



Nurse-Family Partnership's Theory of Change

GOAL	ACTIVITIES
<p>Improve pregnancy outcomes by improving prenatal health</p>	<p>Home visits weekly in the first month following program enrollment, then every other week until birth of infant</p> <p>Nurses address:</p> <ul style="list-style-type: none"> ▪ Effects of smoking, alcohol and illicit drugs on fetal growth ▪ Nutritional and exercise requirements during pregnancy ▪ Preparation for labor ▪ Basics of newborn care ▪ Family planning following delivery of infant ▪ Adequate use of office-based prenatal care 
<p>Improve child outcomes by helping parents become sensitive and competent caregivers</p>	<p>Home visits weekly postpartum period, every 2 weeks until toddler is 21 months, monthly until child is 2 years</p> <p>The nurses:</p> <ul style="list-style-type: none"> ▪ Educate parent on infant/toddler nutrition, health, growth, development and environmental safety ▪ Promote and assess parent-child interactions that facilitate developmental progress ▪ Promote adequate use of well-child care ▪ Provide guidance in building and fostering social support networks ▪ Assess safety of potential/actual child care arrangements ▪ Refer to other health and human services as needed 

INTERMEDIATE OUTCOMES	ULTIMATE OUTCOME
<p>Pregnant women display improved health behaviors</p> <ul style="list-style-type: none"> ↓ cigarette smoking ↓ pregnancy-induced hypertension ↑ use of community resources 	<p>Newborns are born at full term and with normal weight</p> <ul style="list-style-type: none"> ↓ pre-term delivery among smokers ↑ birth weight of babies born to young teens ↓ neurodevelopmental impairment
<p>Parents demonstrate sensitive and competent caregiving for infants and toddlers:</p> <ul style="list-style-type: none"> ↓ childrearing beliefs associated with child maltreatment ↓ verified cases of child abuse & neglect ↑ stimulating home environments ↓ safety hazards in home ↓ incidents of injuries 	<p>INFANTS AND TODDLERS Child displays age and gender appropriate development</p> <ul style="list-style-type: none"> ↓ language & cognitive/mental delays ↑ responsiveness in interactions with mothers ↓ distress to fear stimuli <p>EARLY CHILDHOOD (4-6 YEARS)</p> <ul style="list-style-type: none"> ↑ preschool language scale scores ↑ executive functioning ↓ child behavior problems



THE STANFORD PACS

GUIDE

TO EFFECTIVE PHILANTHROPY

Copyright 2020 Board of Trustees of
The Leland Stanford Junior University.
Licensed under a Creative Commons Attribution 4.0
International (CC BY 4.0) License.

Published June 2020



Stanford PACS

Center on Philanthropy
and Civil Society

—

Effective Philanthropy Learning Initiative