Visits</b> 4–6 months <i>cont.</i>	<ul style="list-style-type: none"> <li>• Baby’s Best Chance; Feeding Your Baby topics (<i>MoH</i>):                             <ul style="list-style-type: none"> <li>– <i>Breastfeeding or Chestfeeding Your Baby</i>, p.107</li> <li>– <i>Supplementing</i>, pp.118-119</li> <li>– <i>Introducing Solid Foods</i>, p.123</li> <li>– <i>Understanding Food Allergies</i>, p.124</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>▶ Growth and Development</li> <li>▶ Infant and Young Child Feeding</li> </ul>
	Support <b>parental mental health</b> using resources such as: <ul style="list-style-type: none"> <li>• <a href="#">Edinburgh Perinatal/Postnatal Depression Scale (EPDS)</a> (complete between 4-6 months postpartum)</li> <li>• <a href="#">NESTS for Well-being</a>; worksheet (<i>PSBC</i>)</li> </ul>	<ul style="list-style-type: none"> <li>▶ Infant and Young Child Feeding</li> </ul>
	Promote <b>attachment and positive parenting</b> using resources such as the following <a href="#">PIPE activities</a> : <ul style="list-style-type: none"> <li>• Patterns &amp; Expectations</li> <li>• Emotional Refueling</li> <li>• Attachment</li> <li>• Each Child is Different</li> <li>• Baby’s First Teacher</li> </ul>	<ul style="list-style-type: none"> <li>▶ Parenting Capacity</li> <li>▶ Growth and Development</li> </ul>
	Support family’s <b>connection to community supports</b> : <ul style="list-style-type: none"> <li>• Follow up on previous recommendations and referrals</li> <li>• Explore tools within the BC FHVP Clinical Toolkit – Connection to Community Supports to identify appropriate supports based on family’s care plan</li> <li>• Make new referrals as determined by client’s care plan</li> </ul>	<ul style="list-style-type: none"> <li>▶ Connection to Community Supports</li> </ul>
	Promote <b>health care engagement and therapeutic engagement</b> using resources such as: <ul style="list-style-type: none"> <li>• <a href="#">How Are We Doing?</a> (TBD)</li> </ul>	<ul style="list-style-type: none"> <li>▶ Health Care Coordination and Trust</li> </ul>
	Support <b>parenting capacity</b> using resources such as: <ul style="list-style-type: none"> <li>• Parenting Self-Efficacy Assessment (i.e., <a href="#">Parenting Sense of Competence Scale</a>) (TBD)</li> <li>• Baby’s Best Chance; Life With Your Baby topics (<i>MoH</i>):                             <ul style="list-style-type: none"> <li>– <i>Dealing With Frustration</i>, p.62</li> <li>– <i>Cultural Differences in Parenting</i>, p.63</li> </ul> </li> <li>• <a href="#">ABC’s For New Parents</a>; videos (<i>Kid Care Canada</i>)</li> <li>• <a href="#">Sensory and Motor Growth in Newborns</a> (<i>HLBC</i>)</li> <li>• <a href="#">Brain-Building Through Play: Activities for Infants, Toddlers, and Children</a> (<i>HCDC</i>)</li> </ul>	<ul style="list-style-type: none"> <li>▶ Parenting Capacity</li> </ul>

Program/ Life Stage	Program Activities and Clinical Tools	Where Can I Find These Resources in the BC FHVP Clinical Toolkit?
<b>Postnatal Visits</b> 4–6 months <i>cont.</i>	Support the development of <b>core life skills</b> using resources such as: <ul style="list-style-type: none"> <li>• <a href="#">Building the Skills Adults Need for Life (HCDC)</a></li> <li>• <a href="#">Brief Action Planning Flow Chart (CCMI)</a></li> </ul>	► Parenting Capacity
<b>Postnatal Visits</b> 6–12 months	Support <b>healthy child growth and development</b> using resources such as: <ul style="list-style-type: none"> <li>• Complete an Early Childhood Assessment (ECHA); consider at 6 and 9 months</li> <li>• Early Child Health Assessment Parent Checklist</li> <li>• 6-month immunizations/seasonal immunizations for family as indicated</li> <li>• <a href="#">ASQ-3</a> and <a href="#">ASQ:SE-2</a> (at 8 and 12 months; complete every 4-6 months or as indicated)</li> <li>• Toddler’s First Steps; Feeding Your Toddler topics (<i>MoH</i>):                             <ul style="list-style-type: none"> <li>– <a href="#">Breastfeeding or Chestfeeding Your Toddler, pp.38-40</a></li> <li>– <a href="#">When Your Toddler Stops Breastfeeding or Chestfeeding, p.42</a></li> <li>– <a href="#">Supplementing for 6- to 9-Month-Olds, pp.43-44</a></li> <li>– <a href="#">Formula Feeding for 6- to 9-Month-Old, pp.45-46</a></li> <li>– <a href="#">Introducing Solid Foods, p.48</a></li> <li>– <a href="#">Good Mealtime Habits, p.59</a></li> <li>– <a href="#">Eating Well, p.37</a></li> <li>– <a href="#">Feeding by Age, pp.50-53</a></li> <li>– <a href="#">Healthy Meals and Snack Ideas, p.54</a></li> <li>– <a href="#">Safe, Healthy Foods and Drinks, pp.55-56</a></li> <li>– <a href="#">Vitamin and Mineral Supplements, p.57</a></li> <li>– <a href="#">Drinking From a Cup, p.49</a></li> </ul> </li> <li>• Toddler’s First Steps; Parenting Your Toddler topics (<i>MoH</i>):                             <ul style="list-style-type: none"> <li>– <a href="#">Balancing Work and Child Care, pp.99-101</a></li> </ul> </li> </ul>	► Growth and Development

Program/ Life Stage	Program Activities and Clinical Tools	Where Can I Find These Resources in the BC FHVP Clinical Toolkit?
<p><b>Postnatal Visits</b> 6–12 months <i>cont.</i></p>	<ul style="list-style-type: none"> <li>• Dental resources (HLBC):               <ul style="list-style-type: none"> <li>– <a href="#">Dental care for your infant and toddler</a></li> <li>– <a href="#">Brushing and Flossing a Child's Teeth</a></li> <li>– <a href="#">Dental care and teething for toddlers</a></li> </ul> </li> <li>• Toddler's First Steps; Your Toddler's Growth, Learning and Health topics and resources (MoH):               <ul style="list-style-type: none"> <li>– <a href="#">Looking After Your Child's Teeth</a>, pp.71-73</li> <li>– <a href="#">Dental Care Resources</a>, p.125</li> </ul> </li> <li>• <a href="#">Tooth Brushing for children three and under – The knee-to-knee technique</a> (VCH)</li> <li>• <a href="#">Local public health dental programs</a></li> <li>• <a href="#">Find A Dentist in BC</a>; database (BC Dental Association)</li> <li>• <a href="#">Canadian Dental Care Plan</a> (Government of Canada)</li> <li>• <a href="#">BC Healthy Kids</a> program helps low-income families with the costs of basic dental care and prescription eyewear for their children (Ministry of Social Development and Poverty Reduction)</li> <li>• <a href="#">Children's dental program</a> for low-income families without dental coverage (UBC)</li> <li>• <a href="#">Children's Oral Health Initiative</a>; early childhood tooth decay prevention program for First Nations children age 0-7, their caregivers, pregnant persons, living or accessing services in First Nations communities (FNHA)</li> <li>• <a href="#">First Nations Health Benefits Coverage: Pregnancy and Infant Care</a>, Baby Oral Health, p.9 (FNHA)</li> </ul>	<p>► Growth and Development</p>
	<p>Promote <b>safety and injury prevention</b> in the home using resources such as:</p> <ul style="list-style-type: none"> <li>• Toddler's First Steps; Toddler Safety topics and resources (MoH):               <ul style="list-style-type: none"> <li>– <a href="#">Toddler Safety</a>, pp.102</li> <li>– <a href="#">Shaken Baby Resources</a>, p.137</li> <li>– <a href="#">Safety Resources</a>, p.136</li> </ul> </li> <li>• <a href="#">A Million Messages</a>; review age-related section to determine priority conversation topics (Alberta Health)</li> <li>• <a href="#">Keeping your young child safe around the house</a> (Canadian Paediatric Society (CPS))</li> <li>• <a href="#">Injury prevention</a> (HC)</li> <li>• HealthLink BC (MOH):               <ul style="list-style-type: none"> <li>– <a href="#">Keeping your child safe</a></li> <li>– <a href="#">Child Car Seats</a></li> <li>– <a href="#">Crib Safety</a></li> </ul> </li> </ul>	<p>► Safety and Injury Prevention</p>

