**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: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_