



Family Care Planner

This planner belongs to:



Welcome!

This binder is a Family Care Planner for your parenting journey. It will help you collect and organize information during your pregnancy and after the birth of your baby. The information in this planner is a way for you to share your Family Care Plan with your and your baby's care team. A care team is a group of professionals who are caring for you and your baby. The Family Care Plan is also sometimes called a Plan of Supportive Care or a Plan of Safe Care.

Each part of this planner will help you keep track of appointments, information and resources that are shared with you by your care team. You can also include services you get during your pregnancy and after your baby is born.

Bring this Family Care Planner to each of your appointments and make updates to your Family Care Planner with your care team. This planner was created for YOU. Use it in a way that will meet you and your family's needs.

Congratulations on your new journey!

Tips

- Bring this planner to your and your baby's appointments (during your pregnancy, at birth, and after).
- Keep your planner updated and add information as you get it during your appointments.
- Use the pages in this planner to help you talk to your care team about your questions and needs.
- Ask your care team to make more copies of any of the pages in the planner that you need.
- Change up this planner so that it's helpful to you – you can move around sections or rename tabs.



Two-minute video on what a Family Care Plan is and how to use it.



Electronic version of the information shared in your Family Care Planner.



Links for resources you read about in your planner. You can also find other resource links that can help you during your parenting journey.



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2023

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My Monthly Calendar

Month of: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

My Weekly Calendar

Week of: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Family Care Plan

What is a Family Care Plan?

A Family Care Plan is a useful tool that helps you keep track of the services you are using, and to find new services and programs. A Family Care Plan is for people who are pregnant or who are the parents of a new baby. A Family Care Plan is also sometimes called a Plan of Supportive Care or a Plan of Safe Care.

Who needs a Family Care Plan?

A Family Care Plan is a helpful guide for all new parents and babies. A Family Care Plan is required for babies exposed to drugs and/or alcohol before birth.

When should a Family Care Plan be started?

It is best to start a Family Care Plan during pregnancy to help new parents connect to services and supports that they may need now and after their baby is born. A Family Care Plan is required to be completed after the birth of a baby who was exposed to drugs and/or alcohol in pregnancy including prescribed medication for a substance use disorder.

Who makes a Family Care Plan?

You can start or change your Family Care Plan with the help of people on your care team. A care team is a group of professionals who are caring for you and your baby. Some examples of people who might be on your care team include:

- Doctors
- Midwives
- Nurse Practitioners
- Nurses
- Social Workers
- Mental Health Providers
- Case Managers
- Recovery Coaches
- Parenting Coaches
- Home Visitors
- Addiction Treatment Providers
- Other Caregivers

Who should I share my Family Care Plan with?

During your pregnancy, your Family Care Plan can be shared and worked on together with your care team. Once you're discharged from the hospital, a copy of your plan will be given to your baby's pediatrician/primary care provider. Your Family Care Plan belongs to YOU. This means you choose who else you want to share your plan with. We encourage you to share with everyone on your family's care team so that they can help you as you continue in your own care and your baby's care.

My Family Care Plan

(Also referred to as Plan of Supportive Care or Plan of Safe Care)



I. INTRODUCTION

This Plan helps you keep track of the services you are using, and to find new services and programs. Create your plan with the help of people on your care team. Your plan should be started during pregnancy, and is required to be completed after the birth of your baby. For an electronic version of this form, visit: <https://todayisfor.me/wp-content/uploads/2023/10/family-care-plan-3-overview-template.pdf>

II. DEMOGRAPHIC INFORMATION

Name of Birthing Parent:	Birthing Parent's Medical Providers:
Name of Co-parent:	Infant's Medical Providers:
Name of Infant:	Birthing Parent's Admission Date:
Name of Other Caregiver (if relevant):	Birthing Parent's Discharge Date:
Infant's DOB:	Infant's Discharge Date:
Birthing Parent's Phone Number:	Co-Parent's Phone Number:
Birthing Parent's Health Insurance:	Other Caregiver's Phone Number:
Current Address:	

III. CURRENT SUPPORTS (such as partner/spouse, family/friends, counselor, spiritual faith/community, recovery community, etc.)

--

IV. STRENGTHS AND GOALS (What matters to you? Breastfeeding, parenting, housing, smoking cessation, recovery?)

--

V. HOUSEHOLD MEMBERS

Name	Relationship to Infant	Age

Name	Relationship to Infant	Age

VI. EMERGENCY CHILDCARE CONTACT/OTHER PRIMARY SUPPORTS

Name:	Relationship to Infant:	Phone Number:

VII. IS THE INFANT DISCHARGED IN THE CARE OF SOMEONE OTHER THAN THE BIRTHING PARENT?

Name:	Relationship to Infant:	Court Involvement (Y/N):
Phone Number/Address:		

VIII. NOTES: What else would be helpful to you and your family? (please time/date entries)

IX. SERVICES, SUPPORTS and NEW REFERRALS

	Discussed	Active	Referred	Organization/Contact Name/Phone Number
Consents signed for exchange of PHI				
Health Insurance				
Commercial Insurance				
Medicaid				AmeriHealth Caritas Bright Start Program 1-833-704-1177 NH Healthy Families Smart Start for Babies 1-866-769-3085 Well Sense Health Plan Sunny Start Program 1-855-833-8119
Uninsured / Enrolled in Insurance				
Financial Assistance				
Women, Infants, and Children Program (WIC)				
Temporary Assistance for Needy Families (TANF)				
Family Supports				
Early Supports and Services (FCESS)				
Visiting Nurse Association (VNA)				
Family Resource Center (FRC)				
Home Visiting for Families				
Division for Children, Youth and Families				

<i>Other Healthcare Services</i>				
Lactation Services				
Family Planning				
Parenting Classes				
Safe Sleep Education				
Breastfeeding Education				
Substance Use Education				
<i>Crisis Supports</i>				
NH Legal Assistance				
Safety Advocacy				
Probation/Parole				
<i>Treatment & Recovery</i>				
Mental Health Services				
Alcohol/Drug Treatment				
Drug Court				
Medication for Substance Use Disorder				
Smoking Cessation				
Naloxone (Narcan)				
Recovery Coaching				
Meetings				
<i>Other Supports</i>				
Transportation				
Housing				
Childcare				

X. PARENT/CAREGIVER SIGNATURE

I have a copy of my Family Care Plan. I will share my Plan with my baby's primary care provider, and I will call _____ if I have any questions about following up with the services and supports listed above.