Program/ Life Stage	Program Activities and Clinical Tools	Where Can I Find These Resources in the BC FHVP Clinical Toolkit?
<p><b>Postnatal Visits</b> 6–12 months <i>cont.</i></p>	<p>Support <b>parenting capacity</b> and <b>core life skills</b> using resources such as:</p> <ul style="list-style-type: none"> <li>• Returning to work                             <ul style="list-style-type: none"> <li>– <a href="#">Going back to work (FHA)</a></li> <li>– <a href="#">WorkBC</a>; explore <i>Training and Education</i></li> </ul> </li> <li>• Education Supports                             <ul style="list-style-type: none"> <li>– <a href="#">Graduation Requirements (Government of BC)</a></li> <li>– <a href="#">British Columbia Adult Graduation Diploma Program (Government of BC)</a></li> <li>– <a href="#">Adult Upgrading (Government of BC)</a></li> </ul> </li> <li>• Financial Empowerment                             <ul style="list-style-type: none"> <li>– <a href="#">Family Services of Greater Vancouver; Financial Empowerment (includes access to online workshops on financial literacy, budgeting, taxes, etc.)</a></li> <li>– <a href="#">Prosper Canada; Benefits Wayfinder, Assistance with Filing Taxes, Disability Supports, Budgeting Workbooks, Saving Workbooks</a></li> </ul> </li> <li>• Decision-Making and Goal Setting:                             <ul style="list-style-type: none"> <li>– <a href="#">BRAIN Decision-Making Worksheet (CCMI)</a></li> <li>– <a href="#">Building the Skills Adults Need for Life: A Guide for Practitioners (5 Ways to Help Adults Build Their Core Life Skills), p.2 (HCDC)</a></li> <li>– <a href="#">Brief Action Planning Flow Chart (CCMI)</a></li> <li>– <a href="#">Parenting Goals: Long-term goals; worksheet (Alberta Health)</a></li> <li>– <a href="#">Generalized Self-Efficacy Scale (embedded in Intake and Client Monitoring UDF)</a></li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>▶ Parenting Capacity</li> <li>▶ Connection to Community Supports</li> </ul>
	<p>Promote <b>attachment and positive parenting</b> using resources such as the following <a href="#">PIPE Activities</a>:</p> <ul style="list-style-type: none"> <li>• Floor Time</li> <li>• What are Children Really Learning</li> <li>• Reading to Baby</li> <li>• Play is Imitation and Turn Taking</li> <li>• Learning the Do's</li> <li>• Joy &amp; Laughter</li> <li>• Love is Letting Go</li> </ul>	<ul style="list-style-type: none"> <li>▶ Parenting Capacity</li> <li>▶ Growth and Development</li> </ul>
	<p>Promote <b>therapeutic relationship</b> with family using:</p> <ul style="list-style-type: none"> <li>• How Are We Doing? (TBD) (complete closer to 12 months)</li> </ul>	<ul style="list-style-type: none"> <li>▶ Health Care Coordination and Trust</li> </ul>

Program/ Life Stage	Program Activities and Clinical Tools	Where Can I Find These Resources in the BC FHVP Clinical Toolkit?
<b>Postnatal Visits</b> 6–12 months <i>cont.</i>	Support family's <b>connection to community supports</b> : <ul style="list-style-type: none"> <li>• Follow up on previous recommendations and referrals</li> <li>• Explore tools within the BC FHVP Clinical Toolkit – Connection to Community Supports to identify appropriate supports based on family's care plan</li> <li>• Make new referrals as determined by client's care plan</li> </ul>	► Connection to Community Supports
<b>Postnatal Visits</b> 12–18 months	Support <b>healthy child growth and development</b> using resources such as: <ul style="list-style-type: none"> <li>• Complete an Early Childhood Assessment (ECHA)</li> <li>• Early Child Health Assessment Parent Checklist</li> <li>• Oral health assessment during Early Child Health Assessment:                             <ul style="list-style-type: none"> <li>– <i>Local public health dental programs</i></li> <li>– <i>Find A Dentist in BC; database (BC Dental Association)</i></li> <li>– <i>Canadian Dental Care Plan (Government of Canada)</i></li> <li>– <i>BC Healthy Kids program helps low-income families with the costs of basic dental care and prescription eyewear for their children (Ministry of Social Development and Poverty Reduction)</i></li> <li>– <i>Children's Dental Program for low-income families without dental coverage (UBC)</i></li> <li>– <i>Children's Oral Health Initiative; early childhood tooth decay prevention program for First Nations children age 0-7, their caregivers, pregnant persons, living or accessing services in First Nations communities (FNHA)</i></li> </ul> </li> <li>• <i>First Nations Health Benefits Coverage: Pregnancy and Infant Care, Baby Oral Health, p.9 (FNHA)</i></li> <li>• Toddler's First Steps; <i>Dental Care resources, p.125 (MoH)</i></li> <li>• <i>Immunizations at 12 months of age (HLBC Healthfile)</i> and respiratory immunizations for family as indicated</li> <li>• <i>ASQ-3 and ASQ:SE-2 (at 16 months; complete every 4-6 months or as indicated)</i></li> </ul>	► Growth and Development



