

PFL Number: _____

✓	Code	Topic - Safety and Supervision	Supporting Information	Stage	Date of Delivery
	SS1	Smoking – Making Healthy Choices	- Give your Baby a breather - Smoking Cessation Information	Pre-birth	
	SS2	Alcohol and Drugs – Making Healthy Choices	- Rethinking your drinking - The little book of women and drinking	Pre-birth	
	SS3	Healthy Relationships	Local Domestic abuse services information	Pre-birth	
	SS4	Protecting our children	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	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	Meningitis and Septicaemia card	0-5 years	
	SS11	Travelling with your baby	- 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	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	
	PS8	Labour and Delivery		Pre-birth	
	PS9	Interventions during Labour		Pre-birth	
	PS10	Birth Preference		Pre-birth	

✓	Code	Topic - Parental Supports	Supporting Information	Stage	Date of Delivery
	PS11	After the Birth	Advice for parents after the birth, HSE	Pre-birth	
	PS12	Mood Swings and PND	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 & Stress During Pregnancy		Pre-birth	
	RR10	Pelvic Floor		Pre-birth - 12 months	

✓	Code	Topic - Social and Emotional	Supporting Information	Stage	Date of Delivery
	SED1	Getting to know your Baby	0-6 months PFL Developmental Guide	Pre-birth	
	SED2	Becoming a parent		Pre-birth	
	SED3	Becoming a dad		Pre-birth	
	SED4	Attachment & Bonding		Pre-birth	
	SED4a	Attachment - 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	Healthy Eating during Pregnancy	Pre-birth	
	N3	Sugar levels during pregnancy		Pre-birth	
	N4	Weight gain and food safety		0-4 years	
	N5	The right nutrients		Pre-birth	
	N6	Common Pregnancy Complaints		Pre-birth – 12 months	
	N7	Breastfeeding	Breastfeeding, A good Start in Life	0-4 years	

✓	Code	Topic - Nutrition	Supporting Information	Stage	Date of Delivery
	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 Feeding and Sterilising	- How to prepare your baby's bottle feed - Bottle propping information	Pre-birth – 12 months	

✓	Code	Topic - Goals and Aspirations Action Plan	Supporting Information	Stage	Date(s) of Delivery
	N/A	Goals and Aspirations Action Plan	- How to prepare your baby's bottle feed - Bottle propping information	Pre-birth – 5 years	



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✓	Code	Topic - Safety and Supervision	Supporting Information	Stage	Date of Delivery
	SS12	Safe feeding		6 – 12 months	
	SS13	Keeping baby safe	• Safe sleeping for your baby Info	0 – 2 years	
	SS14	Teething		6 months – 2 years	
	SS15	Basic First Aid	• Child Safety wall chart • Child Safety (Traveller) wall chart	0 – 2 years	
	SS16	Safe Rooms Checklist	• Fire Safety at home information • Fire Safety for the Travelling Community at home • Poison prevention guidelines	6 months+	
	SS17	Television and Screen Time	Play pack information and Certificate	0 – 2 years	
	SS19	Soothers	• 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	• Info on local postnatal / parent & baby group	0 - 12 months	
	PS15	Family Planning after child birth		0 - 12 months	
	PS16	Relationships		0 - 12 months	
	PS17	Blended Families and Conflict	• Local support services information	0 – 5 years	
	PS18	Self-care for parents	• My self-care plan		
	PS19	Finding the right childcare		6 months+	
	PS21	Work and 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	• Reducing the risk of cot death	0-6 months	
	RR5	Safety & Sleeping		0-12 months	
	RR6	Sleep		6-12 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 +	

✓	Code	Topic - Nutrition	Supporting Information	Stage	Date of Delivery
	N13	Winding		0–6 months	
	N14	Weaning to solids	• Blender • First 1,000 days • Feeding your baby, Introducing family meals	6-12 months	
	N15	Recipes for weaning		6–12 months	

Reminder:
Did you give the
faces cloth
book?

✓	Code	Topic - Cognitive	Supporting Information	Stage	Date of Delivery
	CD1	Thinking and Learning	• 0-6 month PFL Developmental Milestones	0-3 months	
	CD2	Listening and Talking	• Nursery Rhymes 1	0-3 months	
	CD3	Movement		0-3 months	
	CD4	Movement		3-6 months	
	CD5	Hand-eye coordination	• 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	• 0-6 month PFL Developmental Milestones	6-12 months	
	CD13	Language	• Nursery Rhymes 2	6-12 months	
	CD14	Movement	• Baby walker Information	6-12 months	
	CD15	Hand – Eye Coordination		6-12 months	
	CD16	Playing and Learning	• Action and Rhymes	6-12 months	
	CD18	Developing your child's language		0-2 years	



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Book Alert
Goodnight
Moon book
at age 1

✓	Code	Topic - Safety and Supervision	Supporting Information	Stage	Date of Delivery
	SS18	Teaching your child safety		1 – 5 years	
	SS23	Family Outings	• Be smart, sun smart • Swimming with your child • Fun in the sun fact sheet	1 – 5 years	

✓	Code	Topic - Parental Supports	Supporting Information	Stage	Date of Delivery
	PS20	Activity and Exercise		1 - 2 years	

✓	Code	Topic - Rest and Routine	Supporting Information	Stage	Date of Delivery
	RR7	Sleep		1 - 2 years	

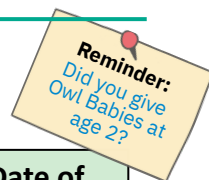
✓	Code	Topic - Social and Emotional	Supporting Information	Stage	Date of Delivery
	SED12	Self-Awareness and Self Assertion		1-2 years	
	SED13	Tantrums and Hurting Others		1-2 years	
	SED14	Biting		1-3 years	
	SED15	Child/Parent relationships		1-4 years	
	SED16	Praise and Self Esteem		1-3 years	

✓	Code	Topic - Nutrition	Supporting Information	Stage	Date of Delivery
	N16	Food Groups		1-5 years	
	N17	Healthy Eating		1-4 years	
	N18	Food labels		1-4 years	
	N19	Smart drinks for Smart Kids		1-5 years	
	N20	Balanced Lifestyle		1-4 years	

✓	Code	Topic - Cognitive	Supporting Information	Stage	Date of Delivery
	CD17	Developing language skills	12 – 18 month PFL Developmental Milestones 18 – 24 month PFL Developmental Milestones	1 -2 years	
	CD19	Listening and Talking		1 -2 years	
	CD20	Listening and Talking Guide		1 -2 years	
	CD21	Movement Guide		1 -2 years	
	CD22	Learning to read		1 -2 years	
	CD23	Reading with 1 and 2 year Olds		1 -2 years	
	CD24	Sensory Play		1 -2 years	
	CD25	Learning Numbers		1 -2 years	



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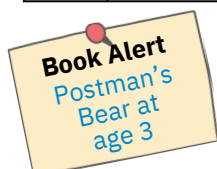


✓	Code	Topic - Safety and Supervision	Supporting Information	Stage	Date of Delivery
	SS23	Understanding TV, Film and Game Ratings		2 – 5 years	
	SS24	Outdoor Play		2 – 5 years	
	SS25	Internet Safety		3 – 5 years	

✓	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	

✓	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	
	SED26	Talking about Death and Dying		2-5 years	
	SED27	Feeling Words		3-4 years	
	SED28	Feeling Wheel		3-4 years	
	SED29	Welcoming a new child to the family		0-4 years	

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



Book Alert
Don't let the pigeon drive the bus at age 4

✓	Code	Topic - Cognitive Development	Supporting Information	Stage	Date of Delivery
	CD26	Early Writing skills		2–4 years	
	CD27	Vocabulary at 2 years	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 and learning outside		2-4 years	
	CD33	Hop, Skip and Jump		2-4 years	
	CD34	Using Scissors	Cutting Exercises	2-4 years	
	CD35	Introducing Maths to your child		2-4 years	
	CD36	Tying Shoelaces		4+ years	

✓	Code	Topic - Transitions to Primary School	Supporting Information	Stage	Date of Delivery
	TPS1	Fine and Gross 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	