

Client Case Plan

Pre-Birth

ABC Number: _____

✓	Code	Topic – Safety and Supervision	Supporting information	Stage	Date of delivery
	SS1	Smoking – Making Healthy Choices	<ul style="list-style-type: none"> Give your Baby a breather Smoking Cessation Information 	Pre-birth	
	SS2	Alcohol and Drugs – Making Healthy Choices	<ul style="list-style-type: none"> Rethinking your drinking The little book of women and drinking 	Pre-birth	
	SS3	Healthy Relationships	<ul style="list-style-type: none"> Local Domestic abuse services information 	Pre-birth	
	SS4	Protecting our children	<ul style="list-style-type: none"> Child Protection Agreement signed 	0-4 years	
	SS5	How to hold your baby safely		Pre-birth	
	SS6	Caring for your baby		Pre-birth – 12 months	
	SS7	Common Illnesses		0-4 years	
	SS8	Immunisations	<ul style="list-style-type: none"> Your child’s immunisations: A guide for Parents booklet 	Pre-birth – 2 years	
	SS9	Contacting your doctor		Pre-birth – 4 years	
	SS10	How to check a rash	<ul style="list-style-type: none"> Meningitis and Septicaemia card 	0-5 years	
	SS11	Travelling with Baby	<ul style="list-style-type: none"> Be smart, be sun smart Fun in the Sun fact sheet 	0-4 years	

✓	Code	Topic - Parental Supports	Supporting information	Stage	Date of delivery
	PS1	First Trimester	<ul style="list-style-type: none"> A guide to pregnancy, month by month 	Pre-birth	
	PS2	Ante-Natal Classes		Pre-birth	
	PS3	Second Trimester		Pre-birth	
	PS4	Third Trimester		Pre-birth	
	PS5	Packing for Hospital		Pre-birth	
	PS6	C-Section		Pre-birth	
	PS7	Pain Relief		Pre-birth	

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	PS8	Labour and Delivery		Pre-birth	
	PS9	Interventions During Labour		Pre-birth	
	PS10	Birth Preference		Pre-birth	
	PS11	After the Birth	<ul style="list-style-type: none"> Advice for parents after the birth, HSE 	Pre-birth	
	PS12	Mood Swings and PND	<ul style="list-style-type: none"> PND, A guide for mothers, family and friends 	Pre-birth	
	PS13	Changing Your Baby's Nappy		Pre-birth	

✓	Code	Topic – Rest and Routine	Supporting information	Stage	Date of delivery
	RR1	Rest During Pregnancy		Pre-birth	
	RR10	Pelvic floor		Pre-birth - 12 months	

✓	Code	Topic – Social and Emotional Development	Supporting information	Stage	Date of delivery
	SED1	Getting to know your Baby	<ul style="list-style-type: none"> 0-6 months PFL Developmental Guide 	Pre-birth	
	SED2	Becoming a parent		Pre-birth	
	SED3	Becoming a dad		Pre-birth	
	SED4	Attachment & Bonding			
	SED4	Attachment <ul style="list-style-type: none"> Circle of security Circle of trust Circle of repair 		Pre-birth+	
	SED7	A father's bond		Pre- birth +	

✓	Code	Topic - Nutrition	Supporting information	Stage	Date of delivery
	N1	Nutrition during Pregnancy		Pre-birth	
	N2	What to eat while you're pregnant	<ul style="list-style-type: none"> Healthy Eating during Pregnancy 	Pre-birth	

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	N3	Sugar levels during pregnancy		Pre-birth	
	N4	Weight Gain & Food Safety		Pre-birth	
	N5	The Right Nutrients		Pre-birth	
	N6	Common Pregnancy Complaints		Pre-birth	
	N7	Breastfeeding	<ul style="list-style-type: none"> Breastfeeding, A good Start in Life 	Pre-birth	
	N8	Breastfeeding Patterns		Pre-birth	
	N9	Positioning for Breastfeeding		Pre-birth	
	N10	Continuing to Breastfeed (X2 Tipsheets)		Pre-birth – 12 months	
	N11	Storing Breast Milk & Weaning		Pre-birth – 12 months	
	N12	Formula	<ul style="list-style-type: none"> How to prepare your baby's bottle feed Bottle propping information 	Pre-birth	

✓	Code	Topic – Goals and Aspirations Action Plan	Supporting information	Stage	Date(s) of delivery
	N/A	Goals and Aspirations Action Plan		Pre-birth – 5 years	

Client Case Plan

0-1 year

ABC Number: _____

Book alert:
Faces cloth
book

✓	Code	Topic – Safety and Supervision	Supporting Information	Stage	Date of delivery
	SS12	Safe feeding		6 – 12 months	
	SS13	Keeping baby safe	<ul style="list-style-type: none"> • Safe sleeping for your baby Info 	0 – 2 years	
	SS14	Teething		6 months – 2 years	
	SS15	Basic First Aid	<ul style="list-style-type: none"> • Child Safety wall chart • Child Safety (Traveller) wall chart • Fire Safety at home Information • Fire Safety for the Travelling Community at home • Poison prevention guidelines 	0 – 2 years	
	SS16	Safe Rooms Checklist		6 months+	
	SS17	Television and Screen Time	<ul style="list-style-type: none"> • Play pact information and Certificate 	0 – 2 years	
	SS19	Soothers	<ul style="list-style-type: none"> • Soother use image 	0 – 12 months	
	SS20	Common Viral illnesses and Head lice		0 -5 years	
	SS21	Caring for teeth		6 months – 2 years	
	SS26	Reducing Your Family’s Risk of Infection		0 – 5 years	

✓	Code	Topic – Parental Supports	Supporting Information	Stage	Date of delivery
	PS14	Adjusting and Support	<ul style="list-style-type: none"> • Info on local postnatal / parent & baby group 	0 -12 months	

Client Case Plan 0-1 year

	PS15	Family Planning after Childbirth		0 -12 months	
	PS16	Relationships		0 -12 months	
	PS17	Blended Families and Conflict	<ul style="list-style-type: none"> Local support services information 	0 – 5 years	
	PS18	Self-care for Parents	<ul style="list-style-type: none"> My self-care plan 	0 – 5 years	
	PS19	Finding the Right Childcare		6 months+	
	PS21	Work, leave & Entitlements		0-4 years	



✓	Code	Topic – Rest and Routine	Supporting Information	Stage	Date of delivery
	RR2	Routine		0-12 months	
	RR3	Crying		0-12 months	
	RR4	Sleep	<ul style="list-style-type: none"> Reducing the risk of cot death 	0-6 months	
	RR5	Safety & Sleeping		0-6 months	
	RR6	Sleep		6-2 months	
	RR11	Stress		0-5 years	
	RR12	Mindfulness		0-5 years	

✓	Code	Topic – Social and Emotional Development	Supporting Information	Stage	Date of delivery
	SED5	Responsive Bottle Feeding		0-12 months	
	SED6	Secure Base		0-12 months	
	SED8	Communication and Mutual Gaze		0-3 months	
	SED9	Regulation and Tired Signs		0-12 months	
	SED10	Confidence		6-12 months	
	SED11	Strangers		4 months +	

Client Case Plan 0-1 year

✓	Code	Topic – Nutrition	Supporting Information	Stage	Date of delivery
	NI3	Winding		0-6 months	
	NI4	Weaning to solids	<ul style="list-style-type: none"> • Blender • First 1,000 days • Feeding Your baby, Introducing family meals 	6-12 months	
	NI5	Recipes for weaning		6-12 months	

Reminder: did you give the Faces cloth book?

✓	Code	Topic – Cognitive Development	Supporting Information	Stage	Date of delivery
	CD1	Thinking and Learning	<ul style="list-style-type: none"> • 0-6 month PFL Developmental Milestones 	0-3 months	
	CD2	Listening and Talking	<ul style="list-style-type: none"> • PFL Nursery Rhymes 1 	0-3 months	
	CD3	Movement		0-3 months	
	CD4	Movement		3-6 months	
	CD5	Hand-eye coordination	<ul style="list-style-type: none"> • Child Safety and Toys information 	0-6 months	
	CD6	Reading with infants		0-12 months	
	CD7	Thinking and learning		3-6 months	
	CD8	Listening and talking		3-6 months	
	CD9	Reading together		0-4 years	
	CD10	Playing to learn		0-12 months	
	CD11	Books and Stories		0-2 years	
	CD12	Thinking and Learning	<ul style="list-style-type: none"> • 6-12 month PFL Developmental Milestones 	6 -12 months	
	CD13	Listening and Talking	<ul style="list-style-type: none"> • PFL Nursery Rhymes 2 	6 -12 months	
	CD14	Movement	<ul style="list-style-type: none"> • Baby walker Information 	6 -12 months	
	CD15	Hand – Eye Coordination		6 -12 months	

Client Case Plan 0-1 year

	CDI6	Playing and Learning	<ul style="list-style-type: none"> • PFL Action Rhymes 	6 -12 months	
	CDI8	Developing Your Child's Language		0-2 years	

Client Case Plan

I-2 years

ABC Number: _____

Book alert:
Goodnight
Moon book
at age 1

✓	Code	Topic – Safety and Supervision	Supporting Information	Stage	Date of delivery
	SS18	Teaching your child safety		I -5 years	
	SS23	Family Outings	<ul style="list-style-type: none"> • Be smart, sun smart • Swimming with your child • Fun in the sun fact sheet 	I-5 years	