Program/ Life Stage	Program Activities and Clinical Tools	Where Can I Find These Resources in the BC FHVP Clinical Toolkit?
<b>Postnatal Visits</b> 12–18 months <i>cont.</i>	Support <b>parent health</b> using the following resources: <ul style="list-style-type: none"> <li>• Complete <a href="#">Healthy Lifestyles Assessment</a>, create safety plan as needed, using resources from the Substance Use section of the Clinical Toolkit. Do not delay earlier assessment if evidence/concern of substance use.</li> <li>• Support parental mental health using resources such as:                             <ul style="list-style-type: none"> <li>– <a href="#">Edinburgh Perinatal/Postnatal Depression Scale (EPDS)</a> (offer at 12 months as needed)</li> <li>– <a href="#">NESTS for Well-being</a>; worksheet (<i>PSBC</i>)</li> </ul> </li> <li>• Complete a healthy adult relationships assessment at 15-17 months, using the following resources:                             <ul style="list-style-type: none"> <li>– <a href="#">Understanding the Duluth Power and Control Wheel</a></li> <li>– <a href="#">How to make an ecomap</a>; video to support family and relationship assessment (<i>Family Finding</i>)</li> <li>– <a href="#">Initiating a Discussion about Intimate Partner Violence: Indicator-Based Assessment (PHN-PREP)</a></li> <li>– <a href="#">Intimate Partner Violence: Brief Risk Assessment</a>; directs provider when to administer Danger Assessment-5 (<i>PHN-PREP</i>)</li> <li>– <a href="#">iHEAL app</a>:                                     <ul style="list-style-type: none"> <li>▪ <i>Danger Assessment</i></li> <li>▪ <i>Power and Control Wheel</i></li> <li>▪ <i>Symptom Checklist</i></li> </ul> </li> <li>– <a href="#">Assessment and Response to Intimate Partner Violence by Public Health Nurses (PHN-PREP)</a></li> <li>– <a href="#">The VEGA (Violence, Evidence, Guidance, Action) Project's Guidance for Responding Safely to Intimate Partner Violence: Adapted for Public Health Nurses (PHN-PREP)</a></li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>▶ Adult Physical Health and Well-Being</li> <li>▶ Adult Mental Health and Well-Being</li> <li>▶ Healthy Adult Relationships</li> <li>▶ Substance Use</li> </ul>
	Support family's <b>connection to community supports</b> : <ul style="list-style-type: none"> <li>• Follow up on previous recommendations and referrals</li> <li>• Explore tools within the BC FHVP Clinical Toolkit – Connection to Community Supports to identify appropriate supports based on family's care plan</li> <li>• Make new referrals as determined by client's care plan</li> </ul>	<ul style="list-style-type: none"> <li>▶ Connection to Community Supports</li> </ul>

Program/ Life Stage	Program Activities and Clinical Tools	Where Can I Find These Resources in the BC FHVP Clinical Toolkit?
<b>Postnatal Visits</b> 12–18 months <i>cont.</i>	Support <b>parenting capacity</b> using resources such as: <ul style="list-style-type: none"> <li>• Parenting Self-Efficacy Assessment (i.e., <i>Parenting Sense of Competence Scale</i>) (TBD)</li> <li>• <i>5 Steps for Brain-Building Serve and Return</i> (HCDC)</li> <li>• <i>Serve-and-Return Activities</i>; from birth to 4 years old (<i>Alberta Health</i>)</li> <li>• Consider the following <b>PIPE activities</b>:                             <ul style="list-style-type: none"> <li>– Emotional Refueling</li> <li>– Love and Limits</li> <li>– Patterns &amp; Expectations</li> <li>– Baby’s First Teacher</li> <li>– Reading to Baby</li> <li>– Joy and Laughter</li> </ul> </li> </ul>	► Parenting Capacity
	<b>Celebrate successes</b> with family: <ul style="list-style-type: none"> <li>• Celebrate 1-year milestone – provide a card for baby, or book as gift</li> </ul>	► Parenting Capacity
<b>Postnatal Visits</b> 18–24 months	Support <b>healthy child growth and development</b> using resources such as: <ul style="list-style-type: none"> <li>• Complete an Early Childhood Assessment (ECHA)</li> <li>• Early Child Health Assessment Parent Checklist</li> <li>• Oral health assessment during Early Child Health Assessment:                             <ul style="list-style-type: none"> <li>– <i>Local public health dental programs</i></li> <li>– <i>Find A Dentist in BC; database (BC Dental Association)</i></li> <li>– <i>Canadian Dental Care Plan (Government of Canada)</i></li> <li>– <i>BC Healthy Kids program helps low-income families with the costs of basic dental care and prescription eyewear for their children (Ministry of Social Development and Poverty Reduction)</i></li> <li>– <i>Children’s Dental Program; for low-income families without dental coverage (UBC)</i></li> <li>– <i>Children’s Oral Health Initiative; early childhood tooth decay prevention program for First Nations children age 0-7, their caregivers, pregnant persons, living or accessing services in First Nations communities (FNHA)</i></li> </ul> </li> <li>• <i>First Nations Health Benefits Coverage: Pregnancy and Infant Care, Baby Oral Health, p.9 (FNHA)</i></li> <li>• Toddler’s First Steps; <i>Dental Care resources, p.125 (MoH)</i></li> <li>• 18-month immunizations/respiratory immunizations for family as indicated</li> </ul>	► Growth and Development

Program/ Life Stage	Program Activities and Clinical Tools	Where Can I Find These Resources in the BC FHVP Clinical Toolkit?
<p><b>Postnatal Visits</b> 18–24 months <i>cont.</i></p>	<ul style="list-style-type: none"> <li>• ASQ-3 and ASQ:SE-2 (at 20 and 24 months; complete every 4–6 months or as indicated)</li> <li>• <a href="#">Understanding Temperament: A Foundation for Positive Parenting (Zero to Three)</a></li> <li>• Toddler’s First Steps; Your Toddler’s Growth, Learning and Health topics (MoH):             <ul style="list-style-type: none"> <li>– <a href="#">Typical Child Development by Age, pp.16-25</a></li> <li>– <a href="#">Learning About Your Toddler, pp.9-11</a></li> <li>– <a href="#">Brain Development, pp.12-13</a></li> <li>– <a href="#">The 5 Areas of Child Development, pp.14-15</a></li> <li>– <a href="#">Sleep and Your Toddler, pp.66-68</a></li> <li>– <a href="#">Sexual Development, p.26</a></li> <li>– <a href="#">Independence, p.29</a></li> <li>– <a href="#">Empathy, p.30</a></li> <li>– <a href="#">Play, pp.31-32</a></li> <li>– <a href="#">Physical Activity, p.65</a></li> <li>– <a href="#">Toys, p.33</a></li> <li>– <a href="#">Reading to Your Toddler, p.35</a></li> <li>– <a href="#">If You Have Concerns About Your Toddler’s Development, p.36</a></li> </ul> </li> <li>• Toddler’s First Steps; Parenting Your Toddler topics (MoH):             <ul style="list-style-type: none"> <li>– <a href="#">Why Does Your Toddler “Act Out”, p.84</a></li> <li>– <a href="#">Positive Discipline, pp.85-87</a></li> <li>– <a href="#">Dealing with Common Challenging Behaviours, pp.88-89</a></li> <li>– <a href="#">Staying Calm, p.90</a></li> <li>– <a href="#">Helping Your Toddler Through Change, pp.91-93</a></li> </ul> </li> <li>• Toddler’s First Steps; Toddler Safety topics (MoH):             <ul style="list-style-type: none"> <li>– <a href="#">Key Safety Messages, p.102</a></li> <li>– <a href="#">Childproofing Your Home, pp.103-105</a></li> <li>– <a href="#">Car Safety, pp.106-107</a></li> <li>– <a href="#">Equipment Safety, pp.108-110</a></li> <li>– <a href="#">Playing Safely Outside, pp.111-112</a></li> <li>– <a href="#">Water Safety, p.113</a></li> <li>– <a href="#">Safety in the Community, pp.114-115</a></li> <li>– <a href="#">Safety With Animals, p.116</a></li> <li>– <a href="#">Family Violence/Abuse, pp.117-118</a></li> </ul> </li> <li>• Vroom Video Playlists             <ul style="list-style-type: none"> <li>– <a href="#">Brain Building Basics Playlists</a></li> <li>– <a href="#">Vroom: Tips for Indoors</a></li> <li>– <a href="#">Vroom: Tips for Outdoors</a></li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>▶ Growth and Development</li> </ul>

