



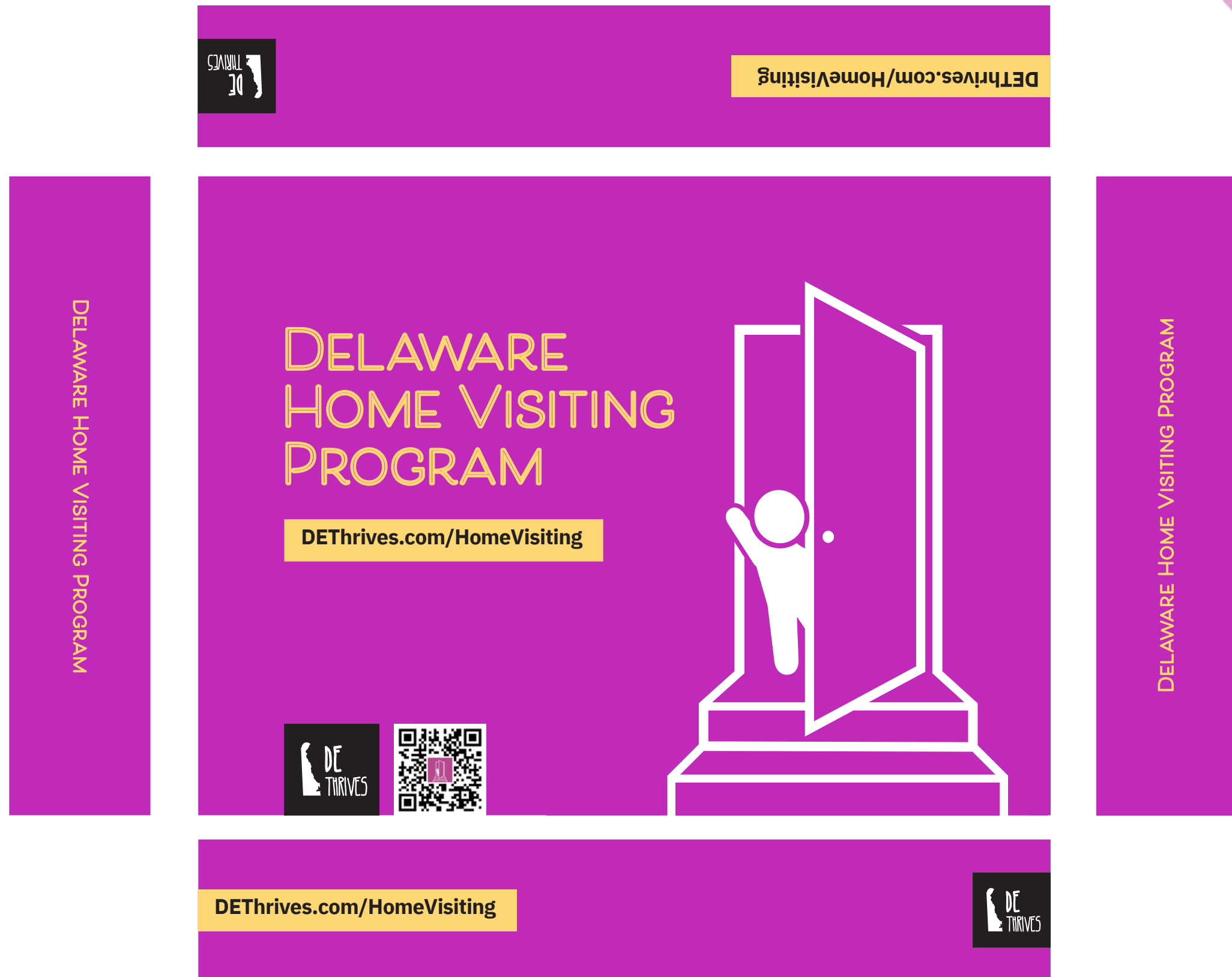
# Home Visiting – OBGYN Toolkit

## Each box will include:

- (1) Cover letter
- 10 HV/HMG promo cards
- 10 QT30 promo cards
- 10 DYK factsheets
- 10 MIECHV benchmark sheets
- 15 HV referral forms
- 10 magnetic notepads



# Box Design





DELAWARE HOME VISITING PROGRAM:  
OB-GYN HOME VISITING TOOLKIT



Name of recipient

Address 1  
Address 2

Date

DEAR OB-GYN PROVIDER,

We are pleased to share with you the Delaware Home Visiting Toolkit, a resource designed to support you and your care team in connecting families with free, evidence-based home visiting services. These voluntary services, which are available to at-risk pregnant women and families with children up to 5 years of age, have consistently demonstrated improved maternal and child health outcomes.

