



Essentials

Having access to food, water, housing, transportation, clothing, baby supplies, and other things essential to living.

☐ **Health Services**

- ☐ Prenatal care
- ☐ Primary health/medical care for chronic/acute illness
- ☐ Family planning counseling/birth control
- ☐ Mental health/emotional Health
- ☐ Substance Abuse (drugs, alcohol)
- ☐ Tobacco cessation
- ☐ Domestic violence (services/support/shelters)
- ☐ Dental care, Brush Up for Baby
- ☐ Childbirth education
- ☐ Exercise or physical activity program
- ☐ Nutrition counseling or education
- ☐ Health education
- ☐ STI/HIV testing
- ☐ Weight loss or weight control program

☐ **DHS, Medicaid, Legal Services, Taxes, Housing Assistance**

- ☐ Medicaid
- ☐ Cash assistance
- ☐ Childcare assistance
- ☐ Child support payments
- ☐ Legal help
- ☐ HUD – (Section 8, rent assistance)
- ☐ Tax filing assistance

☐ **Life Skills**

- ☐ Employment referrals
- ☐ Job training
- ☐ Education, school re-entry/GED/vocational training
- ☐ Financial management

☐ **Household needs**

- ☐ Food
- ☐ Furniture
- ☐ Clothing
- ☐ Misc. resources
- ☐ Transportation assistance
- ☐ Utility assistance

☐ **Child and Family Related Services**

- ☐ Adoption Services
- ☐ Baby/child supplies (clothes/diapers/furniture/items)
- ☐ Breastfeeding support (classes, breast pumps, education)
- ☐ Early childhood development (developmental delays – Early On)
- ☐ Early childhood education (Baby Scholars, Early Head Start, etc.)
- ☐ Father support/events/education
- ☐ Immunizations
- ☐ Lead poisoning information/assistance
- ☐ WIC

☐ **Parenting education/support**

☐ **Family Activities/Outings**

☐ **Other:** _____

Notes: _____



Physical Self-Care

Taking care of your body. Practicing physical self-care can help you feel healthy and give you energy.

- ☐ **Eat healthy/nutritious foods.**
- ☐ **Drink water.**
- ☐ **Take a prenatal vitamin every day, as recommended by your health care provider.**
- ☐ **Get regular moderate physical activity, as advised by your health care provider.**
- ☐ **Get enough sleep.**
- ☐ **Avoid alcohol use.**
 - ☐ Safety plan
 - ☐ Referral to treatment
- ☐ **Avoid smoking or vaping tobacco or marijuana**
 - ☐ Quit plan
- ☐ **Avoid second-hand smoke.**
- ☐ **Avoid addictive substances such as street drugs.**
 - ☐ Safety plan
 - ☐ Referral to treatment
- ☐ **Manage chronic conditions (self-management).**
 - ☐ Hypertension
 - ☐ Diabetes
 - ☐ Depression/Anxiety
 - ☐ Urgent Maternal Warning Signs
 - ☐ Asthma
- ☐ **Make a reproductive health plan.**
 - ☐ Family Planning/Reproductive Life Plan
 - ☐ Testing for HIV/AIDS, and other STIs
- ☐ **Practice oral health.**
- ☐ **Safety from physical violence.**
 - ☐ Relationship safety plan
- ☐ **Have a prenatal medical home and practice prenatal care.**
 - ☐ Count fetal kicks (kickcounts.org)
 - ☐ Insurance coverage
 - ☐ Go to prenatal appointments
 - ☐ Go to postpartum visit
 - ☐ Seek medical care when sick during pregnancy
 - ☐ Healthy practices during pregnancy
 - ☐ Healthy weight gain during pregnancy
 - ☐ Know dangers of medication use during pregnancy
 - ☐ Know the signs of preterm birth
 - ☐ Know what to expect with your changing body during pregnant
 - ☐ Know what to expect at prenatal visits
 - ☐ Attend birthing classes
- ☐ **Have a primary care medical home after birth.**
 - ☐ Insurance coverage
 - ☐ Transition to primary care after birth
 - ☐ Go to first new patient visit
 - ☐ Go to wellness visit
 - ☐ Seek medical care when sick (after birth)
- ☐ **Practice hand washing to prevent illness**

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Emotional Self-Care

Handling stress and changes in life. Practicing emotional self-care can help you get to know yourself better and feel happier.