Program/ Life Stage	Program Activities and Clinical Tools	Where Can I Find These Resources in the BC FHVP Clinical Toolkit?
<b>Postnatal Visits</b> 18–24 months <i>cont.</i>	Support <b>child safety and injury prevention</b> using resources such as: <ul style="list-style-type: none"> <li>• <a href="#">A Million Messages</a>; review age-related section to determine priority conversation topics (<i>Alberta Health</i>)</li> <li>• <a href="#">Keeping your young child safe around the house</a>; review tips with family to identify areas for further exploration (<i>CPS</i>)</li> <li>• <a href="#">Healthy child development through outdoor risky play</a>; discussion guide (<i>CPS</i>)</li> <li>• <a href="#">Injury prevention</a> (<i>HC</i>)</li> <li>• <a href="#">Child Car Seats</a> (<i>HLBC</i>)</li> <li>• <a href="#">Sun safety tips for parents</a> (<i>Government of Canada</i>)</li> </ul>	► Safety and Injury Prevention
	Support development of parent’s <b>core life skills</b> using resources such as: <ul style="list-style-type: none"> <li>• <a href="#">Building the Skills Adults Need for Life</a> (<i>HCDC</i>)</li> <li>• <a href="#">Brief Action Planning Flow Chart</a> (<i>CCMI</i>)</li> </ul>	► Parenting Capacity
	<b>Healthy Lifestyles Assessment</b> at 24 months of age, create safety plan as needed, using resources from the Substance Use section of the Clinical Toolkit. Do not delay earlier assessment if evidence/concern of substance use.	► Substance Use
	Support family’s <b>connection to community supports</b> : <ul style="list-style-type: none"> <li>• Follow up on previous recommendations and referrals</li> <li>• Explore tools within the BC FHVP Clinical Toolkit – Connection to Community Supports to identify appropriate supports based on family’s care plan</li> <li>• Make new referrals as determined by client’s care plan</li> </ul>	► Connection with Community Supports

Program/ Life Stage	Program Activities and Clinical Tools	Where Can I Find These Resources in the BC FHVP Clinical Toolkit?
<b>Postnatal Visits</b> 18–24 months <i>cont.</i>	Support <b>parenting capacity and attachment</b> using the following activities: <ul style="list-style-type: none"> <li>• Parenting Self-Efficacy Assessment (i.e., <i>Parenting Sense of Competence Scale</i>) (TBD)</li> <li>• <i>5 Steps for Brain-Building Serve and Return</i> (HCDC)</li> <li>• <i>Serve-and-Return Activities</i>; from birth to 4 years old (<i>Alberta Health</i>)</li> <li>• <b>PIPE activities:</b> <ul style="list-style-type: none"> <li>– Play is Imitation and Turn Taking</li> <li>– Learning the Do’s</li> <li>– Each Child is Different</li> <li>– What are Children Really Learning</li> <li>– Love Needs a Safe Base</li> <li>– Floor Time</li> <li>– Love is Letting Go</li> <li>– Attachment</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>▶ Parenting Capacity</li> <li>▶ Growth and Development</li> </ul>
	Promote <b>therapeutic relationship</b> with family using: <ul style="list-style-type: none"> <li>• How Are We Doing? (TBD) (complete closer to 24 months)</li> </ul>	<ul style="list-style-type: none"> <li>▶ Health Care Coordination and Trust</li> </ul>

# Summary of Program Activities and Clinical Tools: Age 2–6 Years

Program/ Life Stage	Program Activities and Clinical Tools	Where Can I Find These Resources in the BC FHVP Clinical Toolkit?
<b>Postnatal Visits</b> 24–30 months	<p>Support <b>healthy child growth and development</b> using resources such as:</p> <ul style="list-style-type: none"> <li>• Early Childhood Assessment (ECHA)</li> <li>• ASQ-3 and ASQ:SE-2 (at 24 and 28 months; complete every 4-6 months or as indicated)</li> <li>• Toddler’s First Steps; Your Toddler’s Growth, Learning and Health topics (MoH):               <ul style="list-style-type: none"> <li>– <i>Typical Child Development by Age</i>, pp.16-25</li> <li>– <i>Learning About Your Toddler</i>, pp.9-11</li> <li>– <i>Brain Development</i>, pp.12-13</li> <li>– <i>The 5 Areas of Child Development</i>, pp.14-15</li> <li>– <i>Sleep and Your Toddler</i>, pp.66-68</li> <li>– <i>Learning to Use the Toilet</i>, pp.69-70</li> <li>– <i>Sexual Development</i>, p.26</li> <li>– <i>Gender Identity</i>, pp.27-28</li> <li>– <i>Independence</i>, p.29</li> <li>– <i>Empathy</i>, p.30</li> <li>– <i>Play</i>, pp.31-32</li> <li>– <i>Physical Activity</i>, p.65</li> <li>– <i>Toys</i>, p.33</li> <li>– <i>Reading to Your Toddler</i>, p.35</li> <li>– <i>If You Have Concerns About Your Toddler’s Development</i>, p. 36</li> </ul> </li> <li>• Toddler’s First Steps; Parenting Your Toddler topics (MoH):               <ul style="list-style-type: none"> <li>– <i>Why Does Your Toddler “Act Out”</i>, p.84</li> <li>– <i>Positive Discipline</i>, pp.85-87</li> <li>– <i>Dealing With Common Challenging Behaviours</i>, pp.88-89</li> <li>– <i>Staying Calm</i>, p.90</li> <li>– <i>Helping Your Toddler Through Change</i>, pp.91-93</li> </ul> </li> </ul>	<p>► Growth and Development</p>

Program/ Life Stage	Program Activities and Clinical Tools	Where Can I Find These Resources in the BC FHVP Clinical Toolkit?
<b>Postnatal Visits</b> 24–30 months <i>cont.</i>	<ul style="list-style-type: none"> <li>• Toddler’s First Steps; Toddler Safety topics (<i>MoH</i>):               <ul style="list-style-type: none"> <li>– <i>Key Safety Messages</i>, p.102</li> <li>– <i>Childproofing Your Home</i>, pp.103-105</li> <li>– <i>Car Safety</i>, pp.106-107</li> <li>– <i>Equipment Safety</i>, pp.108-110</li> <li>– <i>Playing Safely Outside</i>, pp.111-112</li> <li>– <i>Water Safety</i>, p.113</li> <li>– <i>Safety in the Community</i>, pp.114-115</li> <li>– <i>Safety With Animals</i>, p.116</li> </ul> </li> <li>• Executive Function Activities for 18- to 36-months-olds (<i>HCDC</i>)</li> </ul>	<ul style="list-style-type: none"> <li>▶ Growth and Development</li> </ul>
	<ul style="list-style-type: none"> <li>• <i>Brain-Building Through Play: Activities for Infants, Toddlers, and Children</i> (<i>HCDC</i>)</li> <li>• <i>100 Ways to Bond with your Child Handout</i> (<i>HCDC</i>)</li> <li>• <i>Understanding Temperament: A Foundation for Positive Parenting (0-3)</i></li> </ul>	<ul style="list-style-type: none"> <li>▶ Growth and Development</li> </ul>
	<p>Support <b>child safety and injury prevention</b> using resources such as:</p> <ul style="list-style-type: none"> <li>• <i>A Million Messages</i>; review age-related section to determine priority conversation topics (<i>Alberta Health</i>)</li> <li>• <i>Your preschooler and safety: How to prevent injuries at home</i>; review with family to determine areas for further discussion (<i>CPS</i>)</li> <li>• <i>Healthy Child Development Through Outdoor Risky Play</i> (<i>CPS</i>)</li> <li>• <i>Injury Prevention</i> (<i>HC</i>)</li> </ul>	<ul style="list-style-type: none"> <li>▶ Safety and Injury Prevention</li> </ul>
	<p>Complete <b>Healthy Lifestyles Assessment</b> at 24 months of age, create safety plan as needed, using resources from the Substance Use section of the Clinical Toolkit. Do not delay earlier assessment if evidence/concern of substance use.</p>	<ul style="list-style-type: none"> <li>▶ Substance Use</li> </ul>
	<p>Support family’s <b>connection to community supports</b>:</p> <ul style="list-style-type: none"> <li>• Follow up on previous recommendations and referrals</li> <li>• Explore tools within the BC FHVP Clinical Toolkit – Connection to Community Supports to identify appropriate supports based on family’s care plan</li> <li>• Make new referrals as determined by client’s care plan</li> </ul>	<ul style="list-style-type: none"> <li>▶ Connection with Community Supports</li> </ul>

