



# 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.