

Recommended PIPE Activities for MCH Program Guidelines

Ante Partum Guidelines

Trimester	Health Topic	PIPE Activity
1st Trimester	Feelings Regarding Pregnancy	<p><u>LOVE</u></p> <ul style="list-style-type: none"> - Emotional Refueling - Love is Sometimes A Rocky Road (not a planned pregnancy; focuses on feelings of ambivalence)
	Self-Sufficiency	<p><u>LOVE</u></p> <ul style="list-style-type: none"> - Emotional Refueling - Love Needs a Safe Base <p><u>PLAY</u></p> <ul style="list-style-type: none"> - Playing is Problem Solving (nicely structured for the problems I have and how to resolve)
	Support Structure	<p><u>LOVE</u></p> <ul style="list-style-type: none"> - Attachment (paper folding) - Love is in the Palm of Your Hand
2nd Trimester	Self-Sufficiency	<p><u>LOVE</u></p> <ul style="list-style-type: none"> - Emotional Refueling - Love Needs a Safe Base <p><u>PLAY</u></p> <ul style="list-style-type: none"> - Playing is Problem Solving (nicely structured for the problems I have and how to resolve)
	Support Structure	<p><u>LOVE</u></p> <ul style="list-style-type: none"> - Attachment (paper folding) - Love is in the Palm of Your Hand
3rd Trimester	Self-Sufficiency	<p><u>LISTEN</u></p> <ul style="list-style-type: none"> - Crib side Communication - Patterns and Expectations - Baby Cues <p><u>LOVE</u></p> <ul style="list-style-type: none"> - Emotional Refueling - Love Needs a Safe Base <p><u>PLAY</u></p> <ul style="list-style-type: none"> - Playing is Problem Solving (nicely structured for the problems I have and how to resolve)
	Support Structure	<p><u>LOVE</u></p> <ul style="list-style-type: none"> - Attachment (paper folding) - Love is in the Palm of Your Hand

Post Partum Guidelines

Health Topic	PIPE Activity
Bonding & Attachment	<p style="color: red;">-Layers of Love</p> <p><u>LISTEN</u></p> <ul style="list-style-type: none"> - Crib side Communication - Baby Cues <p><u>LOVE</u></p> <ul style="list-style-type: none"> - Emotional Refueling - Each Child is Different
Self-Sufficiency	<p style="color: red;">- Layers of Love</p> <p><u>LOVE</u></p> <ul style="list-style-type: none"> - Love is Letting Go - Love Needs a Safe Base

Reproductive Women’s Health Guidelines

Health Topic	PIPE Activity
Self-Sufficiency	<p><u>LISTEN</u></p> <ul style="list-style-type: none"> - Patterns and Expectations <p><u>LOVE</u></p> <ul style="list-style-type: none"> - Love and Limits - Emotional Refueling
Support Structure	<p><u>LOVE</u></p> <ul style="list-style-type: none"> - Love Needs a Safe Base - Emotional Refueling - Love is Sometimes a Rocky Road (resource list)

Infant Guidelines (Birth-12months)

- You can use “Listen” during first 6 months of life.
- You can incorporate “Love” throughout the visits.

Health Topic	PIPE Activity
Growth & Development	<p><u>LISTEN</u></p> <ul style="list-style-type: none"> - Patterns and Expectations - Learning Language <p><u>LOVE</u></p> <ul style="list-style-type: none"> - Love is Letting Go <p><u>PLAY</u></p> <ul style="list-style-type: none"> - Playing is Learning about Differences (dev profile) - Playing is Imitation and Turn Taking
Anticipatory Guidance	<p><u>LISTEN</u></p> <ul style="list-style-type: none"> - Floor Time <p><u>LOVE</u></p> <ul style="list-style-type: none"> - Attachment - Each Child is Different <p><u>PLAY</u></p> <ul style="list-style-type: none"> - Playing is Learning about Differences - Playing is Imitation and Turn Taking
Father of the Baby	<p><u>LOVE</u></p> <ul style="list-style-type: none"> - Love Needs a Safe Base - Attachment - Love is in the Palm of Your Hand <p><u>PLAY</u></p> <ul style="list-style-type: none"> - Playing is Learning
Mental Health	<p><u>LISTEN</u></p> <ul style="list-style-type: none"> - Patterns and Expectations <p><u>LOVE</u></p> <ul style="list-style-type: none"> - Each Child is Different - Love and Limits - Love is sometimes a Rocky Road - Joy and Laughter <p><u>PLAY</u></p> <ul style="list-style-type: none"> - Playing is Learning about Differences - Learning the Do’s (parent handout (i.e. What do Children Do that Undo Parents)) - Road Blocks to Learning

Child Guidelines (13 months – 6 yrs)

- You can incorporate “Play” with Toddlers.
- You can use any activity that deals with a Problematic Child for this age range.

Health Topic	PIPE Activity
Bonding & Attachment	<p><u>LISTEN</u></p> <ul style="list-style-type: none"> - Tune In, Tune Out <p><u>LOVE</u></p> <ul style="list-style-type: none"> - Love and Limits - Emotional Refueling - Each Child is Different <p><u>PLAY</u></p> <ul style="list-style-type: none"> - Playing is Learning - Playing is Imitation and Turn Taking - Learning the Do’s - Roadblocks to Learning
Growth & Development	<p><u>LISTEN</u></p> <ul style="list-style-type: none"> - Reading to Baby - Music and Rhythm - Floor Time <p><u>LOVE</u></p> <ul style="list-style-type: none"> - Joy and Laughter - Love is Letting Go <p><u>PLAY (any one)</u></p> <ul style="list-style-type: none"> - Playing Stimulates the Senses
Anticipatory Guidance	<p><u>LOVE</u></p> <ul style="list-style-type: none"> - Love is Sometimes a Rocky Road - Love and Limits <p><u>PLAY</u></p> <ul style="list-style-type: none"> - Learning the Do’s - Playing is Learning about Differences (i.e. Emotional Seesaw)
Father of the Child	<p><u>PLAY</u></p> <ul style="list-style-type: none"> - What are Children Really Learning - Babies First Teacher - Playing is Imitation and Turn Taking - Play Closure Topics (any, i.e Listen, Listen, Listen)