Program/ Life Stage	Program Activities and Clinical Tools	Where Can I Find These Resources in the BC FHVP Clinical Toolkit?
<b>Postnatal Visits</b> 24–30 months <i>cont.</i>	Support <b>parent-child attachment</b> using resources such as: <ul style="list-style-type: none"> <li>• <a href="#">Attachment: A connection for life</a> (CPS)</li> <li>• <a href="#">Family Connections</a> (National Collaborating Centre for Indigenous Health (NCCIH))</li> <li>• <a href="#">ABC's For New Parents</a>; videos – mindful parenting, dad's important role, family and community, parenting advice in under 1 minute, etc. (Kid Care Canada)</li> <li>• <a href="#">5 Steps for Brain-Building Serve and Return</a> (HCDC)</li> <li>• <a href="#">Serve-and-Return Activities</a>; from birth to 4 years old (Alberta Health)</li> <li>• <a href="#">Brain-Building Through Play: Activities for Infants, Toddlers, and Children</a> (HCDC)</li> <li>• Baby's Best Chance; Baby Development topics and resources (MoH):                             <ul style="list-style-type: none"> <li>– <a href="#">Brain Development</a>, pp.96-97</li> <li>– <a href="#">"Brain Builder Boxes" throughout resource</a></li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>▶ Parenting Capacity</li> <li>▶ Growth and Development</li> </ul>
	Support <b>healthy relationships</b> by performing a healthy adult relationships assessment at 24 months and annually thereafter or as clinically indicated, using resources such as: <ul style="list-style-type: none"> <li>• <a href="#">Understanding the Duluth Power and Control Wheel</a></li> <li>• <a href="#">How to make an ecomap</a>; video to support family and relationship assessment (Family Finding)</li> <li>• <a href="#">Initiating a Discussion about Intimate Partner Violence: Indicator-Based Assessment</a> (PHN-PREP)</li> <li>• <a href="#">Intimate Partner Violence: Brief Risk Assessment</a>; directs provider when to administer Danger Assessment-5 (PHN-PREP)</li> <li>• <a href="#">iHEAL app</a>:                             <ul style="list-style-type: none"> <li>– <a href="#">Danger Assessment</a></li> <li>– <a href="#">Power and Control Wheel</a></li> <li>– <a href="#">Symptom Checklist</a></li> </ul> </li> <li>• <a href="#">Assessment and Response to Intimate Partner Violence by Public Health Nurses</a> (PHN-PREP)</li> <li>• <a href="#">The VEGA (Violence, Evidence, Guidance, Action) Project's Guidance for Responding Safely to Intimate Partner Violence: Adapted for Public Health Nurses</a> (PHN-PREP)</li> </ul>	<ul style="list-style-type: none"> <li>▶ Healthy Adult Relationships</li> </ul>
	<b>Celebrate successes</b> with family: <ul style="list-style-type: none"> <li>• Celebrate second birthday milestone – provide a card for toddler, or book as a gift</li> </ul>	<ul style="list-style-type: none"> <li>▶ Parenting Capacity</li> </ul>

Program/ Life Stage	Program Activities and Clinical Tools	Where Can I Find These Resources in the BC FHVP Clinical Toolkit?
<p><b>Postnatal Visits</b> 30–36 months</p>	<p>Support healthy child <b>growth and development</b> using resources such as:</p> <ul style="list-style-type: none"> <li>• Complete an Early Childhood Assessment (ECHA)</li> <li>• <a href="#">ASQ-3</a> and <a href="#">ASQ:SE-2</a> (at 32 and 36 months; complete every 4-6 months or as indicated)</li> <li>• Toddler’s First Steps; Your Toddler’s Growth, Learning and Health topics (<i>MoH</i>):             <ul style="list-style-type: none"> <li>– <a href="#">Typical Child Development by Age</a>, pp.16-25</li> <li>– <a href="#">Learning About Your Toddler</a>, pp.9-11</li> <li>– <a href="#">Brain Development</a>, pp.12-13</li> <li>– <a href="#">The 5 Areas of Child Development</a>, pp.14-15</li> <li>– <a href="#">Sleep and Your Toddler</a>, pp.66-68</li> <li>– <a href="#">Learning to Use the Toilet</a>, pp.69-70</li> <li>– <a href="#">Sexual Development</a>, p.26</li> <li>– <a href="#">Gender Identity</a>, pp.27-28</li> <li>– <a href="#">Independence</a>, p.29</li> <li>– <a href="#">Empathy</a>, p.30</li> <li>– <a href="#">Play</a>, pp.31-32</li> <li>– <a href="#">Physical Activity</a>, p.65</li> <li>– <a href="#">Toys</a>, p.33</li> <li>– <a href="#">Reading to Your Toddler</a>, p.35</li> <li>– <a href="#">If You Have Concerns About Your Toddler’s Development</a>, p. 36</li> </ul> </li> </ul>	<p>► Growth and Development</p>

Program/ Life Stage	Program Activities and Clinical Tools	Where Can I Find These Resources in the BC FHVP Clinical Toolkit?
<p><b>Postnatal Visits</b> 30–36 months <i>cont.</i></p>	<ul style="list-style-type: none"> <li>• Toddler’s First Steps; Parenting Your Toddler topics (MoH):               <ul style="list-style-type: none"> <li>– <i>Why Does Your Toddler “Act Out”</i>, p.84</li> <li>– <i>Positive Discipline</i>, pp.85-87</li> <li>– <i>Dealing With Common Challenging Behaviours</i>, pp.88-89</li> <li>– <i>Staying Calm</i>, p.90</li> <li>– <i>Helping Your Toddler Through Change</i>, pp.91-93</li> </ul> </li> <li>• Toddler’s First Steps; Toddler Safety topics (MoH):               <ul style="list-style-type: none"> <li>– <i>Key Safety Messages</i>, p.102</li> <li>– <i>Childproofing Your Home</i>, pp.103-105</li> <li>– <i>Car Safety</i>, pp.106-107</li> <li>– <i>Equipment Safety</i>, pp.108-110</li> <li>– <i>Playing Safely Outside</i>, pp.111-112</li> <li>– <i>Water Safety</i>, p.113</li> <li>– <i>Safety in the Community</i>, pp.114-115</li> <li>– <i>Safety With Animals</i>, p.116</li> </ul> </li> <li>• <i>Brain-Building Through Play: Activities for Infants, Toddlers, and Children</i> (HCDC)</li> <li>• Baby’s Best Chance; Baby Development topics (MoH):               <ul style="list-style-type: none"> <li>– <i>Brain Development</i>, pp.96-97</li> <li>– <i>“Brain Builder Boxes” throughout resource</i></li> </ul> </li> <li>• <i>Executive Function Activities for 18- to 36-month-olds</i> (HCDC)</li> </ul>	<p>► Growth and Development</p>
	<p>Explore family’s functioning and <b>connection to supports</b> using resources such as:</p> <ul style="list-style-type: none"> <li>• <i>StrongStart BC</i> (Government of BC)</li> <li>• <i>Aboriginal Head Start</i> (Government of BC)</li> <li>• <i>211</i>; resources for Children and Families/Early Childhood Development</li> <li>• Local library programs</li> <li>• Local group-based parenting supports</li> <li>• Local preschool programs (in anticipation of 3-year-old entry)</li> </ul>	<p>► Connection to Community Supports</p>

