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Promoting Health Education and Wellness Among Clients of Nurses for Newborns

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Promoting Health Education and Wellness Among Clients of Nurses for Newborns



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Expert Mentor: Carianna Johnson, RN
Faculty Mentor: Elena Wong Espiritu, OTD, OTR/L, BCPR

Mission and Vision

- **Mission:** Nurses for Newborns of Tennessee exists as a safety net for families most at-risk in order to prevent infant mortality, child abuse, and neglect by providing home nursing visits promoting healthcare, education, and positive parenting skills.
- **Vision:** Families of all babies will receive the healthcare, education, and support they need so that every baby will be healthy, safe, and nurtured in their home and able to fulfill their full potential.

Agency Needs

- Increase parent/caregiver participation in physical activity, while also bonding with their child.
- Increase parent/caregiver knowledge of activities to support their child's physical, social, and emotional development.
- Increase nursing staffs' knowledge of updated developmental milestones and activities to teach parents/caregivers to support each skill.

Project Goals

- Collaborate with expert mentor, nursing staff and current clients to determine the best format for deliverables.
- Create an educational handout for parents/caregivers with exercises to complete with their child.
- Create a series of educational handouts for parents/caregivers with play-based activities to support development for ages 0-3, 4-7 and 8-12 months.
- Create a training PowerPoint for nursing staff covering developmental milestones and activities that promote healthy development from birth- 1 year.

Project Outcomes/Deliverables



All handouts are available in English, Spanish and Arabic.

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