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Infant Care Education to Pregnant Women Before the Parental Role Transition

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Background and Proposal Process

- On a single night in 2022 across the United States, roughly 582,500 people experienced homelessness, with 17% (98,244) being children under the age of 18 (de Sousa et al., 2022).
- This capstone focused on the role occupational therapy (OT) can play among homeless, expectant mothers. The experience was completed at Zelig's Home, a temporary shelter in Cleveland, OH where women are supported as they embrace motherhood.
- The goal of this capstone was to educate pregnant women on infant and maternal care techniques prior to the transition into parenthood. OTs have the knowledge base to prepare women to adjust to life with a new baby.
- Additionally, OTs can assist this marginalized population with self-advocacy, coping skills, employment and education, financial management, home establishment, and leisure exploration to improve overall living skills.

About Me

I am a class of 2023 Occupational Therapy Doctorate student at Cleveland State University. Upon graduation, I have accepted a position to work at The Center for LifeSkills, a privately-owned pediatric outpatient clinic.

Learn More

Scan this QR code to learn more about my capstone experience:



Capstone Activities

- Major activities completed throughout the capstone experience included the following:
- Facilitated weekly, individual check-ins with women residing in the home, with questions tailored to mom and baby's physical and mental well-being.
 - Supported women and children at OBGYN appointments, pediatrician well checks, and hospital visits to labor/delivery and postpartum units.
 - Participated in community-based events including house innings/outings, alumnae social gatherings, and library outreach classes.
 - Created a manual with programming templates and informational handouts. The project was distributed to staff members and can be edited or added to by others to ensure the inclusion of relevant, up-to-date information and resources. Education relates to:
 - Maternal mental and physical health during pregnancy and the postpartum period.
 - Newborn care, safety, and development.
 - Delivered a presentation to the board president to summarize the capstone experience and advocate for the need for OT within the home.



I was the support person for a mom in labor. Baby boy was 6 lbs. 6 oz. I saw him take his first breath and got to cut the umbilical cord.

Key References

- Cleveland Clinic. (2021). *Your guide to healthy pregnancy (11th ed.)*. The Cleveland Clinic Foundation.
- de Sousa, T., Andrichik, A., Cuellar, M., Marson, J., Prestera, E., & Rush, K. (2022). *The 2022 annual homelessness assessment report (AHAR) to Congress*. U.S. Department of Housing and Urban Development. <https://www.huduser.gov/portal/sites/default/files/pdf/2022-AHAR-Part-1.pdf>
- HealthyChildren.org. (n.d.). *Ages & stages*. American Academy of Pediatrics. <https://www.healthychildren.org/English/ages-stages/Pages/default.aspx>
- Ohio Department of Health. (n.d.). *Information & programs*. Initiative Ohio Platform. <https://odh.ohio.gov/know-our-programs>

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