

## Health Education at Our Healthy Start Program

*Discuss these questions with your supervisor, or ask to schedule some time at a staff meeting with your team to talk about how your Healthy Start program provides health education to participants. Use this worksheet to keep a record of what you discussed.*

1. What are some of the key health education topics we cover with participants during each perinatal phase?

Preconception/Interconception

Prenatal

Postpartum

Parenting & Child Development

2. What curriculum and/ or educational program(s) do we use at each perinatal phase? *(For example, Parents as Teachers)*

Preconception/Interconception

Prenatal

Postpartum

Parenting & Child Development

3. What are some language, literacy, and/or cultural considerations for our program's participants related to any of these topics? *(Choose a topic(s) and discuss language, literacy, and/or cultural considerations.)*



4. What educational materials do we offer or recommend to our participants? *(For example printed materials, handouts, apps, websites for easy to understand health information, texting programs, etc.)*

5. What do we do if our participants have questions about something that we can't answer?

6. Do we have a form or process that we can use to talk with participants about their personal goals for their health, their lives, or their family?

7. What group education programs or support groups do we offer at our Healthy Start program?

Education/support for preconception/interconception women and/or couples:

Education/support groups for pregnant women and/or their partners:

Education/support groups for moms/parents with new babies:

Education/support groups for fathers/partners:

8. What tips and strategies have we found to be helpful in communicating to participants about health education topics and health information?

