



Steps to Take

COMPREHENSIVE PERINATAL SERVICES

Program Guidelines

for Enhanced Health Education, Nutrition, and Psychosocial Services

STEPS TO TAKE GUIDELINES, 1997 EDITION

HEALTH EDUCATION HANDOUTS, REVISED 2009

NUTRITION HANDOUTS, REVISED 2001

PSYCHOSOCIAL HANDOUTS, REVISED 2007

GESTATIONAL DIABETES HANDOUTS, REVISED 2001

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Acknowledgments

2001 Edition

The 2001 revision of the Steps to Take Guidelines and Handouts features a new look for the entire Guidelines as well as the handouts. It is hoped that this new design will enhance your work and the overall appeal of the handouts for your clients.

In terms of content, this revision concentrated on the client handouts themselves. All the handouts in the Health Education, Nutrition, and Gestational Diabetes sections were thoroughly reviewed and content was updated where needed. They were edited for readability and reading level. These handouts were also newly designed and illustrated. Only the Psychosocial handouts were not revised. Changes in those handouts will be made at a future time.

The Guidelines themselves remain largely untouched, although where possible, resources and references to handouts were updated. Some changes reflecting new legislation were made in the Psychosocial guidelines.

We are happy to announce that this edition features a brand-new set of guidelines and handouts on these two topics:

- Oral Health during Pregnancy
- Oral Health during Infancy

The 2001 edition of the Steps to Take Guidelines and client handouts would not have been possible without the time and effort of the following individuals, building on all the work that went on before.

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Refer to CPSP Provider Handbook

Note about the pagination

Each page is numerated according the section. Each section is coded by an abbreviation and then a page number.

FS = First Steps

HE = Health Education

NUTR = Nutrition

PSY = Psychosocial

GDM = Gestational Diabetes

APP = Appendix

Each client handout is also coded by letter.

Each section starts with A and goes in alphabetical order.

AE = Handout A, English version

AS = Handout A, Spanish version

The Nutrition section has so many handouts that it is necessary to code with double letters (AA, BB, etc.).

Some handouts are now 2 pages long and are labeled with the page number as well (AE1, AE2, AS1, AS2).