Program/ Life Stage	Program Activities and Clinical Tools	Where Can I Find These Resources in the BC FHVP Clinical Toolkit?
<b>Postnatal Visits</b> 30–36 months <i>cont.</i>	Support <b>parent-child attachment</b> using resources such as: <ul style="list-style-type: none"> <li>• <a href="#">Attachment: A connection for life</a> (CPS)</li> <li>• <a href="#">Family Connections</a> (NCCIH)</li> <li>• <a href="#">ABC's For New Parents</a>; videos – mindful parenting, dad's important role, family and community, parenting advice in under 1 minute, etc. (<i>Kid Care Canada</i>)</li> <li>• <a href="#">5 Steps for Brain-Building Serve and Return</a> (HCDC)</li> <li>• <a href="#">Serve-and-Return Activities</a>; from birth to 4 years old (<i>Alberta Health</i>)</li> <li>• <a href="#">Brain-Building Through Play: Activities for Infants, Toddlers, and Children</a> (HCDC)</li> <li>• Baby's Best Chance; Brain Development topics (MoH):               <ul style="list-style-type: none"> <li>– <a href="#">Brain Development</a>, pp.96-97</li> <li>– <a href="#">"Brain Builder Boxes" throughout resource</a></li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>▶ Parenting Capacity</li> <li>▶ Healthy Childhood Development</li> </ul>
	Support <b>parenting capacity</b> and <b>parent's mental health</b> using resources such as: <ul style="list-style-type: none"> <li>• <a href="#">NESTS for Well-being</a>; worksheet (PSBC)</li> <li>• Parenting Self-Efficacy Assessment (i.e., <a href="#">Parenting Sense of Competence Scale</a>) (TBD)</li> </ul>	<ul style="list-style-type: none"> <li>▶ Parenting Capacity</li> <li>▶ Adult Mental Health and Well-Being</li> </ul>
	Support <b>child safety and injury prevention</b> using resources such as: <ul style="list-style-type: none"> <li>• <a href="#">A Million Messages</a>; review age related section to determine priority conversation topics (<i>Alberta Health</i>)</li> <li>• <a href="#">Your preschooler and safety: How to prevent injuries at home</a>; review with family to determine areas for further discussion (CPS)</li> <li>• <a href="#">Healthy child development through outdoor risky play</a> (CPS)</li> <li>• <a href="#">Injury prevention</a> (HC)</li> </ul>	<ul style="list-style-type: none"> <li>▶ Safety and Injury Prevention</li> </ul>
	Support parent's core life skills of <b>coping and self-management</b> using resources such as: <ul style="list-style-type: none"> <li>• <a href="#">Building the Skills Adults Need for Life</a> (HCDC)</li> <li>• Toddler's First Steps; Parenting Your Toddler topics (MoH):               <ul style="list-style-type: none"> <li>– <a href="#">Staying Calm</a>, p.90</li> <li>– <a href="#">Emotional Upset</a>, p.94-95</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>▶ Parenting Capacity</li> </ul>

Program/ Life Stage	Program Activities and Clinical Tools	Where Can I Find These Resources in the BC FHVP Clinical Toolkit?
<b>Postnatal Visits</b> 30–36 months <i>cont.</i>	Support family’s <b>connection to community supports</b> : <ul style="list-style-type: none"> <li>• Follow up on previous recommendations and referrals</li> <li>• Explore tools within the BC FHVP Toolkit – Connection to Community Supports to identify appropriate supports based on family’s care plan</li> <li>• Make new referrals as determined by client’s care plan</li> </ul>	► Connection to Community Supports
	<b>Celebrate successes</b> with family: <ul style="list-style-type: none"> <li>• Celebrate third birthday milestone – provide a card for toddler, or book as a gift</li> </ul>	► Parenting Capacity
<b>Postnatal Visits</b> 36–42 months	Support healthy child <b>growth and development</b> using resources such as: <ul style="list-style-type: none"> <li>• Complete an Early Childhood Assessment (ECHA)</li> <li>• <a href="#">ASQ-3</a> and <a href="#">ASQ:SE-2</a> (at 36 and 40 months; complete every 4-6 months or as indicated)</li> <li>• <a href="#">Executive Function Activities for 3- to 5-year-olds</a> (HCDC)</li> </ul>	► Growth and Development
	Support <b>child’s vision health</b> by using the following resources ( <i>screening for visual impairment recommended by age 3-5</i> ): <ul style="list-style-type: none"> <li>• <a href="#">Young children and their vision</a> (HLBC)</li> <li>• <a href="#">Find A Doctor</a> (BC Doctors of Optometry)</li> <li>• <a href="#">Optical coverage</a>; for families receiving income or disability assistance (Government of BC)</li> <li>• <a href="#">Vision Care Benefit</a>; provides glasses for Indigenous children and adults (FNHA)</li> <li>• <a href="#">We See BC Foundation</a>; helps families with low income by providing equitable access to high-quality vision services and rehabilitation devices</li> </ul>	► Growth and Development

Program/ Life Stage	Program Activities and Clinical Tools	Where Can I Find These Resources in the BC FHVP Clinical Toolkit?
<b>Postnatal Visits</b> 36–42 months <i>cont.</i>	Support <b>healthy relationships</b> by performing a healthy adult relationships assessment at 36 months and annually thereafter as clinically indicated, using resources such as: <ul style="list-style-type: none"> <li>• <a href="#">Understanding the Duluth Power and Control Wheel</a></li> <li>• <a href="#">How to make an ecomap</a>; video to support family and relationship assessment (<i>Family Finding</i>)</li> <li>• <a href="#">Initiating a Discussion About Intimate Partner Violence: Indicator-Based Assessment (PHN-PREP)</a></li> <li>• <a href="#">Intimate Partner Violence: Brief Risk Assessment</a>; directs provider when to administer Danger Assessment-5 (<i>PHN-PREP</i>)</li> <li>• <a href="#">iHEAL app</a>:               <ul style="list-style-type: none"> <li>– <i>Danger Assessment</i></li> <li>– <i>Power and Control Wheel</i></li> <li>– <i>Symptom Checklist</i></li> </ul> </li> <li>• <a href="#">Assessment and Response to Intimate Partner Violence by Public Health Nurses (PHN-PREP)</a></li> <li>• <a href="#">The VEGA (Violence, Evidence, Guidance, Action) Project's Guidance for Responding Safely to Intimate Partner Violence: Adapted for Public Health Nurses (PHN-PREP)</a></li> </ul>	► Healthy Adult Relationships
	Complete <b>Healthy Lifestyles Assessment</b> at 36 months of age, create safety plan as needed, using resources from the Substance Use section of the Clinical Toolkit. Do not delay earlier assessment if evidence/concern of substance use.	► Substance Use
	Support <b>parenting capacity</b> using resources such as: <ul style="list-style-type: none"> <li>• Parenting Self-Efficacy Assessment (i.e., <a href="#">Parenting Sense of Competence Scale</a>) (TBD)</li> </ul>	► Parenting Capacity

