



Spokane Colleges Head Start and ECEAP Monthly In-Kind Home Learning Plan – Expectant Families

“A Parent is a Child’s First and Most Important Teacher”

Participant Name: _____ Month & Year: _____
Goals from CIP: _____
See suggested learning activities on back

Please record how many minutes you spent supporting the health and development of your baby each day: 5 minutes, 10 minutes, 15 minutes...

**Staff use
only**

Monday	Tuesday	Wednesday	Thursday	Friday	Weekend	Total Minutes
Comments: _____						

Monday	Tuesday	Wednesday	Thursday	Friday	Weekend	Total Minutes
Comments: _____						

Monday	Tuesday	Wednesday	Thursday	Friday	Weekend	Total Minutes
Comments: _____						

Monday	Tuesday	Wednesday	Thursday	Friday	Weekend	Total Minutes
Comments: _____						

Monday	Tuesday	Wednesday	Thursday	Friday	Weekend	Total Minutes
Comments: _____						

Monthly Total Minutes

Parent signature: _____ Date: _____

Parent Name (Printed): _____

Home Learning Hours:
(Completed by staff)

Site/Room: _____ Teacher Initials: _____

Participant Name: _____

Connecting Goals to Home Experiences

You are the most important factor in the health and development of your baby. The goals of the Monthly In-Kind Home Learning Plan are intended to support you in planning and preparing for your baby to arrive. You and your home visitor have agreed upon and marked some goal-related ideas for you to complete independently or share with your family/partner. Record the time spent completing each activity when you meet with your home visitor.

With your Home Visitor, select the activities that feel most supportive to you and your family.

Family Development

- ☐ Journaling or goal setting with family member(s)/partner
- ☐ Attend a pregnancy class with family member(s)/partner
- ☐ Read pregnancy books or articles with family member(s)/partner
- ☐ Work on a family budget or financial plan for after baby arrives
- ☐ _____

Maternal and Family Health

- ☐ Attend scheduled Prenatal appointments
- ☐ Participate in low-impact exercise
- ☐ Use a nutrition/food tracker or nutrition journal
- ☐ Gratitude journaling
- ☐ Discuss or create a birth plan
- ☐ Discuss postpartum supports with family member(s)/partner
- ☐ _____

Preparing for Baby

- ☐ Create a list of items needed to safely care for baby
- ☐ Research pediatricians and providers in area
- ☐ Create plan(s) and prepare spaces for baby's sleep, feeding, play, etc.
- ☐ _____

Other things I want to share with my home visitor...

(celebrations, interests, skills supported, new developments)