- ☐ **Practice relaxation techniques to manage stress. You can try thinks like:**
 - ☐ Deep breathing
 - ☐ Nurturing yourself
 - ☐ Practicing mindfulness
 - ☐ Practicing gratitude
 - ☐ _____
 - ☐ _____
- ☐ **Exercise.**
- ☐ **Understand how childhood experience could be affecting you.**
- ☐ **Build family and partner relationships.**
- ☐ **Set boundaries. It's okay to say "no."**
- ☐ **Eat healthy and improve sleep.**
- ☐ **Make time to rest/sleep.**
- ☐ **Engage in activities that bring you joy and fulfillment. You can try:**
 - ☐ Laughing and singing
 - ☐ Going outside
 - ☐ _____
 - ☐ _____
- ☐ **Be prepared for exhaustion and emotional challenges the first few weeks after birth.**
- ☐ **Be prepared for coping with Baby Blues and recognizing signs of depression.**
- ☐ **Talk about stress and demands of parenting a new baby.**
- ☐ **Set realistic expectations about parenting.**
- ☐ **Create a help list to manage stress.**
- ☐ **Talk about concerns with your CHW**
- ☐ **Talk about recovering from a difficult or unplanned birth experience.**
- ☐ **Seek support from mental health professionals.**
 - ☐ Mental Health Safety Plan (SB)
 - ☐ National 988 Suicide and Crisis Lifeline: Call, Text or Chat 988: <https://988lifeline.org/>
 - ☐ National Maternal Mental Health Hotline: Call or text 1-833-TLC-MAMA: <https://mchb.hrsa.gov/programs-impact/national-maternal-mental-health-hotline>

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Social Self-Care

Building good relationships with other people. When you practice social self-care you can get closer to friends and family, make new friends, and feel like you belong.

- ☐ **Encourage father or father figure support.**
 - ☐ Referral to Fatherhood program
- ☐ **Create a support system for labor and delivery.**
- ☐ **Create a support system for after giving birth.**
- ☐ **Build a support network.**
- ☐ **Engage with birthing persons, parents with young children, or others with similar experiences.**
- ☐ **Volunteer your time for a cause that is important to you.**
- ☐ **Improve your relationships with co-workers.**



Spiritual Self-Care

Thinking about yourself and your place in the world. Practicing spiritual self-care can help you feel a sense of purpose and personal growth.

- ☐ **Reflect on and live out personal beliefs and values.**
- ☐ **Spend time in nature.**
- ☐ **Pray or meditate.**
- ☐ **Set aside time for reflecting, thinking, and/or journaling.**
- ☐ **Attend church, religious, or spiritual ceremonies.**
- ☐ **Participate in cultural traditions.**
- ☐ **Find what nourishes your soul.**

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Intellectual Self-Care

Keeping your mind active and learning new things. When you practice intellectual self-care, you can feel excited about life and learn about things you love.

- ☐ **Learn or practice a hobby.**
- ☐ **Take a class to learn new things unrelated to work or school.**
- ☐ **Recognize personal strengths.**
- ☐ **Read articles and books.**
- ☐ **Solve puzzles.**
- ☐ **Play games.**
- ☐ **Try new things.**
- ☐ **Engage in creative and/or artistic activities.**



Financial Self-Care

Managing your money and resources. Practicing financial self-care can help you plan for the future.

- ☐ **Create a budget.**
 - ☐ Track your expenses.
 - ☐ Set financial goals for the future.
 - ☐ Meet with a financial advisor.
- ☐ **Attend job trainings.**
- ☐ **If eligible, claim both the federal and state Earned Income Tax Credit, also known as “The Working Families Tax Credit (EITC),” when filing individual income tax returns.**
- ☐ **Maintain a healthy work life balance.**
- ☐ **Create a resume.**
- ☐ **Go to school for a:**
 - ☐ GED
 - ☐ College degree
 - ☐ Skilled trade
- ☐ **Acknowledge, use, or improve professional skills.**
- ☐ **Take on interesting and rewarding projects.**
- ☐ **Participate in Michigan State University (MSU) Extension Money Management or Home Ownership classes.**

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Infant Health and Safety

Safe environment, nutrition/feeding, safe sleep, and finding a medical home.

- ☐ **Read, sing, and talk to baby while in the womb.**
- ☐ **Learn about and practice nutrition/feeding.**
 - ☐ Create a breastfeeding plan.
 - ☐ Understand best practices for formula and bottle feeding
- ☐ **Discuss reasons for a C-section.**
- ☐ **Know what to do if baby stays in the NICU.**
- ☐ **Learn about and use safe sleep practices.**
- ☐ **Have a proper car seat that is installed correctly.**
- ☐ **Have a medical home for yourself.**
- ☐ **Talk, sing, and read to infant/kids.**
- ☐ **Learn about and make sure your baby has their immunizations.**
- ☐ **Have an infant medical home.**
- ☐ **Set a daily care routine.**
- ☐ **Baby proof the house.**
- ☐ **Learn about:**
 - ☐ Fetal development
 - ☐ Child development
 - ☐ How to tell if your baby is sick
 - ☐ How to change a diaper
 - ☐ How to bath your baby
 - ☐ Infant oral health
 - ☐ Feeding your infant solid foods
 - ☐ Gun safety
 - ☐ Lead poisoning
 - ☐ Fire hazards and carbon monoxide poisoning
 - ☐ Pregnancy loss

Notes: _____