Signature: _____ Date: _____

XI. STAFF SIGNATURE

I, _____ provided _____ with the Family Care Plan upon discharge.

This form complies with NH RSA 132:10-e and NH RSA 132:10-f.

My Contact List

Use this section to keep track of the people who are part of your care team. A separate contact list is included later in this planner where you can include contact information for the people who are part of your baby's care team.

Each contact box included on the next several pages names a person who may be a part of your care team. You may not have appointments with all of the people listed in each of these contact boxes. For any contact person you do not see, you can cross out the contact and replace it with a person you do see. You also can choose to not use that contact box.

You can include the business card for each contact in the sleeve included on each page.

My Contact List

Primary Care Provider:

Practice Name:

Address:

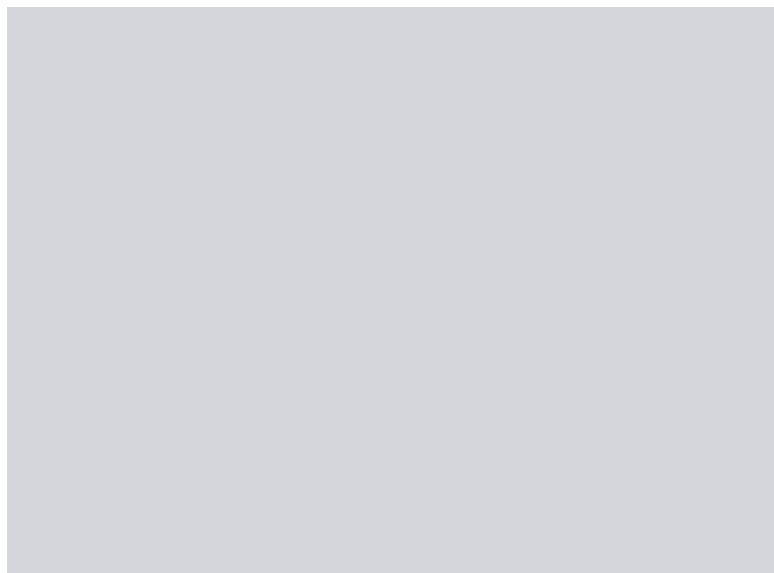
Phone Number:

Prenatal Care Provider:

Practice Name:

Address:

Phone Number:



My Contact List

Medication Assisted Treatment (MAT) Provider:

Practice Name:

Address:

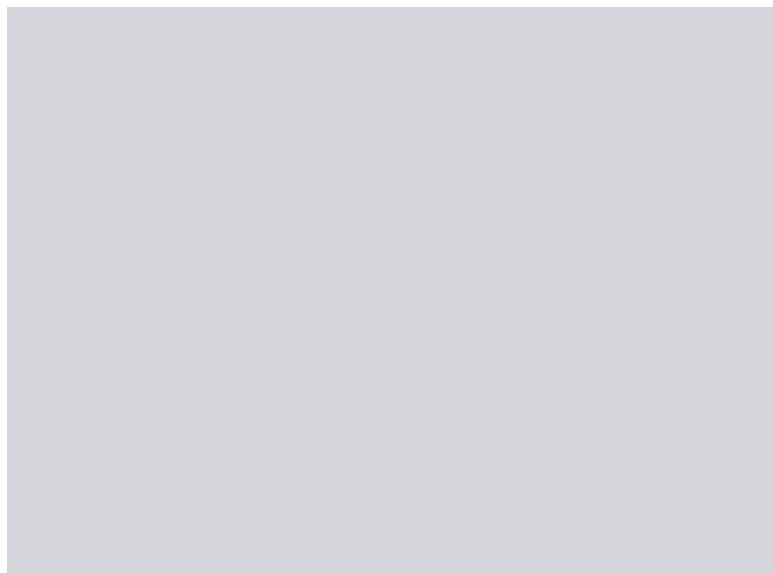
Phone Number:

Addiction Treatment Provider:

Practice Name:

Address:

Phone Number:



My Contact List

Addiction Recovery Coach:

Practice Name:

Address:

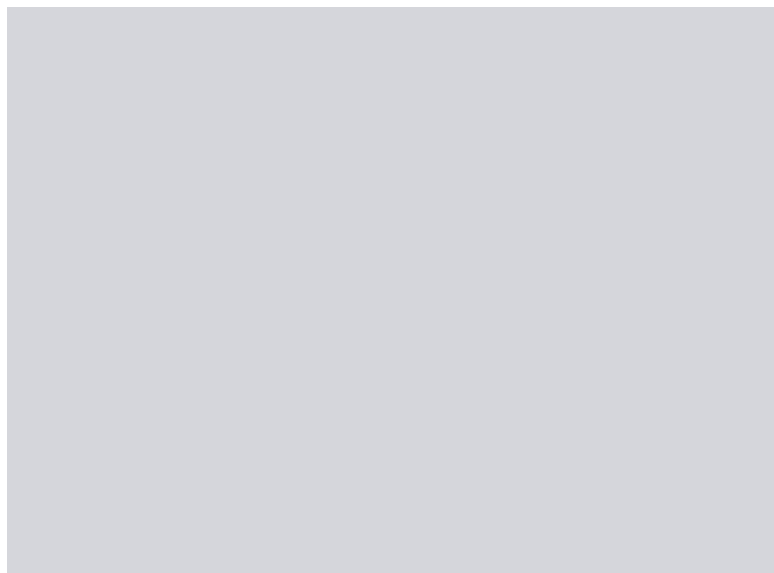
Phone Number:

Therapist:

Practice Name:

Address:

Phone Number:



My Contact List

Psychiatrist:

Practice Name:

Address:

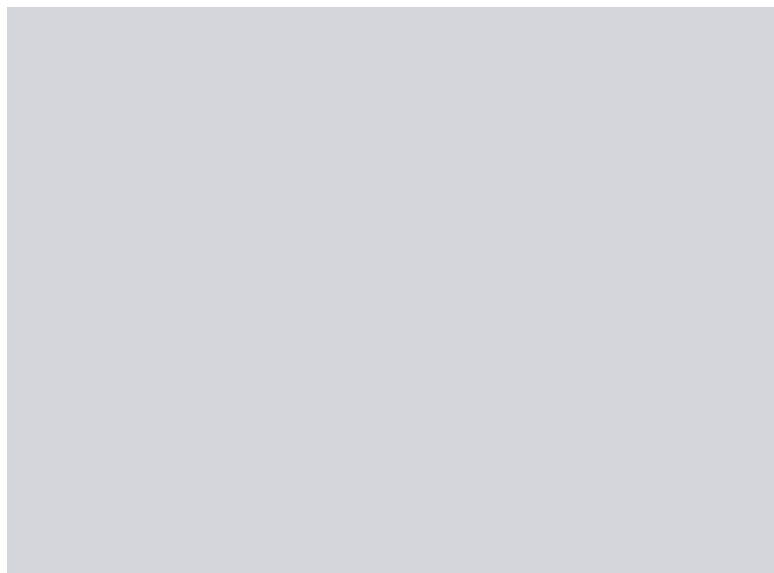
Phone Number:

Visiting Nurse:

Practice Name:

Address:

Phone Number:



My Contact List

Health Insurance:

Practice Name:

Address:

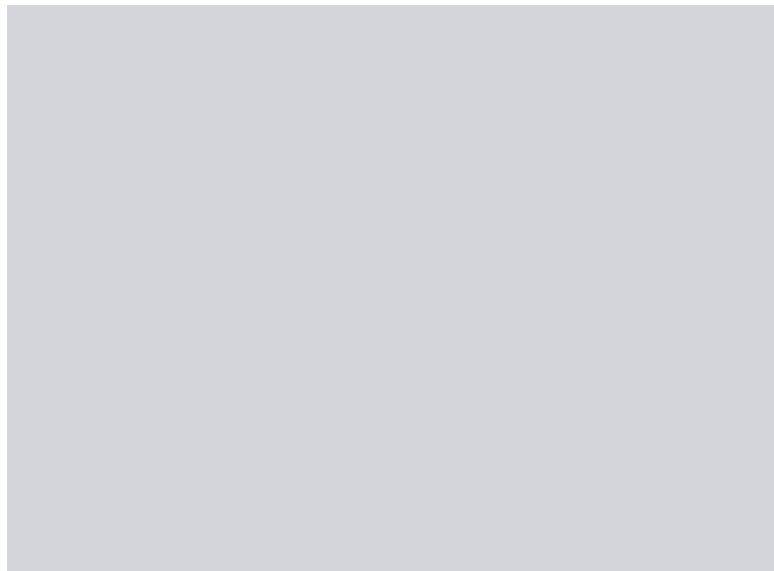
Phone Number:

Community Health Worker:

Practice Name:

Address:

Phone Number:



My Contact List

Lactation Consultant:

Practice Name:

Address:

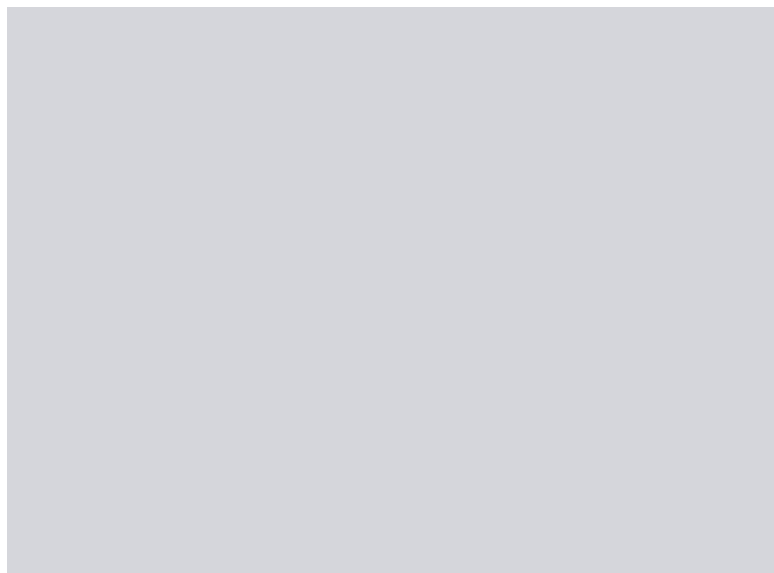
Phone Number:

Other:

Practice Name:

Address:

Phone Number:



My Appointments

Appointment Date: _____ Time: _____

Provider Name: _____

Organization Name: _____

Address: _____

Phone Number: _____

Website: _____

Notes before the appointment

Issues/Concerns: _____

Questions:

1. _____

2. _____

3. _____

After the appointment

To-Do List: _____

Notes: _____

Next Appointment Date: _____ Time: _____

My Medication List



Medication Name	Dose	AM/ PM	Frequency	Prescriber	Notes

Dose: How much and how many you're supposed to take each time you take the medication.
(Example: Two 25 mg pills)

Frequency: How many times per day or week or month you're supposed to take the medication.
(Example: Every 12 hours)

My Allergy List



Allergy Name	Allergy Symptoms	Allergy Medications	Notes

My Pregnancy Information

Who can be part of my care team during pregnancy and how can they help?

