

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:

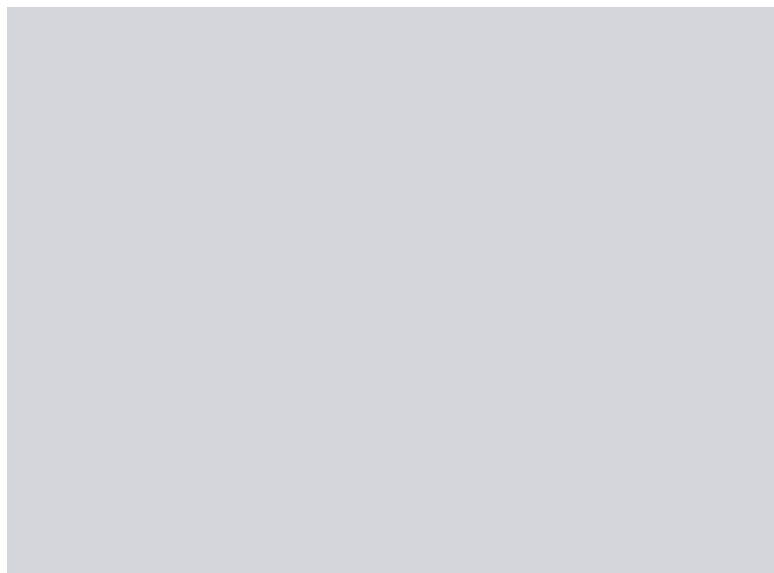
Phone Number:

Prenatal Care Provider:

Practice Name:

Address:

Phone Number:



My Contact List

Medication Assisted Treatment (MAT) Provider:

Practice Name:

Address:

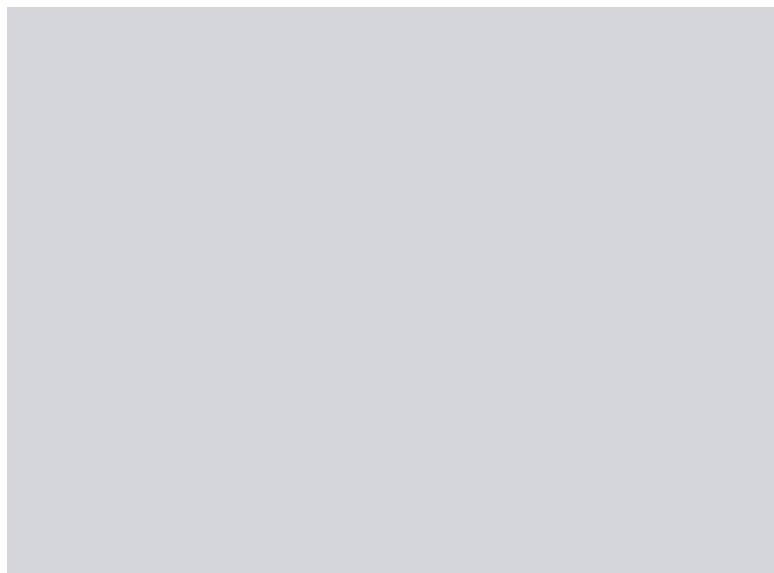
Phone Number:

Addiction Treatment Provider:

Practice Name:

Address:

Phone Number:



My Contact List

Addiction Recovery Coach:

Practice Name:

Address:

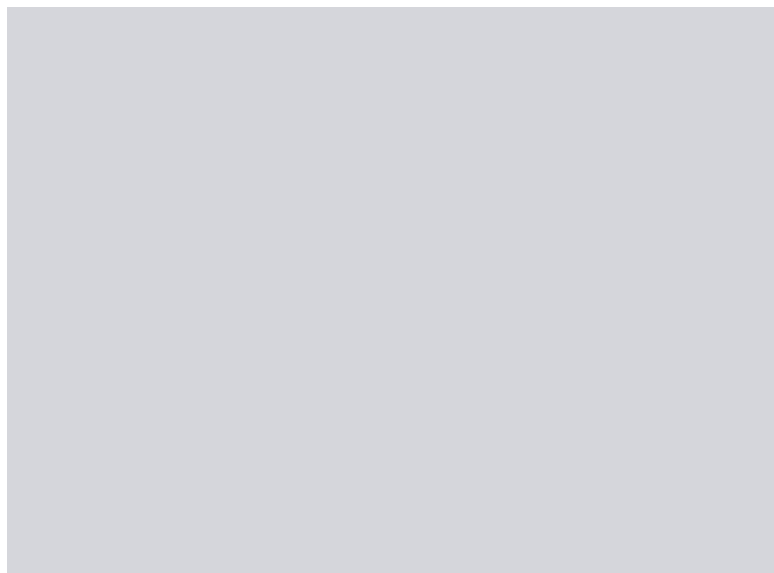
Phone Number:

Therapist:

Practice Name:

Address:

Phone Number:



My Contact List

Psychiatrist:

Practice Name:

Address:

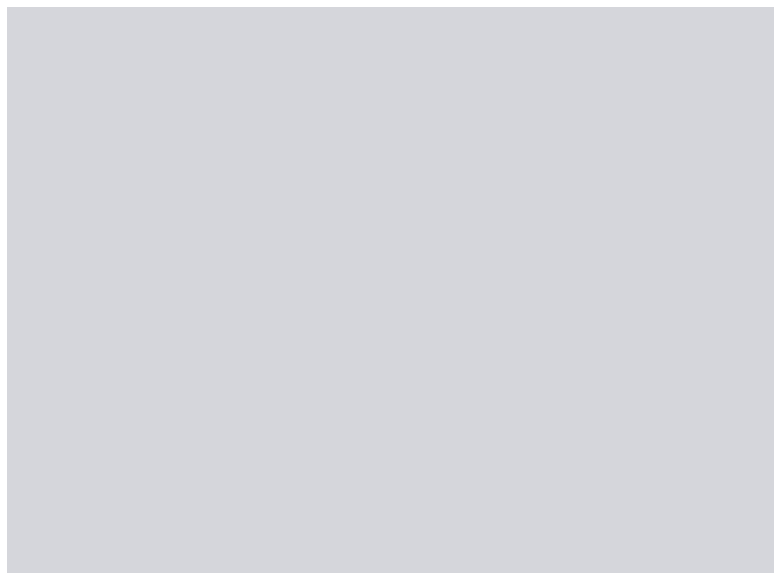
Phone Number:

Visiting Nurse:

Practice Name:

Address:

Phone Number:



My Contact List

Health Insurance:

Practice Name:

Address:

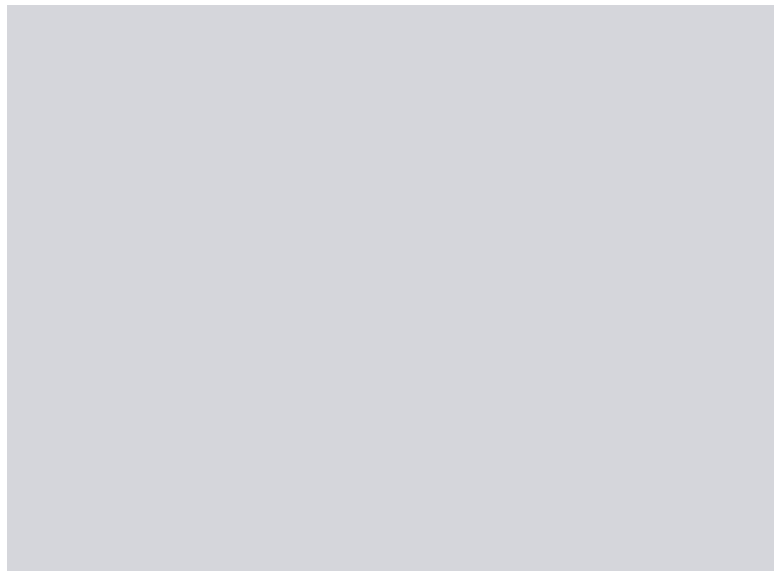
Phone Number:

Community Health Worker:

Practice Name:

Address:

Phone Number:



My Contact List

Lactation Consultant:

Practice Name:

Address:

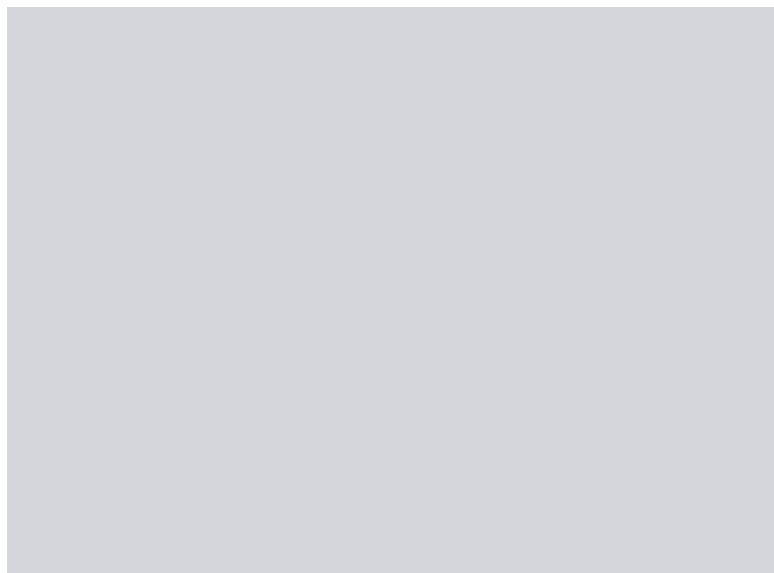
Phone Number:

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



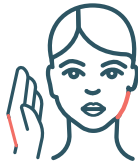
Dizziness or fainting



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.