Why Home Visiting?

Home visiting plays a vital role in improving health and well-being by addressing the social determinants of health. Through consistent in-home visits, Family Support Specialists build trusted relationships with families — providing a level of personalized care that complements clinical services and supports positive outcomes.

These visits may include:

- Assistance with accessing quality prenatal care
- Screenings for intimate partner violence and depression
- Health education on breastfeeding, safe sleep, stress relief, and more
- Connections with appropriate community resources
- Support for early childhood development and meeting developmental milestones
- Guidance in creating a safe, nurturing home environment
- Help with employment or educational goals

Delaware’s Home Visiting Programs:

- Early Head Start
- Healthy Families Delaware
- Nurse–Family Partnership
- Parents as Teachers

These programs are designed to supplement — not replace — OB-GYN, family, or pediatric care by reinforcing your efforts between appointments.

To keep you informed of your patients’ progress, our reporting protocol includes:

1. **Enrollment Letter** — Notifies you when a patient enrolls in a Home Visiting Program.
2. **Referral Letter** — Updates you on the outcome of your referral.
3. **Quarterly Feedback Form** — Shares assessment results and health education topics covered.

**Referrals are easy:** Families may be referred directly by providers or self-refer through [DEThrives.com](https://dethrives.com). Anyone can also call **Help Me Grow at Delaware 211** to speak with a Child Development Specialist for assistance.

Enclosed in this toolkit:

- **Cover Letter** (this document)
- **Quality Time (QT-30) Promo Card**
- **Home Visiting/Help Me Grow Promo Card** (includes referral instructions)
- **Did You Know (DYK) Fact Sheet**
- **Maternal, Infant, and Early Childhood Home Visiting (MIECHV) Benchmarks**
- **Home Visiting Referral Form**
- **Developmental Milestones / Magnetic Notepad**



Scan the QR code included in this toolkit to visit [DEThrives.com](https://dethrives.com), where you can browse additional home visiting materials and order them at no cost. All materials can be shipped directly to your practice for FREE.

We encourage you to explore the enclosed materials and display them for both your team and your patients. Your continued partnership is critical to reaching and supporting Delaware families during these foundational years.

Warm regards,

PO

**Emily Ensslin, MSW, Esq.**  
Child Advocate  
Delaware Office of the Child Advocate

This toolkit was developed with guidance from the Home Visiting Community Advisory Board (HV CAB), a statewide group of providers, policymakers, and advocates who oversee the coordination of Delaware’s early childhood home visiting services. HV CAB is committed to cross-sector collaboration that reduces duplication of services, aligns strategies, and ensures high-quality delivery to improve family outcomes across Delaware.

Cover  
Letter



# SUPPORT THE FAMILIES YOU SERVE

When you refer a family to Delaware's Home Visiting Program, you're connecting them with long-term support that helps parents and children thrive. You're enabling:

- Healthier pregnancies and births
- Early detection of developmental concerns
- Increased school readiness
- More consistent health visits
- Reduced parental and/or caregiver stress



To learn more, visit  
[DEThrives.com/HomeVisiting](https://DEThrives.com/HomeVisiting).



## HAVE QUESTIONS ABOUT ENROLLMENT?

Call 211, and a specialist will walk families through enrollment options and begin enrollment.