✓	Code	Topic – Parental Supports	Supporting Information	Stage	Date of delivery
	PS20	Activity and Exercise		I - 2 years	

✓	Code	Topic – Rest and Routine	Supporting Information	Stage	Date of delivery
	RR7	Sleep		I - 2 years	

✓	Code	Topic – Social and Emotional Development	Supporting Information	Stage	Date of delivery
	SED12	Self-Awareness and Self Assertion		I -2 years	
	SED13	Tantrums and Hurting Others		I -2 years	
	SED14	Biting		I -3 years	
	SED15	Child/Parent relationships		I -4 years	
	SED16	Praise and Self Esteem		I-3 years	

✓	Code	Topic – Nutrition	Supporting Information	Stage	Date of delivery

Client Case Plan

I-2 years

	N16	Food Groups		I -5 years	
	N17	Healthy Eating		I -4 years	
	N18	Food Labels		I -4 years	
	N19	Smart Drinks for Smart Kids		I -5 years	
	N20	Balanced Lifestyle		I -4 years	

Book alert:
Owl Babies at
age 2

✓	Code	Topic – Cognitive Development	Supporting Information	Stage	Date of delivery
	CD17	Developing Language Skills	<ul style="list-style-type: none"> • 12 – 18 month PFL Developmental Milestones • 18 – 24 month PFL Developmental Milestones 	I -2 years	
	CD19	Listening & Talking		I -2 years	
	CD20	Listening and Talking Guide		I -2 years	
	CD21	Movement Guide		I -2 years	
	CD22	Learning to Read		I -2 years	
	CD23	Reading with 1 and 2 year Olds		I -2 years	
	CD24	Sensory Play		I -2 years	
	CD25	Learning Numbers		I -2 years	

Client Case Plan 2 – 5 years

ABC Number: _____

Reminder:
 Did you give
 Owl Babies
 at age 2?

✓	Code	Topic – Safety and Supervision	Supporting Information	Stage	Date of delivery
	SS22	Understanding TV, Film and Game Ratings		2 -5 years	
	SS24	Outdoor Play		2–5 years	
	SS25	Internet Safety		3–5 years	

✓	Code	Topic – Rest and Routine	Supporting Information	Stage	Date of delivery
	RR8	Toilet Training		2-4 years	
	RR9	Night Time Toilet Training		2-4 years	

Book alert:
 Postman Bear
 at age 3

✓	Code	Topic – Social and Emotional Development	Supporting Information	Stage	Date of delivery
	SED17	Sharing and Caring		2-3 years	
	SED18	Friendships		2-4 years	
	SED19	Fears and Nightmares		2-4 years	
	SED20	Lies and whining		2-4 years	
	SED21	Going to pre-school		3-4 years	
	SED22	Creative Play		3-4 years	
	SED23	Role Play		3-4 years	
	SED24	Learning about feelings		3-4 years	
	SED25	Empathy		0-5 years	

Client Case Plan 2 – 5 years

	SED26	Talking about Death and Dying		2-5 years	
	SED27	Feeling words		3-4 years	
	SED28	Feeling Wheel		3-4 years	
	SED29	Brothers and Sisters		0-4 years	

✓	Code	Topic – Nutrition	Supporting Information	Stage	Date of delivery
	N21	Developing Healthy Habits		2–5 years	

✓	Code	Topic – Cognitive Development	Supporting Information	Stage	Date of delivery
	CD26	Early Writing skills		2–4 years	
	CD27	Vocabulary at 2 years	<ul style="list-style-type: none"> 2 – 4 years PFL Developmental Milestones 	2–4 years	
	CD28	Play		2–4 years	
	CD29	Children and Art		2–4 years	
	CD30	Art: Just You and Me		2–4 years	
	CD31	Getting dressed		2–4 years	
	CD32	Playing & Learning Outside		2–4 years	
	CD33	Hop, Skip and Jump		2–4 years	
	CD34	Using Scissors	<ul style="list-style-type: none"> Cutting Exercises 	2–4 years	
	CD35	Introducing Maths to your child		2–4 years	
	CD36	Tying Shoelaces		4+ years	

Book alert:
 Don't Let the Pigeon Drive the Bus at age 4

Client Case Plan 2 – 5 years

✓	Code	Topic – Transitions to Primary School	Supporting Information	Stage	Date of delivery
	TPS1	Gross and Fine Motor Skills		4-5 years	
	TPS2	Independent Skills		4-5 years	
	TPS3	Language and Communication Skills		4-5 years	
	TPS4	Social and Emotional Skills		4-5 years	
	TPS5	Thinking Skills		4-5 years	