

Material Overview



What's Best for Your Baby Is the Two of You

❤ Relationships Unit

KEY MESSAGE	OBJECTIVES	MORE TOOLS
<p>Keeping your couple relationship strong is an important part of caring for your child.</p>	<ul style="list-style-type: none"> • Why both parents are important • Take care of you first • Take care of your couple relationship • How to find support 	<ul style="list-style-type: none"> • Staying Connected after Baby: How to Keep Your Couple Relationship Strong • How to Co-parent Successfully: Partnering after Your Romantic Relationship Ends • Co-parenting Tips for Noncustodial Parents: How To Be There Even When You're Not
CALL TO ACTION	EXPERT VIDEOS	
<p>Take care of you and your couple relationship, and don't be afraid to reach out for support.</p>	<ul style="list-style-type: none"> • Couple Relationship & Child Development • Connecting with New Fathers 	





You Are Not Alone

❤ Relationships Unit





KEY MESSAGE	OBJECTIVES	MORE TOOLS
<p>Feeling alone is common for new parents, but there are things you can do to help.</p>	<ul style="list-style-type: none"> • Negative feelings and experiences are common for moms and dads after childbirth • How to combat social isolation 	<ul style="list-style-type: none"> • Coping after Baby: Perinatal Mental Health • Staying Connected after Baby Comes: How to Keep Your Couple Relationship Strong • Perinatal Mental Health: Perinatal Mood & Anxiety Disorders • Infant Feeding: Resources for Breast & Bottle Feeding
CALL TO ACTION	EXPERT VIDEOS	
<p>Find community where you are and get help if you need it.</p>	<ul style="list-style-type: none"> • New Parents & Social Isolation • Connecting with New Fathers 	

 KEY MESSAGE	 OBJECTIVES	 MORE TOOLS
<p>If you know how children grow, you can show them the way.</p>	<ul style="list-style-type: none"> • Baby Milestones • Tips for modeling behavior 	<ul style="list-style-type: none"> • You Are Your Child's First & Best Teacher: Fostering Lifelong Learning • How to Co-parent Successfully: Partnering after Your Romantic Relationship Ends • Co-parenting Tips for Noncustodial Parents: How To Be There Even When You're Not • Coping after Baby: Perinatal Mental Health • Baby Milestones: Know How Your Baby Grows • Infant Feeding: Resources for Breast & Bottle Feeding
 CALL TO ACTION	 EXPERT VIDEOS	
<p>Learn as much as you can about baby growth and model good behavior for your child.</p>	<ul style="list-style-type: none"> • Couple Relationship & Child Development • Connecting with New Fathers 	






Your Box of Business

 KEY MESSAGE	 OBJECTIVES	 MORE TOOLS
Creating a place for all your records makes accessing services easier.	<ul style="list-style-type: none"> Common records needed to access benefits How to create a BOB 	<ul style="list-style-type: none"> Tracking Down Missing Documents: Where to Get Important Documents Creating Your Box of Business: Staying Organized with Your BOB Co-parenting Tips for Noncustodial Parents: How To Be There Even When You're Not
 CALL TO ACTION	 EXPERT VIDEOS	
Create a safe place to store important records and information.	<ul style="list-style-type: none"> Developing Executive Skills 3 Steps to Better Executive Skills 	

Your Community, Your Tools

 KEY MESSAGE	 OBJECTIVES	 MORE TOOLS
Your community is full of resources to help you get ahead.	<ul style="list-style-type: none"> Types of community resources Tips for finding resources How to follow through on referrals 	<ul style="list-style-type: none"> Getting the Services Your Family Needs: Finding Community Resources OKC Area Community Resources
 CALL TO ACTION	 EXPERT VIDEOS	
Find resources in your community to meet your family's needs.	<ul style="list-style-type: none"> Group Case Management Coaching & Case Management 	