Program/ Life Stage	Program Activities and Clinical Tools	Where Can I Find These Resources in the BC FHVP Clinical Toolkit?
<p><b>Postnatal Visits</b> 36–42 months <i>cont.</i></p>	<p>Support <b>parent-child attachment</b> and incorporate learning through play, with <a href="#">PIPE activities</a> (modified for older children) such as:</p> <ul style="list-style-type: none"> <li>• Bonding and Attachment                             <ul style="list-style-type: none"> <li>– Tune In, Tune Out</li> <li>– Love and Limits</li> <li>– Emotional Refueling</li> <li>– Each Child is Different</li> <li>– Playing is Learning</li> <li>– Playing is Imitation and Turn Taking</li> <li>– Learning the Do’s</li> <li>– Roadblocks to Learning</li> </ul> </li> <li>• Growth and Development                             <ul style="list-style-type: none"> <li>– Ready to Baby</li> <li>– Music and Rhythm</li> <li>– Floortime</li> <li>– Joy and Laughter</li> <li>– Love is Letting Go</li> <li>– Play Stimulates the Senses</li> <li>– Love is Sometimes a Rocky Road</li> <li>– Playing is Learning about Differences</li> <li>– What are Children Really Learning</li> <li>– Baby’s First Teacher</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>▶ Parenting Capacity</li> <li>▶ Growth and Development</li> </ul>
	<p>Support family’s <b>connection to community services</b>:</p> <ul style="list-style-type: none"> <li>• Follow up on previous recommendations and referrals</li> <li>• Explore tools within the BC FHVP Toolkit – Connection to Community Supports to identify appropriate supports based on family’s care plan</li> <li>• Make new referrals as determined by client’s care plan</li> </ul>	<ul style="list-style-type: none"> <li>▶ Connection with Community Supports</li> </ul>
	<p>Promote <b>health care coordination and trust and therapeutic relationship</b> using resources such as:</p> <ul style="list-style-type: none"> <li>• How Are We Doing? (TBD)</li> </ul>	<ul style="list-style-type: none"> <li>▶ Health Care Coordination and Trust</li> </ul>
<p><b>Postnatal Visits</b> 42–48 months</p>	<p>Support healthy child <b>growth and development</b> using resources such as:</p> <ul style="list-style-type: none"> <li>• Complete an Early Childhood Assessment (ECHA)</li> <li>• <a href="#">ASQ-3</a> and <a href="#">ASQ:SE-2</a> (at 44 and 48 months; complete every 4-6 months or as indicated)</li> <li>• Invite family to share plans around kindergarten school entry</li> </ul>	<ul style="list-style-type: none"> <li>▶ Growth and Development</li> </ul>

Program/ Life Stage	Program Activities and Clinical Tools	Where Can I Find These Resources in the BC FHVP Clinical Toolkit?
<b>Postnatal Visits</b> 42–48 months <i>cont.</i>	Support <b>parent-child attachment</b> using resources such as: <ul style="list-style-type: none"> <li>• <a href="#">Attachment: A connection for life</a> (CPS)</li> <li>• <a href="#">Family Connections</a> (NCCIH)</li> <li>• <a href="#">ABC's For New Parents</a> videos; mindful parenting, dad's important role, family and community, parenting advice in under 1 minute, etc. (<i>Kid Care Canada</i>)</li> <li>• <a href="#">5 Steps for Brain-Building Serve and Return</a> (HCDC)</li> <li>• <a href="#">Serve-and-Return Activities</a>; from birth to 4 years old (<i>Alberta Health</i>)</li> </ul>	<ul style="list-style-type: none"> <li>▶ Parenting Capacity</li> <li>▶ Growth and Development</li> </ul>
	Support family's <b>connection to community supports</b> : <ul style="list-style-type: none"> <li>• Follow up on previous recommendations and referrals</li> <li>• Explore tools within the BC FHVP Clinical Toolkit – Connection to Community Supports to identify appropriate supports based on family's care plan</li> <li>• Make new referrals as determined by client's care plan</li> </ul>	<ul style="list-style-type: none"> <li>▶ Connection to Community Supports</li> </ul>
	<b>Celebrate successes</b> with family: <ul style="list-style-type: none"> <li>• Celebrate fourth birthday milestone – provide a card for child, or book as a gift</li> </ul>	<ul style="list-style-type: none"> <li>▶ Parenting Capacity</li> </ul>

Program/ Life Stage	Program Activities and Clinical Tools	Where Can I Find These Resources in the BC FHVP Clinical Toolkit?
<p><b>Postnatal Visits</b> 48–54 months</p>	<p>Support healthy child <b>growth and development</b> using resources such as:</p> <ul style="list-style-type: none"> <li>• Complete an Early Childhood Assessment (ECHA)</li> <li>• Early Child Health Assessment Parent Checklist</li> <li>• Oral health assessment during Early Child Health Assessment:                             <ul style="list-style-type: none"> <li>– <i>Local public health dental programs</i></li> <li>– <i>Find A Dentist in BC; database (BC Dental Association)</i></li> <li>– <i>Canadian Dental Care Plan (Government of Canada)</i></li> <li>– <i>BC Healthy Kids program; helps low-income families with the costs of basic dental care and prescription eyewear for their children (Ministry of Social Development and Poverty Reduction)</i></li> <li>– <i>Children's Dental Program for low-income families without dental coverage (UBC)</i></li> <li>– <i>Children's Oral Health Initiative; early childhood tooth decay prevention program for First Nations children age 0-7, their caregivers, pregnant persons, living or accessing services in First Nations communities (FNHA)</i></li> </ul> </li> <li>• <i>First Nations Health Benefits Coverage: Pregnancy and Infant Care; Baby Oral Health, p.9 (FNHA)</i></li> <li>• <i>Baby's Best Chance; Dental Care resources, p.132 (MoH)</i></li> <li>• <i>ASQ-3 and ASQ:SE-2 (at 48 and 52 months; complete every 4-6 months or as indicated)</i></li> <li>• Provide routine 4–6-year immunizations (if not already provided)</li> <li>• Consider the following <b>PIPE activities</b>:                             <ul style="list-style-type: none"> <li>– Ready to Baby</li> <li>– Music and Rhythm</li> <li>– Floortime</li> <li>– Joy and Laughter</li> <li>– Love is Letting Go</li> <li>– Play Stimulates the Senses</li> <li>– Love is Sometimes a Rocky Road</li> <li>– Playing is Learning about Differences</li> <li>– What are Children Really Learning</li> <li>– Baby's First Teacher</li> </ul> </li> </ul>	<p>► Growth and Development</p>

