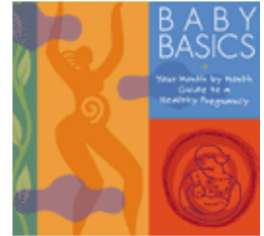


# BABY BASICS PROGRAM

## Baby Basics Health Education Checklist



This checklist is organized by appointments/prenatal visits and designed as a quick reference tool for practitioners using the Baby Basics book and planner with Moms.

Patient Name: \_\_\_\_\_

Date: \_\_\_\_\_

### First appointment: All New OB Patients (regardless of gestational age)

Initial	Date	Page	Topic
		5	Prenatal Care
		9	Find a Birth Friend
		16	WIC
		25	Make a Healthy Baby- Do's And Don'ts
		31-32	Smoking
		33	Alcohol
		34-35	Drugs
		36	Abuse
		37	Trust Your Instincts
		38	Stay Safe
		237-252	What to Eat
		295	When to Call Your Doctor

### 2<sup>nd</sup> Month Appointment (6-8 weeks gestation)

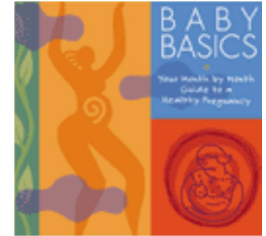
Initial	Date	Page	Topic
		45	A Look At Your Baby
		46	Your Changing Body
		47	Make A Healthy Baby
		52-53	Nausea Tips
		57	Don't Douche
		60	Mood Swings

### 3<sup>rd</sup> Month Appointment (8-12 weeks gestation)

Initial	Date	Page	Topic
		67-69	A Look at Your Baby, Your Changing Body, & Make a Healthy Baby
		70	Weight Gain during Pregnancy
		237-252	Review- What to Eat

# BABY BASICS PROGRAM

## Baby Basics Health Education Checklist



### 4<sup>th</sup> Month Appointment (12-16 weeks gestation)

Initial	Date	Page	Topic
		89-91	A Look at Your Baby, Your Changing Body, Make a Healthy Baby
		95-101	Exercise ( Refer Mom to her Physician for permission to exercise)
		102	Ultrasound

### 5<sup>th</sup> Month Appointment (16-20 weeks gestation)

Initial	Date	Page	Topic
		111-113	A Look at Your Baby, Your Changing Body, Make a Healthy Baby
		123-125	Special Pregnancy Concerns
		295	Review- When to Call Your Doctor

### 6<sup>th</sup> Month Appointment (20-24 weeks gestation)

Initial	Date	Page	Topic
		131-133	A Look at Your Baby, Your Changing Body, Make a Healthy Baby
		137-141	Getting Ready for Labor and Delivery

### 7<sup>th</sup> Month Appointment (1<sup>st</sup> of 2) (25-28 weeks gestation)

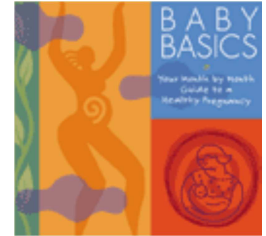
Initial	Date	Page	Topic
		147-149	A Look at Your Baby, Your Changing Body, Make a Healthy Baby
		140-141	Birth methods, Pain Relief during Labor
		158-160	Preterm Labor
		162	Braxton Hicks-Hiccups, Skin Problems

### 7<sup>th</sup> Month Appointment (2<sup>nd</sup> of 2) (29-30 weeks gestation)

Initial	Date	Page	Topic
		147-149	(If not already covered)A Look at Your Baby, Your Changing Body, Make a Healthy Baby
		154-157	Breastfeeding

# BABY BASICS PROGRAM

## Baby Basics Health Education Checklist



### 8<sup>th</sup> Month Appointment (1<sup>st</sup> of 2) (31-32 weeks gestation)

Initial	Date	Page	Topic
		169-171	A Look at Your Baby, Your Changing Body, Make a Healthy Baby
		175-178	Getting Ready for Labor and Delivery- Things to Know & Do

### 8<sup>th</sup> Month Appointment (2<sup>nd</sup> of 2) (33-34 weeks gestation)

Initial	Date	Page	Topic
		169-171	A Look at Your Baby, Your Changing Body, Make a Healthy Baby (If not already covered)
		179-181	Bringing Baby Home

### 9<sup>th</sup> Month Appointment (1<sup>st</sup> of 4) (35-36 weeks gestation)

Initial	Date	Page	Topic
		187-189	A Look at Your Baby, Your Changing Body, Make a Healthy Baby
		193-200	Labor and Delivery

### 9<sup>th</sup> Month Appointment (2<sup>nd</sup> of 4) (37 weeks gestation)

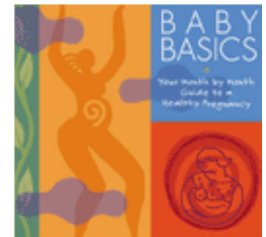
Initial	Date	Page	Topic
		187-189	A Look at Your Baby, Your Changing Body, Make a Healthy Baby (If not already covered)
		189	Am I in Labor?
		201	Fetal Monitors, Catheters, Inductions
		202-204	Birth

### 9<sup>th</sup> Month Appointment (3<sup>rd</sup> of 4) (38 weeks gestation)

Initial	Date	Page	Topic
		205-207	C-Sections

# BABY BASICS PROGRAM

## Baby Basics Health Education Checklist



### 9<sup>th</sup> Month Appointment (4<sup>th</sup> of 4) (39-40 weeks gestation)

Initial	Date	Page	Topic
		217-220	A Look at Your Baby, Your Changing Body, Make a Healthy Baby
		226-231	Postpartum
		221-222, 232-233	Baby's first checkup

### Additional Topics Covered

Initial	Date	Page	Topic

**Notes:**

If there are additional topics that you would like to see in Baby Basics, please e-mail us at [info@whattoexpect.org](mailto:info@whattoexpect.org) and let us know!