

Infant Care

Learning Guide for Professional Development

Note to Learner: The Institute for Advancement of Family Support Professionals encourages you to complete the training and activities with the support of your supervisor. The notes below will guide you in preparing to take the training, following up with your supervisor after the training, supporting transfer of learning into daily practice, and extending learning through individual supervision.

Ongoing: View the Professional Development Program and each EIV training module as an investment in skills and knowledge to help improve home visitor effectiveness.

Before the training:

- Learner and supervisor review course objectives and home visitor competencies
- Learner rates knowledge of learning objectives

During the training, the learner:

- Completes activities
- Reflects on own response
- Identifies questions and concerns
- Completes post-training evaluation

After the training:

- Learner:
 - Rates knowledge of learning objectives
 - Completes post-training activities, as required
 - Develops an action plan for applying skills and knowledge in daily practice
 - Meets with supervisor to:
 - Review pre- and post-training activities
 - Discuss reflections, questions, and concerns
 - Review action plan for applying skills and knowledge in daily practice
 - Assess personal learning goals, transfer of learning, and action plan

This 30-minute online module will prepare family support professionals to educate expecting and new parents about diapering and bathing their infants. Step-by-step instructions for diapering, sponge baths, and tub baths are described and demonstrated through video.

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National Family Support Competencies addressed:

Domain 1: Infant and Early Childhood Development

Dimension 3: Infant Care

Component a: Diapering

Lists steps to changing an infant's diaper.

Explains to parents how to change an infant's diaper.

Observes parents changing an infant's diaper and provides feedback.

Component b: Bathing

Lists steps to both sponge and tub baths, and delineates when each type of bath is appropriate for an infant.

Explains to parents how to bathe infant.

Observes parent bathing infant and provides feedback.

Before the Training

Rate Your Knowledge (Scale of 0 to 5, 0 = no knowledge, 5 = significant knowledge)

Learning Objective	Before the Training	After the Training
Describe the steps in changing a diaper.		
Explains the steps for infant sponge and tub baths and identify when each type of bath is appropriate for an infant.		

My personal learning goals for this training are:

1. _____
2. _____
3. _____

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After the Training

Reflections on what I learned:

Questions and concerns I identified:

Action Plan: (Each learner’s plan will be unique. To get you started, some ideas are listed below.) As a result of this training, I will...

- Share infographics and video demonstrations with expecting and new parents.
- Observe parents bathing and diapering their infants and provide feedback

My Action Plan

Action	Target Date	Date Completed

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