## RESOURCES TO SHARE

Order FREE home visit materials and explore toolkits at [DEThrives.com](https://DEThrives.com)



**Help Families and Children Grow and Thrive**

**Is a patient of yours expecting a baby? Raising young children?** Help Me Grow 211 has Child Development Specialists who will connect families with free, confidential help and resources like:

Housing support

Diapers and baby supplies

Heat and utility assistance

Early childhood development services

# HV/HMG Promotional Card

## How Does Help Me Grow Help?



**Centralized Access Point (CAP)**  
Ensures everyone has help when they need it, with a simple number to dial.



**Family and Community Engagement**  
Our specialists are out in the community to understand the people they serve.



**Health Provider Outreach**  
Helps inform health providers about developmental screenings as well as the helpline, so that caregivers and families are better served.



**Data Collection and Analysis**  
Improves the system and creates change to ensure health equity for all.



Call 211 or visit [DEThrives.com/HelpMeGrow](https://DEThrives.com/HelpMeGrow) to learn more.





**quality time**  
makes the difference



Great ways to spend 30 minutes of  
quality time with your child age 0-8.

# QT30 Promotional Card



## What is QT30?

It stands for spending 30 minutes of Quality Time every day with a child in your life. The QT30 app has over 150 free daily activities you can do to help your child's development, with short, easy-to-follow videos for each one.

Outdoor & Indoor Activities | Arts & Crafts  
Words, Numbers, & Sounds | Kitchen & In-Home Fun

"When an adult spends 30 minutes of quality time with a baby or young child each day, they are giving that child an extraordinary head start in life, in terms of health and well-being, educational attainment, and social success. It's super simple — and it works!"

**Start Playing!**



Visit [DEThrives.com/QT30](https://DEThrives.com/QT30)  
for a FREE printable activity book  
or to download the FREE app.



# Referral Form

(English and Spanish)



## HOME VISITING REFERRAL FORM

Complete this form and fax it to 302-295-5988 or email [Helpmegrow@uwde.org](mailto:Helpmegrow@uwde.org). Potential clients can self-refer by calling 2-1-1 or texting their ZIP code to 898-211.



Fields marked with \* are required

(DATE OF REFERRAL) \_\_\_\_\_ (DATE OF BIRTH)\* \_\_\_\_\_

(CLIENT NAME)\* \_\_\_\_\_ (EMAIL ADDRESS)\* \_\_\_\_\_

(ESTIMATED DUE DATE) \_\_\_\_\_ (ADDRESS) \_\_\_\_\_

(ADDRESS 2) \_\_\_\_\_ (PREFERRED PHONE)\* \_\_\_\_\_ ☐ Landline ☐ Cell

(CITY) \_\_\_\_\_ (ZIP)\* \_\_\_\_\_ ☐ Landline ☐ Cell

(NAME) \_\_\_\_\_ (ALTERNATE PHONE) \_\_\_\_\_

**Preferred Method of Communication\***

☐ Client prefers text ☐ Client prefers phone call ☐ Client prefers email

(DAYS/TIMES THAT WORK BEST) \_\_\_\_\_ (CHILD DATE OF BIRTH) \_\_\_\_\_

(CHILD NAME) \_\_\_\_\_ (OTHER LANGUAGE) \_\_\_\_\_

**Primary Language\*** ☐ English ☐ Spanish ☐ Creole ☐ Other: \_\_\_\_\_

**Race\*** ☐ African American ☐ Asian ☐ Biracial ☐ Caucasian ☐ Hawaiian / Pacific Islander

☐ Latinx ☐ Native American ☐ Other: \_\_\_\_\_ (OTHER ETHNICITY/RACE) \_\_\_\_\_

Are you currently enrolled in Medicaid? ☐ Yes ☐ No

Are you currently enrolled in WIC? ☐ Yes ☐ No

**Potential Risk Factors to Consider for Making a Referral\*** (please check those that apply):

<input type="checkbox"/> Teen parent	<input type="checkbox"/> Low income	<input type="checkbox"/> Child abuse or neglect
<input type="checkbox"/> Child w/ disability or chronic health condition	<input type="checkbox"/> Recent immigrant or refugee family	<input type="checkbox"/> Death in the immediate family
<input type="checkbox"/> Parent w/ disability or chronic health condition	<input type="checkbox"/> Substance use disorder	<input type="checkbox"/> Foster care or other temporary caregiver
<input type="checkbox"/> Parent w/ mental health issue(s)	<input type="checkbox"/> Housing instability	<input type="checkbox"/> Military deployment
<input type="checkbox"/> Low educational attainment	<input type="checkbox"/> Very low birth weight	<input type="checkbox"/> Parent incarcerated during the child's lifetime
	<input type="checkbox"/> Intimate partner violence	

**REFERRING PERSON\***

☐ Self ☐ Agency

(NAME OF PERSON) \_\_\_\_\_

(PHONE) \_\_\_\_\_

(EMAIL) \_\_\_\_\_

(AGENCY) \_\_\_\_\_

If referral is under 18:

(PARENT OR LEGAL GUARDIAN) \_\_\_\_\_

Is it OK to contact this person in reference to this referral?