Primary Care Provider (PCP)

A PCP is trained in general or family medicine. They can treat many health problems. They also can connect you to other medical help if you need it.

PCPs can take care of pregnant people.

- They can care for you during pregnancy, when you give birth, and after you give birth OR
- They can care for you during pregnancy and connect you with someone to care for you when you give birth, and then care for you again after the birth.

Obstetrician (OB)

An OB is a doctor trained to care for you during pregnancy and when you give birth.

Some OBs are trained to care for pregnancies that are high risk. They are called maternal-fetal medicine specialists, or perinatologists. People may see this type of OB if they:

- Have had a hard pregnancy in the past
- Are having more than one child
- Have other health issues

Certified Nurse-Midwife (CNM)

A CNM is a nurse trained to care for people who are pregnant and when they give birth. They may work with an OB if there are health issues during pregnancy.

Doula

A doula can help pregnant people during their pregnancy and delivery. They also can help when the baby is home after the birth. Doulas can help to make sure giving birth is safe for you. They also can help your care team understand what you want during birth. Doulas do not give medical care, but they know all about pregnancy and birth. They can talk to you about your questions and concerns.

How often should I see my care team when I am pregnant?

It is best for you to show up to all your prenatal appointments. These are a great time to ask questions about your body, your growing baby, and the birth. Your care team can provide care and support, and answer any questions that you have.

Most people follow this schedule for appointments when pregnant:

- One visit every four weeks during weeks 4 - 28
- One visit every two weeks during weeks 28 - 36
- One visit every week during weeks 36 - 40

Every pregnancy is different, and some people may need more appointments.

Pregnancy and parenting comes with many changes to your body and your life. Talk about these changes and how you feel about them with your care team. Ask your care team about signs and symptoms you may need to be aware of. Call your care team immediately if you experience any of those symptoms. Refer to the next page for a list of warning signs.

Pregnant now or within the last year?

Get medical care right away if you experience any of the following symptoms:



Headache that won't go away or gets worse over time



Dizziness or fainting



Changes in your vision



Fever of 100.4° F or higher



Extreme swelling of your hands or face



Thoughts of harming yourself or your baby



Trouble breathing



Chest pain or fast beating heart



Severe nausea and throwing up



Severe belly pain that doesn't go away



Baby's movement stopping or slowing during pregnancy



Severe swelling, redness or pain of your leg or arm



Vaginal bleeding or fluid leaking during pregnancy



Heavy vaginal bleeding or discharge after pregnancy



Overwhelming tiredness

These could be signs of very serious complications. If you can't reach a healthcare provider, go to the emergency room. Be sure to tell them you are pregnant or were pregnant within the last year.

Learn more at www.cdc.gov/HearHer





Pregnancy Journal

A pregnancy journal can help you keep track of things during and after your pregnancy. You can write down your feelings, questions, goals, and what has happened so far. You also can write down how your baby is growing. A journal can help you remember and celebrate this time in your life. A paper journal is on the next page for you to use if you'd like.

Below are free apps in case you prefer to use an electronic tool to track your experiences while you are pregnant and after your baby is born.

- Baby Center Pregnancy and Baby App
- What to Expect App
- 280days: Pregnancy Diary App



Use this QR code to get the app links.

My Pregnancy Journal

Date: _____

Weeks along: _____

How I am feeling today: _____

Questions I have: _____

Reflections/Milestones: _____



My Hospital Bag Checklist



What to Pack in Your Hospital Bag

FOR YOU

DOCUMENTATION	CLOTHES	TOILETRIES	OTHER
ID/Wallet <input type="checkbox"/>	Nursing Bras/Tanks <input type="checkbox"/>	Toothbrush/Toothpaste <input type="checkbox"/>	Nipple Cream <input type="checkbox"/>
Insurance Card (if you have one) <input type="checkbox"/>	Stretchy Joggers/Leggings <input type="checkbox"/>	Face Wash/Face Wipes <input type="checkbox"/>	Pillow <input type="checkbox"/>
Family Care Plan <input type="checkbox"/>	PJs and Robe <input type="checkbox"/>	Deodorant <input type="checkbox"/>	Bath Towel <input type="checkbox"/>
WIC Card <input type="checkbox"/>	Slippers <input type="checkbox"/>	Shampoo <input type="checkbox"/>	Phone Charger <input type="checkbox"/>
Other: <input type="checkbox"/>	Cozy Socks <input type="checkbox"/>	Hair Ties <input type="checkbox"/>	Bluetooth Speaker <input type="checkbox"/>
Other: <input type="checkbox"/>	Going Home Top/Outfit <input type="checkbox"/>	Lip Balm <input type="checkbox"/>	Reusable Water Bottle <input type="checkbox"/>
Other: <input type="checkbox"/>	Other: <input type="checkbox"/>	Lotion <input type="checkbox"/>	Gum/Hard Candy/ Gatorade <input type="checkbox"/>
Other: <input type="checkbox"/>	Other: <input type="checkbox"/>	Glasses/Contacts <input type="checkbox"/>	Snacks <input type="checkbox"/>
Other: <input type="checkbox"/>	Other: <input type="checkbox"/>	Other: <input type="checkbox"/>	Other: <input type="checkbox"/>

FOR YOUR BABY

FOR YOUR SUPPORT PERSON

Car Seat <input type="checkbox"/>	Other: <input type="checkbox"/>	Pillow and Light Sleeping Bag <input type="checkbox"/>	PJs and Changes of Clothes <input type="checkbox"/>
Going Home Outfit <input type="checkbox"/>	Other: <input type="checkbox"/>	Snacks <input type="checkbox"/>	Laptop or Tablet & Charger <input type="checkbox"/>
Bottles (if needed) <input type="checkbox"/>	Other: <input type="checkbox"/>	Reusable Water Bottle <input type="checkbox"/>	Toiletries <input type="checkbox"/>
Health Care Provider Contact Info <input type="checkbox"/>	Other: <input type="checkbox"/>	Other: <input type="checkbox"/>	Other <input type="checkbox"/>

My Postpartum Information

The postpartum part of pregnancy starts after you give birth to your baby. It ends when your body has almost fully recovered from being pregnant. This stage often lasts 6 to 8 weeks.

You will go through a lot of changes after the birth. At the same time, you also are learning how to take care of your new baby.

It is important to take good care of yourself at this time, too.

- **Rest:** Sleep when your baby sleeps. The rest you get may only last a few minutes, but it can help your body.
- **Exercise:** Try to spend some time outside every day. You can begin to walk and do other active things if your care team says it is okay.
- **Food:** Eat healthy foods to help your body recover from giving birth.
- **Support:** Friends and family want to be there for you and your new baby. Ask for help and share what you need.

Most people recover from birth without many problems. Some may need more help from their care team. Please ask your care team for help right away if you need help with how your body is recovering or how you are feeling.

you!
Got
This!

My Community Resources

The following is a list of services and support that can help you and your family.



Use this QR code to get the website links for these supports listed below.

NH Family Resource Centers (FRCs)

FRCs offer parenting classes, child care, and after-school help. They also offer playgroups and support groups for new parents, and help you find other services and programs.

Insurance

Visit NH Easy (nheasy.nh.gov) to get insurance for you and your baby if you do not yet have it. You also can apply for other help here, including cash, nutrition programs, and child care.

Women, Infants & Children Nutrition Program (WIC)

WIC provides healthy food and tips on what to eat and how to breastfeed your baby. WIC provides food packages for those who are breastfeeding and formula for those formula-feeding their babies. Open to people who are pregnant, and those who care for children under 5. You can sign up by going to a WIC clinic (found at www.signupWIC.com), or calling the State WIC Agency at 1-800-942-4321.

Home Visiting

Home visiting programs can be very helpful for pregnant people and parents of a newborn. They can:

- make sure you and your baby are still healthy after you go home from the hospital,
- offer tips on how to be and stay healthy,
- provide support for you after giving birth and as a new parent, and
- can find other help if it is needed.

Temporary Assistance For Needy Families (TANF)

Program that gives cash each month to families with children who qualify.



My Baby's Contact List

Use this section to keep track of the people who are part of your baby's care team.

Each contact box included on the next several pages names a person who may be a part of your baby's care team. Please note, your baby may not have appointments with all of the people listed in each of these contact boxes. For any contact person your baby may not see, you can cross out the contact and replace it with a person your baby does see or you can choose to not use that contact box.

You can include the business card for each contact in the sleeve included on each page.

My Baby's Contact List

Pediatrician/PCP:

Practice Name:

Address:

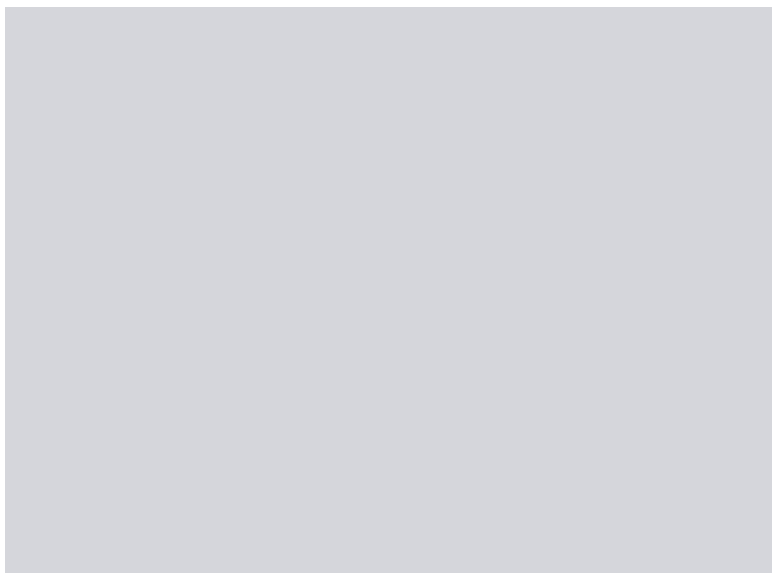
Phone Number:

Case Manager:

Practice Name:

Address:

Phone Number:



My Baby's Contact List

Social Worker:

Practice Name:

Address:

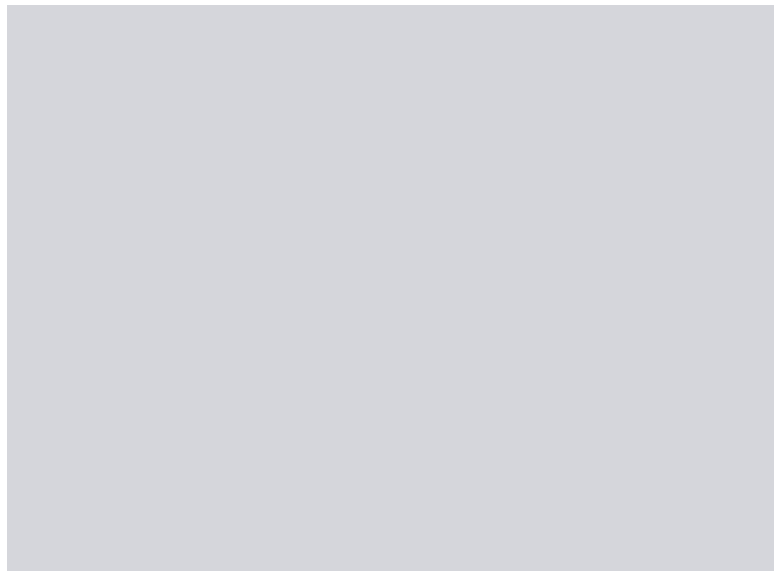
Phone Number:

Lactation Consultant:

Practice Name:

Address:

Phone Number:



My Baby's Contact List

WIC:

Practice Name:

Address:

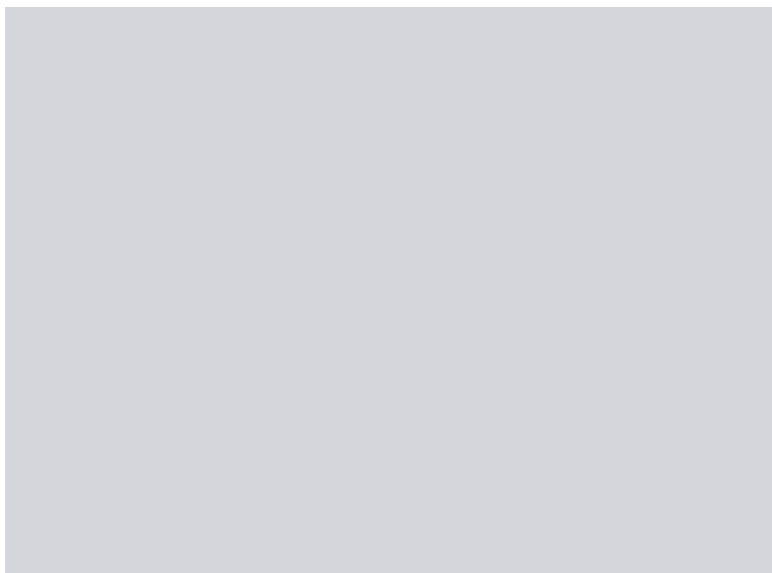
Phone Number:

Family Resource Center:

Practice Name:

Address:

Phone Number:



My Baby's Contact List

Health Insurance:

Practice Name:

Address:

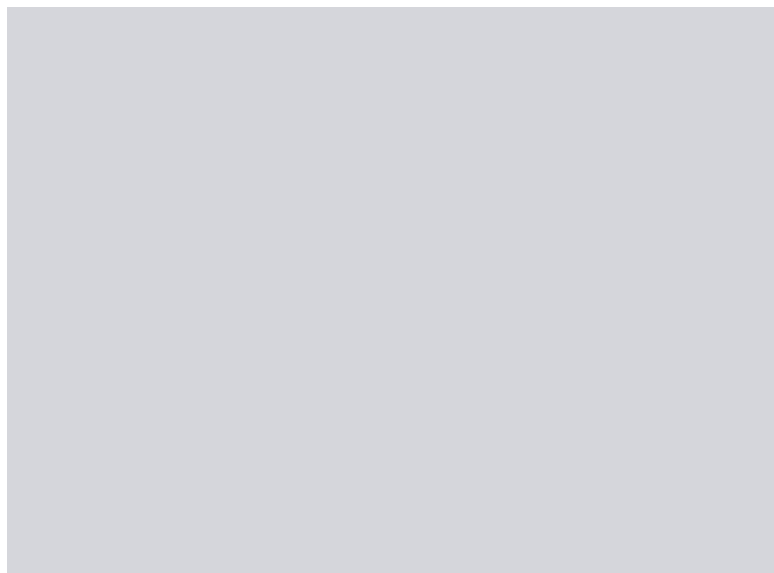
Phone Number:

Other:

Practice Name:

Address:

Phone Number:



My Baby's Appointments

Appointment Date: _____ Time: _____

Provider Name: _____

Organization Name: _____

Address: _____

Phone Number: _____

Website: _____

Notes before the appointment

Issues/Concerns: _____

Questions:

1. _____

2. _____

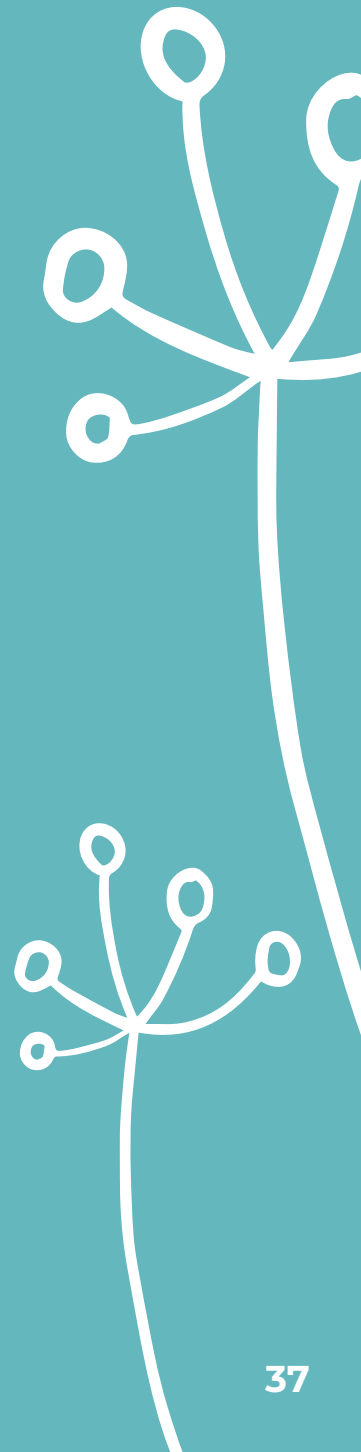
3. _____

After the appointment

To-Do List: _____

Notes: _____

Next Appointment Date: _____ Time: _____



My Baby's Medication List



Medication Name	Dose	AM/ PM	Frequency	Prescriber	Notes

Dose: How much and how many you're supposed to take each time you take the medication.
(Example: Two 25 mg pills)

Frequency: How many times per day or week or month you're supposed to take the medication.
(Example: Every 12 hours)

My Baby's Allergy List



Allergy Name	Allergy Symptoms	Allergy Medications	Notes

My Supplies Checklist



Item	Currently Have	Still Need	Place Who Offer These Supplies/Notes
Crib or Bassinet			
Car Seat			
Diapers/Wipes			
Clothes			
Breast Pump			
Formula			
Bottles and Nipples			
Vitamin D Drops			
Pacifier			
Stroller			
Bibs and Burp Cloths			
Swaddling Blankets			
Infant Bathtub and Toiletries			
Baby Swing/Bouncer			
Baby Toys			
Other:			
Other:			
Where will the baby sleep? Crib or Bassinet:			

Choosing a Provider for My Baby

What is a Primary Care Provider (PCP)?

Your baby will need their own PCP to help make sure they keep being healthy after going home from the hospital. A PCP is trained in pediatric or family medicine. Your baby's PCP can be a pediatrician, which is someone who sees children and teens only. Or, they may be a Family Medicine Care Provider which is someone who sees people of all ages including children.

PCPs:

- Give regular medical care to your baby
- Answer health questions you may have about your baby
- Do tests to make sure your baby is healthy and growing well
- Find and treat common illnesses
- Give your baby the shots they will need

When should I start looking for a PCP/Pediatrician for my baby?

You should start looking for a PCP/pediatrician while pregnant. This gives you enough time to pick one without rushing. It also makes sure that you are able to get an appointment soon after your baby goes home from the hospital. In some clinics you may have to wait a long time to be seen.

How do I pick the right PCP for my baby?

If you can pick your PCP, think about the following tips to help you choose.

Tips for picking a PCP:

- Talk to friends, family, and other parents to see which PCPs they trust.
- Find a PCP who knows about local services and resources.
- Find a PCP who listens, speaks with you clearly, and is caring and friendly.
- Find a PCP who is available when you can see them and need them.





Questions to Ask Your Baby's Provider

How do I reach you outside of scheduled appointments? Do you answer questions by email? Do you accept calls for non-emergency questions? If I leave a message, how long does it usually take you to return the call?

What if my baby gets sick when the office is closed? How are off-hour medical concerns handled?

What hospitals do you work with? If my baby has to go to the hospital, where would they be taken?

Caring for Your Baby:

Making the Most of Your Time in the Hospital

Congratulations on your pregnancy and/or birth of your new baby.

As a new parent, you have many decisions to make to keep your baby safe and healthy. Our team will work with you and your baby to provide the best care possible. This information will help you learn how to care for your baby who is at risk for Neonatal Abstinence Syndrome (or NAS) due to exposure to an opioid during the pregnancy.

What is Neonatal Abstinence Syndrome (NAS)?

NAS is when a baby withdraws from opioids after birth. It is also called Neonatal Opioid Withdrawal Syndrome (NOWS). Most babies show signs of withdrawal 2 – 3 days after birth but some may not show signs for 4 – 5 days. Your baby should stay in the hospital until most of the symptoms are gone.

What are the most common signs of NAS?

Babies with NAS might have:

- Tremors, jitters or shaking of arms and legs
- Tight muscles in arms and legs
- Fussiness
- Problems eating or sleeping
- Problems consoling or calming down
- Need to suck when not hungry
- Frequent spit ups or vomiting
- Loose or watery stools (poops)
- Losing too much weight or not gaining enough weight (after day 4)

Stopping breathing or seizures are possible but very rare.

How will I work with the hospital staff to care for my baby?

While in the hospital, you are your baby's primary caregiver. When you provide the care, your baby does the best. We are here to support you and help you take care of your baby. Together we will,

- Monitor your baby for at least 4 – 5 days for problems with eating, sleeping or calming down (consoling).
- Learn to help your baby with problems eating, sleeping or consoling.
- Determine if your baby needs medication for problems eating, sleeping, or consoling, or with other problems such as breathing.

How to Assess Your Baby for NAS

Together we will check your baby every few hours for signs of withdrawal. A good time to check is after you feed your baby, so let your nurse know when you are done. Use the Newborn Care Diary (see next section) to track:

- How well your baby eats, sleeps and consoles.
- The things that help your baby feel calm like holding, skin-to-skin contact, swaddling, sucking, a calm room.
- How your baby's stools (poops) look.

How can I help my baby?

Pay attention to what makes your baby feel calm. You can help your baby feel safe and comfortable by doing the following:

Share your room (rooming in): Keep your baby close to you so you can respond quickly to your baby's crying or hunger cues.

Skin-to-Skin contact: Have lots of skin-to-skin contact with your baby while you are awake. This helps:

- reduce withdrawal symptoms,
- your baby feel calm and eat and sleep better,
- increase your milk supply when breastfeeding.

Swaddle/Cuddle: Hold your baby close or use a light blanket to swaddle.

Create a calm room: Keep your room quiet and calm by dimming lights, avoiding loud noise and limiting visitors. When talking, use a soft, quiet voice.

Feed your baby often: Feed your baby at the earliest signs of hunger or around 3 hours. Avoid going more than 4-hours between feedings. Breastfeeding is the best option for your baby unless you can't for medical reasons.

Sucking: After feeding, offer your baby a clean finger or pacifier to suck on.

Rhythmic Movement: Slowly and gently rock your baby up and down or side-to-side.

Undisturbed sleep/clustering care: Give your baby time to sleep undisturbed between feedings. The best time for your nurse or doctor to assess your baby is when they are awake and fed.

Take care of yourself: Stay well rested so you can care for your baby. While in the hospital, ask your nurse or a volunteer cuddler for help when you need a rest, nap or break. When at home, ask family and friends for help.

Limit visitors: Have one or two visitors at a time as more may make your baby fussy or not sleep as well.

Safe Sleep: Make sure you are always wide awake when holding your baby. Ask someone else to hold or calm your baby when you are sleepy or need a break.

What happens if my baby needs medicine to treat NAS?

Every baby is different; some may need only one dose of medicine while others might need to be treated for 10 – 14 days or longer. It is important for you to be with your baby the entire time, so you need to plan ahead:

- Pack clothing and personal items for at least a week.
- Have at least one friend/family member with you to help care for your baby while in the hospital.
- Find someone to care for your other children and pets while you are away.
- Ask your nurse or doctor for help talking with your loved ones about why your baby might need to stay longer in the hospital.

When can I bring home my baby?

Your baby's healthcare team will decide when it is safe to bring home your baby. Your baby can go home after all the medication or drugs are out of their body and most of the symptoms are gone – or at least 4 – 5 days. Your baby can go home when they:

- Are feeding and sleeping well
- Are easy to console
- Are gaining weight or not losing too much weight
- Are maintaining a healthy temperature, heart rate and breathing
- Have completed all newborn screening
- Have received hepatitis B vaccine
- No longer need medicine for NAS, if it was started

What should I do to help my baby when we get home?

- Make an appointment to have a visiting nurse or primary care provider see your baby within a few days to check weight and NAS symptoms.
- Make an appointment with Early Intervention Services to help monitor your baby's growth and development.
- Follow-up on the referrals made in your Family Care Plan (Plan of Supportive Care or Plan of Safe Care) for community supports and services. You and your baby's healthcare team will work on this plan while you are in the hospital.

My Newborn Care Diary

Baby's Name: _____ Days of Age: _____ Baby's Med Record #: _____

Eating				Sleeping			Consoling	Voiding / Stooling		Extra Comments
Time of baby's feeding (start to finish)	Breast feeding (total # minutes)	Bottle feeding (total # mL)	Was baby able to feed well within 10 min of showing hunger? (If no, please describe)	Time when baby fell asleep	Time when baby woke up	Did baby sleep for one hour or more? (If no, please describe)	Did baby console within 10 min & stay consoled for at least 10 min? (If no, please describe)	Check box for pee	Check box for poop (please describe)	Share any extra symptoms you have seen or concerns/needs that you have to help care for your baby

This content was developed by Bonny Whalen, MD and the staff at the Children's Hospital at Dartmouth-Hitchcock and The Northern New England Perinatal Quality Improvement Network (NNEPQIN).

My Consents & Releases Of Information Overview

What is a release of information?

A release of information form lets one person on your or your baby's care team talk to or share information about your care with another person. They do this so that they can help take care of you and your baby. You will be asked to sign a form that says what personal information can and cannot be shared with others. Your care team will always ask you if it is okay to share information before they share. Sharing information with the people on your care team helps them support you.

What is a consent form?

A consent form is a form that your care team will ask you to sign so they can do something to help in your and your baby's care. Someone on your care team may ask you to sign a consent form to do a procedure or to collect or share information. Your signature means you understand what is being asked and agree to any possible risks.

Do I have to sign a release of information or consent forms?

You do not have to sign these forms if you do not want to. However, signing these forms can benefit you and your baby. With both forms, it is important to understand what you are being asked to sign and what information the provider wants to share.

Can I cancel a release of information or consent form?

Yes. You can let the care team know you want to cancel either form at any time. This will mean you no longer give permission for what was agreed to on the form originally.

My Consents & Releases of Information Log

This document will help you keep track of the consents and release of information forms you sign with your care team. You should get a copy of any consent or release of information form you sign. You can list the forms you signed in this log and store each form in this section of your planner. This can help you keep track of your forms.

Date	Consent or Release?	Organization/Provider



Budget Tools

Having a baby is exciting, but it can also be expensive. Use tools to help you keep track of your income, expenses and savings. A paper budget form is on the next page.

Below is a list of free online budgeting tools in case you prefer to use an electronic option to track your expenses.

- Money Helper
- Budget Calculator



Use this QR code to get the budget tool website links.



Budget Form

Income (may include: paychecks, social security, child support, other benefits):	INCOME SOURCE: _____
	INCOME SOURCE: _____
	INCOME SOURCE: _____

Expenses

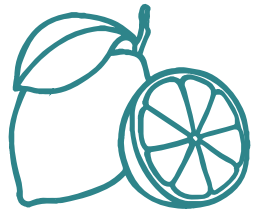
HOUSING EXPENSES	OWED	PAID	MONTHLY LIVING EXPENSES:	OWED	PAID
Rent	\$	\$	Groceries/Restaurants	\$	\$
Electric	\$	\$	Cell Phone	\$	\$
Gas	\$	\$	Internet	\$	\$
Oil	\$	\$	Child Care	\$	\$
Subscriptions	\$	\$	Vet/Pet	\$	\$
Other:	\$	\$	Other:	\$	\$

Personal Expenses

Infant Supplies	\$	\$	Car Payment	\$	\$
My Medications	\$	\$	Car Insurance	\$	\$
Infant Medications	\$	\$	Gas	\$	\$
Laundry	\$	\$	Public Transportation	\$	\$
Other:	\$	\$	Other:	\$	\$

Monthly Summary

TOTAL INCOME		
TOTAL EXPENSES		
BUDGET GOALS		



Grocery Plan

This plan can be used to write down the meals you want to prepare during the week.

Week/Month of:							
	SUN	MON	TUES	WED	THURS	FRI	SAT
BREAKFAST							
LUNCH							
DINNER							
SNACKS							
OTHERS							

Grocery List



Week/Month of:			
FRUITS		GRAINS (BREADS, PASTAS, RICE, CEREALS)	
DAIRY		VEGETABLES	
PROTEIN FOODS (MEAT, SEAFOOD, BEANS AND PEAS, NUTS, EGGS)		OTHER	
Put a star (*) next to items you can use WIC for Put a hashtag (#) next to foods you can use food stamps for			