

# HUG Kit Topics & Resources

(topics are listed in the same order as the HUG visit tracking form)



Yellow = HUG mandated category (per terms of HUG contract)

Green = HUG visit topic categories

TOPIC	HANDOUTS
<b>Parenting Skills</b>	
Baby Massage	(Information about classes in ECFE Brochure)
Child / Parent Interaction	<i>Brain Games for Babies</i> by Jackie Silberg <i>Brain Games for Toddlers</i> by Jackie Silberg
Family Adjustment to the new baby	
Transition to parenthood (1st time parent)	<ul style="list-style-type: none"> <li>● Gottman Institute (Bringing Baby Home)</li> </ul>
Infant brain development	<ul style="list-style-type: none"> <li>● Book: 125 Brain Games for Babies by Jackie Silberg (or 125 Brain Games for Toddlers)</li> </ul>
Lactation Supports	
ECFE	<ul style="list-style-type: none"> <li>● Current ECFE catalog</li> </ul>
<b>Health</b>	
Prenatal care	
Feeding & nutrition	
Infant development	<ul style="list-style-type: none"> <li>● Book: <a href="#">Baby's Busy Day - Being One is So Much Fun</a></li> <li>● <a href="#">CDC's Milestone Moments Booklet</a></li> <li>● <a href="#">CDC's Milestone Tracker App Flyer set</a></li> <li>● <a href="#">Northside Achievement Early Childhood Family Toolkit</a></li> </ul>
Infant / child Health	<ul style="list-style-type: none"> <li>● <a href="#">A Healthy Mouth for Your Baby</a> (order <a href="#">here</a>)</li> <li>● <a href="#">Oral Health Materials - MDH</a></li> <li>● <a href="#">Infant See materials</a> (posters, brochures, bookmarks)</li> </ul>
Mother health	<ul style="list-style-type: none"> <li>● <a href="#">Mom's Mental Health Matters: Action Plan for Depression and Anxiety Around Pregnancy</a></li> <li>● <a href="#">Postpartum Wellbeing Plan</a></li> </ul>
Immunizations	<ul style="list-style-type: none"> <li>● Hennepin County - <a href="#">Baby Tracks</a></li> <li>● <a href="#">MDH Vaccines for infants, children and adolescents</a></li> </ul>

ECSE / Early Intervention	<ul style="list-style-type: none"> <li>● Help Me Grow Materials - numerous brochures, bib, bags, books, etc) (order <a href="#">here</a>)</li> </ul>
<b>Postpartum Depression</b>	<ul style="list-style-type: none"> <li>● <a href="#">PHQ2</a> or <a href="#">PHQ9</a> - asked by the provider</li> <li>● Can use <a href="#">Edinburgh Postnatal Depression Scale</a></li> <li>● Can use <a href="#">Perinatal Mental Health Discussion Tool</a></li> <li>● Pregnancy &amp; Postpartum Support MN (PPSM) - <a href="#">printable postcards here</a></li> <li>● <a href="#">Action Plan for Depression &amp; Anxiety Around Pregnancy</a> (order tearpad <a href="#">here</a>)</li> <li>● <a href="#">Talk about Depression and Anxiety During Pregnancy and After Birth</a></li> </ul>
Breastfeeding	<ul style="list-style-type: none"> <li>● <a href="#">MN Breastfeeding Coalition (MBC) resources &amp; toolkits</a></li> </ul>
Reading & language development	<ul style="list-style-type: none"> <li>● Book: <a href="#">Bunny to Bunny: Sing Me Your Song</a></li> <li>● Book: <a href="#">Read To Your Bunny</a> by Rosemary Wells</li> </ul>
<b>Risk</b>	
Child safety	<ul style="list-style-type: none"> <li>● Local car seat clinic info (<a href="#">2024 North Memorial Car Seat Clinic Calendar</a>)</li> <li>● <a href="#">Safe to Sleep publications</a></li> <li>● <a href="#">MN Office of Traffic Safety</a></li> <li>● <a href="#">United States Dept of Transportation</a> (also known as <a href="#">seatcheck.org</a>)</li> </ul>
<b>Domestic abuse / violence</b>	<ul style="list-style-type: none"> <li>● <a href="#">Futures Without Violence Materials</a></li> <li>● <a href="#">Day One Services</a></li> <li>● <a href="#">Power &amp; Control Wheels - DAIP</a></li> </ul>
Home safety checklist	<ul style="list-style-type: none"> <li>● <a href="#">MDH Home Safety Checklist</a></li> <li>● <a href="#">Home Safety Checklist - Safe Kids Worldwide</a></li> <li>● <a href="#">MN Poison Control magnets</a></li> </ul>
<b>Other County / Community Services</b>	
Family advocates / basic needs	<ul style="list-style-type: none"> <li>● United Way 211 (<a href="#">Greater Twin Cities materials here</a>)</li> <li>● <a href="#">Bridge to Benefits</a></li> <li>● Food resources - <a href="#">Hunger Solutions</a></li> <li>● <a href="#">Fare For All</a></li> </ul>
ELL Services	District Specific
Citizenship Resources	<ul style="list-style-type: none"> <li>● <a href="#">Office of Multicultural Services</a></li> </ul>
Mental Health Resources	<ul style="list-style-type: none"> <li>● <a href="#">988 Information</a></li> </ul>
Parent Child Home Program	<ul style="list-style-type: none"> <li>● <a href="#">ParentChild+</a></li> </ul>
Health Care Clinic Home	

Child / teen checkups	<ul style="list-style-type: none"> <li>• <a href="#">CTC publications</a></li> </ul>
WIC	<ul style="list-style-type: none"> <li>• <a href="#">WIC info and materials</a></li> </ul>
Healthy Families / Family Ties	<ul style="list-style-type: none"> <li>• <a href="#">Family home visiting</a> - Hennepin County</li> </ul>
Follow Along	<ul style="list-style-type: none"> <li>• Local brochure for <a href="#">Follow Along</a></li> </ul>
Miscellaneous - statewide	<ul style="list-style-type: none"> <li>• <a href="#">Parent Aware Finding Child Care Guide</a></li> <li>• Comunidades latinas unidas en servicio - <a href="https://clues.org/">https://clues.org/</a></li> </ul>
<b>Helping Us Grow (HUG) Satisfaction Survey</b>	<ul style="list-style-type: none"> <li>• Specific to each school district</li> </ul>
Additional optional materials - Robbinsdale	<ul style="list-style-type: none"> <li>• <a href="#">Environmental resources - Hennepin County</a></li> <li>• <a href="#">Green Cleaning Guide - Hennepin County</a></li> <li>• <a href="#">Office of Multicultural Services - Hennepin County</a></li> <li>• <a href="#">Parent Child +</a></li> <li>• <a href="#">Father Project</a></li> <li>• <a href="#">Prism</a></li> <li>• <a href="#">Reach &amp; Restore</a></li> <li>• <a href="#">Think Small - Parent Powered Texts</a></li> <li>• <a href="#">Accessing supports for seniors and people with disabilities - Hennepin County</a></li> <li>• <a href="#">Front Door Emergency Programs - Hennepin County</a></li> </ul>
<a href="#">HUG Website</a>	