

Baby Basics Education Checklist

Name: _____

Date: _____

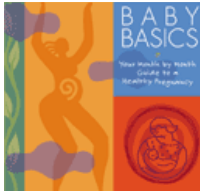
All new OB patients despite gestational age:

Initial	Date	Page (Eng)	(Spanish)	Topic
		5	5	Prenatal Care
		9	9	Find a Birth Friend
		16	16	WIC
		25	25	Make A Healthy Baby–Do’s and Don’ts
		31-32	30-31	If a Smoker
		33	32	Alcohol
		34-35	33	Drugs
		36	34	Abuse
		37	35	Trust Your Instincts
		38	36	Stay Safe
		237-252	235-248	What to Eat
		292	286	When to Call Doctor

6 – 8 weeks gestation (2nd month)

Initial	Date	Page (Eng)	(Spanish)	Topic
		24	24	Your Changing Body
		45	43	A Look at Your Baby
		47	45	Make a Healthy Baby
		52-53	50-51	Nausea Tips
		57	55	Don’t Douche
		60	58	Mood Swings





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8 - 12 weeks gestation (3rd month)

Initial	Date	Page (Eng)	(Spanish)	Topic
		67-70	65-68	The 3rd Month
		237-252	248-255	Review—What to Eat

12 - 16 weeks gestation (4th month)

Initial	Date	Page (Eng)	(Spanish)	Topic
		89-91	87-89	The 4th Month
		95-101	93-99	Exercise—refer to physician for permission to exercise

16 - 20 weeks gestation (5th month)

Initial	Date	Page (Eng)	(Spanish)	Topic
		111-113	109-111	The 5th Month
		292	286	Review—When To Call Doctor

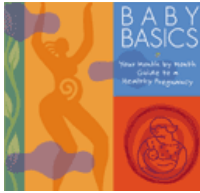
20 - 24 weeks gestation (6th month)

Initial	Date	Page (Eng)	(Spanish)	Topic
		131-133	129-131	The 6th month
		158-160	156-158	Preterm Labor

25 - 28 weeks gestation (7th month)

Initial	Date	Page (Eng)	(Spanish)	Topic
		147-149	145-147	The 7th month
		140-141	138-139	Birth Method, Pain Relief in Labor
		162	160	Braxton-Hicks, Hiccups, Skin Problems





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29 - 30 weeks gestation (7th month)

Initial	Date	Page (Eng)	(Spanish)	Topic
		147-159	145-147	The 7th Month (if not already covered)
		154-157	152-156	Breastfeeding

31 - 32 weeks gestation (8th month)

Initial	Date	Page (Eng)	(Spanish)	Topic
		169-171	167-169	The 8th month
		175-178	173-176	Late Pregnancy Know & Do

33 - 34 weeks gestation (8th month)

Initial	Date	Page (Eng)	(Spanish)	Topic
		169-171	167-169	The 8th month (if not already covered)
		179-181	177-179	Bringing Baby Home

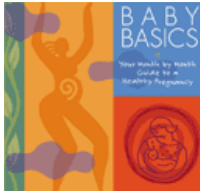
35 - 36 weeks gestation (9th month)

Initial	Date	Page (Eng)	(Spanish)	Topic
		187-189	185 -187	The 9th month
		193-200	191-198	Labor

37 weeks gestation (9th month)

Initial	Date	Page (Eng)	(Spanish)	Topic
		187-189	185-187	The 9th month (if not already covered)
		201	199	Fetal Monitors, Catheters, Inductions
		202-203	200-202	Birth





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38 weeks gestation

Initial	Date	Page (Eng)	(Spanish)	Topic
		205-207	203-208	C-section

39 weeks gestation

Initial	Date	Page (Eng)	(Spanish)	Topic
		217-222	215-220	What's Happening at Term

40 weeks gestation

Initial	Date	Page (Eng)	(Spanish)	Topic
		226-231	224-229	Postpartum

Comments:

