**Prenatal Individual Family Support Plan**

Mother’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DOB: \_\_\_\_\_\_\_ Due Date: \_\_\_\_\_\_

Father’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DOB \_\_\_\_\_\_\_

Home Visitor: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_

**Things we want to know about before the baby is born:**

**Check √ choices listed below Date Completed**

Body changes during pregnancy \_\_\_\_\_\_\_\_\_\_\_\_

Ways to relieve the discomforts of pregnancy \_\_\_\_\_\_\_\_\_\_\_\_

Foods I need to eat while I am pregnant \_\_\_\_\_\_\_\_\_\_\_\_

Help to quit smoking \_\_\_\_\_\_\_\_\_\_\_\_

Medicaid and other medical insurance options \_\_\_\_\_\_\_\_\_\_\_\_

Signs of depression and where to get help \_\_\_\_\_\_\_\_\_\_\_\_

Help with alcohol/substance abuse \_\_\_\_\_\_\_\_\_\_\_\_

Ways to make the home baby-safe \_\_\_\_\_\_\_\_\_\_\_\_

Where to go if I need baby supplies, clothes, furniture \_\_\_\_\_\_\_\_\_\_\_\_

How to use safety seats, infant carriers, and strollers \_\_\_\_\_\_\_\_\_\_\_\_

Labor \_\_\_\_\_\_\_\_\_\_\_\_

What are the signs of labor \_\_\_\_\_\_\_\_\_\_\_\_

Difference between false and true labor \_\_\_\_\_\_\_\_\_\_\_\_

What to do if labor starts early \_\_\_\_\_\_\_\_\_\_\_\_

When to go to the hospital or call my doctor \_\_\_\_\_\_\_\_\_\_\_\_

What to take to the hospital \_\_\_\_\_\_\_\_\_\_\_\_

Body changes after the baby is born \_\_\_\_\_\_\_\_\_\_\_\_

Information on birth control/family planning \_\_\_\_\_\_\_\_\_\_\_\_

Breast feeding \_\_\_\_\_\_\_\_\_\_\_\_

Benefits \_\_\_\_\_\_\_\_\_\_\_\_

Support/education on how to breast feed \_\_\_\_\_\_\_\_\_\_\_\_

How to prevent and take care of breast feeding problems \_\_\_\_\_\_\_\_\_\_\_\_

How to collect and store breast milk \_\_\_\_\_\_\_\_\_\_\_\_

Bottle feeding \_\_\_\_\_\_\_\_\_\_\_\_

How to prepare and store infant formula \_\_\_\_\_\_\_\_\_\_\_\_

How to sterilize bottles or other options \_\_\_\_\_\_\_\_\_\_\_\_

How to diaper, dress, and bathe the baby \_\_\_\_\_\_\_\_\_\_\_\_

What to expect after the baby is born \_\_\_\_\_\_\_\_\_\_\_\_

How the baby will change the family’s daily routine \_\_\_\_\_\_\_\_\_\_\_\_

How to know the baby is eating enough \_\_\_\_\_\_\_\_\_\_\_\_

How to respond to the baby’s crying and comfort \_\_\_\_\_\_\_\_\_\_\_\_

Signs of illness, taking a temperature, when to call the doctor \_\_\_\_\_\_\_\_\_\_\_\_

When to give baby food and cow’s milk \_\_\_\_\_\_\_\_\_\_\_\_

How to make baby food \_\_\_\_\_\_\_\_\_\_\_\_

Child immunizations/vaccines \_\_\_\_\_\_\_\_\_\_\_\_

Referrals to community services \_\_\_\_\_\_\_\_\_\_\_\_

Financial assistance  Medical provider  Dental provider

Housing assistance  SNAP  WIC

Counseling  Reading/literacy  Early Head Start

Employment  Transportation  Support groups

Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_