Simple Goal Setting

 KEY MESSAGE	 OBJECTIVES	 MORE TOOLS
Goal setting is simple and helps get you where you want to go.	<ul style="list-style-type: none"> Steps for simple goal setting How to set SMART goals 	<ul style="list-style-type: none"> How to Set Simple Goals: SMART Goals How to Stay Motivated to Reach Your Goals: Keeping Your Eyes on the Prize
 CALL TO ACTION	 EXPERT VIDEOS	
Set simple, SMART goals to get what you want in work, family and life.	<ul style="list-style-type: none"> Goal Setting Goals & Goodness of Fit 	






 KEY MESSAGE	 OBJECTIVES	 MORE TOOLS
<p>Staying focused on your goals takes motivation and help from others.</p>	<ul style="list-style-type: none"> • How to stay motivated to reach a goal • How to create a support network • How to modify the environment to support goal attainment 	<ul style="list-style-type: none"> • How to Set Simple Goals: SMART Goals • How to Stay Motivated to Reach Your Goals: Keeping Your Eyes on the Prize
 CALL TO ACTION	 EXPERT VIDEOS	
<p>Set yourself up for success to keep focused on your goals.</p>	<ul style="list-style-type: none"> • 3 Steps to Better Executive Skills • Goals & Goodness of Fit 	

 KEY MESSAGE	 OBJECTIVES	 MORE TOOLS
<p>WorkForward can help you if you need a job, want a better job or want to keep a great job.</p>	<ul style="list-style-type: none"> • How WorkForward can help with employment goals • Basic steps of WorkForward 	<ul style="list-style-type: none"> • Building a Great Work History: Ready to Succeed? • WorkForward Works for You: Find a Job, Get a Job, Keep a Job • Career Pathways Made Simple: From Job to Career
 CALL TO ACTION	 EXPERT VIDEOS	
<p>Sign up for WorkForward.</p>	<ul style="list-style-type: none"> • Employment Hope • Employment Supports 	

Find a Job, Keep a Job

 KEY MESSAGE	 OBJECTIVES	 MORE TOOLS
<p>Setting a job goal, finding a job and building a good work history are ways to build a brighter future.</p>	<ul style="list-style-type: none"> • How to set an employment goal • Steps to find a job • Tips to build a good work history 	<ul style="list-style-type: none"> • How to Find a Job: Job Search Made Simple • Building a Great Work History: Ready to Succeed? • How Job Benefits Can Help You: Ask Your Employer about Job Benefits • Career Pathways Made Simple: From Job to Career • Job Search Websites
 CALL TO ACTION	 EXPERT VIDEOS	
<p>Set a goal, find a job and keep that job.</p>	<ul style="list-style-type: none"> • Social Capital • Employment Supports 	

Make a Plan for Your Tax Refund

 KEY MESSAGE	 OBJECTIVES	 MORE TOOLS
Making a plan for your tax refund is smart and easy to do.	<ul style="list-style-type: none"> • How to make a plan to use a tax refund • Ways to use a tax refund: prepay a bill, save it, use it to build credit, spend it 	<ul style="list-style-type: none"> • Loans Made Simple: What to Consider • Making a Money Plan: Planning for Every Dollar • Oklahoma Banks that Offer Second-Chance Checking
 CALL TO ACTION	 EXPERT VIDEOS	
Make a plan for your tax refund.	<ul style="list-style-type: none"> • Financial Education • Goal Setting 	

Your Credit Matters

 KEY MESSAGE	 OBJECTIVES	 MORE TOOLS
Having good credit is important and within your control.	<ul style="list-style-type: none"> • What credit is • Why credit matters • How to have good credit 	<ul style="list-style-type: none"> • Loans Made Simple: What to Consider • Checking Your Credit Report: How to Find & Report Errors • How to Read Your Credit Report • Oklahoma Banks that Offer Second-Chance Checking
 CALL TO ACTION	 EXPERT VIDEOS	
Take steps to have good credit or repair bad credit.	<ul style="list-style-type: none"> • Financial Education • Coaching & Case Management 	