Program/ Life Stage	Program Activities and Clinical Tools	Where Can I Find These Resources in the BC FHVP Clinical Toolkit?
<b>Postnatal Visits</b> 48–54 months <i>cont.</i>	Support <b>parent-child attachment</b> and incorporate learning through play, with <a href="#">PIPE activities</a> (modified for older children) such as: <ul style="list-style-type: none"> <li>• Tune In, Tune Out</li> <li>• Love and Limits</li> <li>• Emotional Refueling</li> <li>• Each Child is Different</li> <li>• Playing is Learning</li> <li>• Playing is Imitation and Turn Taking</li> <li>• Learning the Do's</li> <li>• Roadblocks to Learning</li> </ul>	► Parenting Capacity
	Support <b>parenting capacity</b> using resources such as: <ul style="list-style-type: none"> <li>• Parenting Self-Efficacy Assessment (i.e., <a href="#">Parenting Sense of Competence Scale</a>) (TBD)</li> </ul>	► Parenting Capacity
	Complete <b>Healthy Lifestyles Assessment</b> at 48 months of age, create safety plan as needed, using resources from the Substance Use section of the Clinical Toolkit. Do not delay earlier assessment if evidence/concern of substance use.	► Substance Use
	Support <b>healthy relationships</b> by performing a healthy adult relationships assessment at 48 months and annually thereafter as clinically indicated, using resources such as: <ul style="list-style-type: none"> <li>• <a href="#">Understanding the Duluth Power and Control Wheel</a></li> <li>• <a href="#">How to make an ecomap</a>; video to support family and relationship assessment (<i>Family Finding</i>)</li> <li>• <a href="#">Initiating a Discussion About Intimate Partner Violence: Indicator-Based Assessment (PHN-PREP)</a></li> <li>• <a href="#">Intimate Partner Violence: Brief Risk Assessment</a>; directs provider when to administer Danger Assessment-5 (<i>PHN-PREP</i>)</li> <li>• <a href="#">iHEAL app</a>:               <ul style="list-style-type: none"> <li>– <i>Danger Assessment</i></li> <li>– <i>Power and Control Wheel</i></li> <li>– <i>Symptom Checklist</i></li> </ul> </li> <li>• <a href="#">Assessment and Response to Intimate Partner Violence by Public Health Nurses (PHN-PREP)</a></li> <li>• <a href="#">The VEGA (Violence, Evidence, Guidance, Action) Project's Guidance for Responding Safely to Intimate Partner Violence: Adapted for Public Health Nurses (PHN-PREP)</a></li> </ul>	► Healthy Adult Relationships

Program/ Life Stage	Program Activities and Clinical Tools	Where Can I Find These Resources in the BC FHVP Clinical Toolkit?
<b>Postnatal Visits</b> 48–54 months <i>cont.</i>	Promote <b>health care coordination and trust and therapeutic relationship</b> using resources such as: <ul style="list-style-type: none"> <li>• How Are We Doing? (TBD)</li> </ul>	<ul style="list-style-type: none"> <li>▶ Health Care Coordination and Trust</li> </ul>
	Support family’s <b>connection to community supports</b> : <ul style="list-style-type: none"> <li>• Follow up on previous recommendations and referrals</li> <li>• Make new referrals as determined by client’s care plan</li> </ul>	<ul style="list-style-type: none"> <li>▶ Connection to Community Supports</li> </ul>
<b>Postnatal Visits</b> 54–60 months	Support <b>parent-child attachment</b> using resources such as: <ul style="list-style-type: none"> <li>• <a href="#">Attachment: A connection for life</a> (CPS)</li> <li>• <a href="#">Family Connections</a> (NCCIH)</li> <li>• <a href="#">ABC’s For New Parents</a>; videos – mindful parenting, dad’s important role, family and community, parenting advice in under 1 minute, etc. (<i>Kid Care Canada</i>)</li> <li>• <a href="#">5 Steps for Brain-Building Serve and Return</a> (HCDC)</li> <li>• Consider <a href="#">PIPE activities</a> (modified for older children) such as:                             <ul style="list-style-type: none"> <li>– Tune In, Tune Out</li> <li>– Love and Limits</li> <li>– Emotional Refueling</li> <li>– Each Child is Different</li> <li>– Playing is Learning</li> <li>– Playing is Imitation and Turn Taking</li> <li>– Learning the Do’s</li> <li>– Roadblocks to Learning</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>▶ Parenting Capacity</li> <li>▶ Growth and Development</li> </ul>
	Support <b>child development</b> and incorporate learning through play, with <a href="#">PIPE activities</a> (modified for older children) such as: <ul style="list-style-type: none"> <li>• Ready to Baby</li> <li>• Music and Rhythm</li> <li>• Floortime</li> <li>• Joy and Laughter</li> <li>• Love is Letting Go</li> <li>• Play Stimulates the Senses</li> <li>• Love is Sometimes a Rocky Road</li> <li>• Playing is Learning about Differences</li> <li>• What are Children Really Learning</li> <li>• Baby’s First Teacher</li> </ul>	<ul style="list-style-type: none"> <li>▶ Parenting Capacity</li> <li>▶ Growth and Development</li> </ul>

Program/ Life Stage	Program Activities and Clinical Tools	Where Can I Find These Resources in the BC FHVP Clinical Toolkit?
<b>Postnatal Visits</b> 54–60 months <i>cont.</i>	Support <b>healthy relationships</b> by performing a healthy adult relationships assessment at 60 months using resources such as: <ul style="list-style-type: none"> <li>• <a href="#">Understanding the Duluth Power and Control Wheel</a></li> <li>• <a href="#">How to make an ecomap</a>; video to support family and relationship assessment (<i>Family Finding</i>)</li> <li>• <a href="#">Initiating a Discussion About Intimate Partner Violence: Indicator-Based Assessment (PHN-PREP)</a></li> <li>• <a href="#">Intimate Partner Violence: Brief Risk Assessment</a>; directs provider when to administer Danger Assessment-5 (<i>PHN-PREP</i>)</li> <li>• <a href="#">iHEAL app</a>:               <ul style="list-style-type: none"> <li>– <i>Danger Assessment</i></li> <li>– <i>Power and Control Wheel</i></li> <li>– <i>Symptom Checklist</i></li> </ul> </li> <li>• <a href="#">Assessment and Response to Intimate Partner Violence by Public Health Nurses (PHN-PREP)</a></li> <li>• <a href="#">The VEGA (Violence, Evidence, Guidance, Action) Project's Guidance for Responding Safely to Intimate Partner Violence: Adapted for Public Health Nurses (PHN-PREP)</a></li> </ul>	► Healthy Adult Relationships
	Complete <b>Healthy Lifestyles Assessment</b> at 60 months of age, create safety plan as needed, using resources from the Substance Use section of the Clinical Toolkit. Do not delay earlier assessment if evidence/concern of substance use.	► Substance Use
	<b>Celebrate successes</b> with family: <ul style="list-style-type: none"> <li>• Celebrate fifth birthday milestone – provide a card for child, or book as a gift</li> </ul>	► Parenting Capacity
<b>Postnatal Visits</b> 60–72 months	Complete activities outlined in <b>48-60 months section</b> of Visit Guide	

# Summary of Program Activities and Clinical Tools: Discharge

Program/ Life Stage	Program Activities and Clinical Tools	Where Can I Find These Resources in the BC FHVP Clinical Toolkit?
<b>Discharge</b>	<p>Review <b>program participation, achievement of goals, and outcomes</b> with family using the following resources:</p> <ul style="list-style-type: none"> <li>• Complete holistic assessment on parent and child to resolve focus areas within care plan</li> <li>• Follow up on previous recommendations and referrals and ensure warm referrals completed as necessary</li> <li>• Celebrate successes with family; consider providing card</li> <li>• Send a letter to Primary Health Care Provider to notify of family's discharge from the Program and outlining any required follow-up</li> <li>• Complete Discharge Assessment Form (TBD)</li> <li>• Complete required Discharge Documentation (TBD)</li> </ul>	<ul style="list-style-type: none"> <li>▶ Health Care Coordination and Trust</li> <li>▶ Growth and Development</li> <li>▶ Adult Mental Health and Well-Being</li> <li>▶ Adult Physical Health and Well-Being</li> </ul>