☐ Yes ☐ No

(PHONE) \_\_\_\_\_




## FORMULARIO DE REMISIÓN PARA VISITAS A DOMICILIO

Completa este formulario y envíalo por fax al 302-295-5988 o por correo electrónico [elpmegrow@uwde.org](mailto:elpmegrow@uwde.org). Los interesados en solicitar los servicios para sí mismos pueden llamar al 2-1-1 o enviar su código postal por mensaje de texto al 898-211.



Los campos con \* son obligatorios

(FECHA DE REMISIÓN) \_\_\_\_\_ (NOMBRE DEL PACIENTE)\* \_\_\_\_\_

(FECHA DE NACIMIENTO)\* \_\_\_\_\_

(DIRECCIÓN) \_\_\_\_\_ (DIRECCIÓN DE CORREO ELECTRÓNICO)\* \_\_\_\_\_

(DIRECCIÓN [CONT.]) \_\_\_\_\_ (C.P.)\* \_\_\_\_\_

(TELÉFONO PREFERIDO)\* \_\_\_\_\_ ☐ Línea fija ☐ Celular

(TELÉFONO ALTERNATIVO) \_\_\_\_\_ ☐ Línea fija ☐ Celular

**Preferido\***

☐ Llamadas telefónicas ☐ Correo electrónico

(DÍAS/HORARIOS PREFERIDOS) \_\_\_\_\_

(FECHA DE NACIMIENTO DEL MENOR) \_\_\_\_\_

(OTRO IDIOMA) \_\_\_\_\_

(OTRA RAZA/ETNIA) \_\_\_\_\_

¿Es usted actualmente en Medicaid? ☐ Sí ☐ No

¿Es usted actualmente en WIC? ☐ Sí ☐ No

**¿En cuenta para la remisión\*** (marque todas las opciones que se aplican):

<input type="checkbox"/> Abandono o maltrato infantil
<input type="checkbox"/> Muerte de familiar directo
<input type="checkbox"/> Hogar de acogida u otro cuidado temporal
<input type="checkbox"/> Despliegue militar
<input type="checkbox"/> Padre/madre en la cárcel durante toda la vida del menor
<input type="checkbox"/> Inestabilidad de vivienda
<input type="checkbox"/> Muy bajo peso al nacer
<input type="checkbox"/> Violencia de pareja
<input type="checkbox"/> Padre/madre con problemas de salud mental
<input type="checkbox"/> Bajo nivel educativo

**PERSONA QUE REALIZA LA REMISIÓN\***

☐ Tú ☐ Organismo

(NOMBRE DE LA PERSONA) \_\_\_\_\_

(TELÉFONO) \_\_\_\_\_

(CORREO ELECTRÓNICO) \_\_\_\_\_

(ORGANISMO) \_\_\_\_\_

Si la remisión es para un menor de 18 años:

(PADRE/MADRE/TUTOR LEGAL) \_\_\_\_\_

¿Se puede contactar a esta persona respecto de esta remisión?

☐ Sí ☐ No

(TELÉFONO) \_\_\_\_\_






## OPEN YOUR DOOR TO THE HOME VISITING PROGRAM.

Here's everything you need to know.

### Delaware has four evidence-based Home Visiting Programs.

These programs are the Nurse-Family Partnership, Healthy Families Delaware, Parents and Caregivers as Teachers, and Early Head Start.

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A Family Support Specialist can coach you in doing developmentally appropriate activities with your child.



A home visit doesn't actually have to occur in the home. A Family Support Specialist can meet families in a place that is more convenient, such as a library, park, or any other place they feel comfortable. Virtual meetings are also possible!



In 2024, there were over 13,000 home visits provided statewide, including 3,000 virtual visits.



A Family Support Specialist, can teach parents and caregivers learning activities and literacy skills that foster their child's development and help prepare their child for school.

In 2024, the Home Visiting Program supported over 1,400 households in Delaware.



The Home Visiting Program is free and completely voluntary.

Evidence has shown that accepting the services offered by the Home Visiting Program, administered by a Family Support Specialist, can help to improve maternal and child health.



A Family Support Specialist can help families locate important resources in their area, such as food, cribs, diapers, and car seats.



A Family Support Specialist can help families determine eligibility and assist them in registering with state agencies to obtain services, such as Supplemental Nutrition Assistance Program (SNAP) and Women, Infants, and Children (WIC) benefits.



A Family Support Specialist supports breastfeeding your newborn and can connect you with a lactation consultant.



By saying yes to the Home Visiting Program, parents and caregivers are saying yes to a healthier, happier, and safer home. The Family Support Specialist can be there to provide support every step of the way!

To learn more or sign up for the program, call 211, text your ZIP code to 898-211, or visit [DEThrives.com/HomeVisiting](https://DEThrives.com/HomeVisiting).



## DELAWARE MIECHV

Maternal, Infant, and Early Childhood Home Visiting Program

Working to improve the health and well-being of mothers, children, and families throughout Delaware by providing them with the resources and skills to raise children who are healthy and ready to start school.

BENCHMARK AREA	CONSTRUCT
MATERNAL AND NEWBORN HEALTH	<ul style="list-style-type: none"><li>✓ Preterm Birth</li><li>✓ Breastfeeding</li><li>✓ Depression Screening</li><li>✓ Well-Child Visit</li><li>✓ Postpartum Care</li><li>✓ Tobacco Cessation Referrals</li></ul>
CHILD INJURIES, MALTREATMENT, AND EMERGENCY DEPARTMENT VISITS	<ul style="list-style-type: none"><li>✓ Safe Sleep</li><li>✓ Child Injury</li><li>✓ Child Maltreatment</li></ul>
SCHOOL READINESS AND ACHIEVEMENT	<ul style="list-style-type: none"><li>✓ Parent-Child Interaction</li><li>✓ Early Language and Literacy Activities</li><li>✓ Developmental Screening</li><li>✓ Behavioral Concerns</li></ul>
CRIME OR DOMESTIC VIOLENCE	<ul style="list-style-type: none"><li>✓ Intimate Partner Violence Screening</li></ul>
FAMILY ECONOMIC SELF-SUFFICIENCY	<ul style="list-style-type: none"><li>✓ Primary Caregiver Education</li><li>✓ Continuity of Insurance Coverage</li></ul>
COORDINATION AND REFERRALS	<ul style="list-style-type: none"><li>✓ Completed Depression Referrals</li><li>✓ Completed Development Referrals</li><li>✓ Intimate Partner Violence Referrals</li></ul>

To learn more or sign up for the program, call 211, text your ZIP code to 898-211, or visit [DEThrives.com/HomeVisiting](https://DEThrives.com/HomeVisiting).



DELAWARE'S 2024 MIECHV PROFILE

655 Families Served

63 Children

## DE DATA DASHBOARD

### WHERE WE ARE HEADED

Our Family Support Specialists work hard to collect this data, offer referrals, and provide resources on every visit to improve the health of Delaware families! We look forward to building on these successes while addressing continuous quality improvement (CQI) in the areas of breastfeeding initiation, tobacco cessation referrals, and safe-sleep education.

84.3% of primary caregivers received an observation of parent-child interaction.



91.1% of newly enrolled primary caregivers were screened for intimate partner violence.



93.1% of children were in a household in which a family member read, told stories, and/or sang songs with the child most days during a typical week.



76% of children received a developmental screening at the age-appropriate time interval.



85.5% of newly enrolled mothers received a depression screening.



70.7% prenatally enrolled mothers received a postpartum care visit within three months of delivery.



66.7% of infants 6 to 12 months of age (who had been enrolled in home visiting for at least six months) were breastfed.



71.9% of infants under 12 months of age were always put to sleep safely. We've made tremendous improvements here.



15.2% of primary caregivers using tobacco or cigarettes at enrollment (and had been enrolled for at least three months) were referred to tobacco cessation counseling or services within three months of enrollment.



To learn more or sign up for the program, call 211, text your ZIP code to 898-211, or visit [DEThrives.com/HomeVisiting](https://DEThrives.com/HomeVisiting).





# A GUIDE TO DEVELOPMENTAL MILESTONES



Get free support and resources for your family with Home Visiting. Scan to learn more.



## WHAT CAN HOME VISITING OFFER YOU?

Access to your own flexible, friendly personal support person

Help ensuring your child is reaching their milestones

Resources for you and your family

To learn about this FREE program, call 2-1-1 or visit [DEThrives.com/HomeVisiting](http://DEThrives.com/HomeVisiting).



# Magnetic Notepad

### AT 2 MONTHS, I...

- ☐ Follow things with my eyes
- ☐ Smile at people
- ☐ Turn my head to sounds
- ☐ Hold my head up



**SAFE SLEEP IS IMPORTANT.**  
Visit [DEThrives.com/SafeSleep](http://DEThrives.com/SafeSleep) for tips on how to make sure your child is as safe as possible.

### AT 4 MONTHS, I...

- ☐ Watch things as they move
- ☐ Hold my head steady
- ☐ Coo or make sounds
- ☐ Bring things to my mouth
- ☐ Push down with my legs when my feet are on a hard surface



### AT 6 MONTHS, I...

- ☐ Try to get things that are in reach
- ☐ Show affection for caregivers
- ☐ Respond to sounds around me
- ☐ Make vowel sounds ("ah," "eh," "oh")
- ☐ Roll over in either direction



**Help Me Grow**  
With Help Me Grow, programs, services, and helpful information for parents-to-be and families are just one phone call or text away. [DEThrives.com/HelpMeGrow](http://DEThrives.com/HelpMeGrow)

### AT 9 MONTHS, I...

- ☐ Bear weight on my legs with support
- ☐ Sit with help
- ☐ Babble ("mama," "baba," "dada")
- ☐ Respond to my own name
- ☐ Look where you point



### AT 1 YEAR, I...

- ☐ Crawl
- ☐ Stand when supported
- ☐ Search for things that I see you hide
- ☐ Learn gestures like waving or shaking my head
- ☐ Point to things



**QT 30**  
**NEED ACTIVITY IDEAS?**  
The free QT 30 app has age-appropriate activities you can do with your child. Download it today! [DEThrives.com/QT30](http://DEThrives.com/QT30)

### AT 18 MONTHS (1½ YEARS), I...

- ☐ Point to show things to others
- ☐ Walk
- ☐ Copy others
- ☐ Gain new words
- ☐ Notice when a caregiver leaves or returns



### AT 2 YEARS, I...

- ☐ Use two-word phrases (e.g., "drink milk")
- ☐ Know what to do with common things like a brush, phone, fork, and spoon
- ☐ Copy actions and words
- ☐ Follow simple instructions
- ☐ Walk steadily



**BOOKS BALLS & BLOCKS**  
Free, fun family events where children can get an early child developmental screening. [DEThrives.com/BooksBallsBlocks](http://DEThrives.com/BooksBallsBlocks)

### AT 3 YEARS, I...

- ☐ Play simple games (such as pegboards and puzzles)
- ☐ Speak in sentences
- ☐ Understand simple instructions
- ☐ Play pretend or make-believe
- ☐ Play with other children or toys



### AT 4 YEARS, I...

- ☐ Jump in place
- ☐ Use "me" and "you" correctly
- ☐ Scribble
- ☐ Use the toilet
- ☐ Speak clearly



**FAMILY SHADE**  
Connects children with special health care needs with community resources. Visit [FamilyShade.org](http://FamilyShade.org).

### AT 5 YEARS, I...

- ☐ Show a wide range of emotions
- ☐ Can tell what's real and what's make-believe
- ☐ Play a variety of games and activities
- ☐ Talk about daily activities or experiences
- ☐ Brush my teeth, wash and dry my hands, and get undressed without help

