

# Prenatal Education Checklist

*(Please check off only those topics covered by staff)*

Infant mortality rates for African Americans are more than double that of the United States as a whole. A Black woman living in Miami-Dade County is two and a half times more likely than her white neighbor to have her baby die. This checklist was created to cover those topics essential to improving pregnancy outcomes and reducing the infant mortality rate.

Name:

Last

First

Middle

## 1<sup>st</sup> Trimester

DATE COMPLETED  
& INITIAL

- Healthy Start screening & services, WIC, community resources
- Prenatal screening/testing, ultrasound, genetic diseases
- Sexual activity, STI prevention
- Diet & exercise
- Environmental hazards, diseases, vaccinations
- Alcohol, tobacco, drugs, OTCs, herbs
- Emotional health: stress, depression, domestic violence

## 2<sup>nd</sup> Trimester

DATE COMPLETED  
& INITIAL

- Nutrition & weight gain
- Seat belts
- Hypertension
- Diabetes
- Pre-term labor
- Travel
- Pregnancy discomforts, danger signs: when to call

# PRENATAL EDUCATION RECORD *(continued)*

## 3<sup>rd</sup> Trimester

- Fetal movement monitoring
- Childbirth preparation, classes
- Birth plan: pain management, C/section, VBAC
- Pediatrician, breastfeeding
- Family medical leave
- Danger signs: when to call
- Labor signs: when to call

DATE COMPLETED  
& INITIAL

## Postpartum

- Post-delivery self-care (cesarean or vaginal birth)
- Resuming sex
- Family planning, baby spacing
- "Baby blues" and postpartum depression
- Baby safety: car seats, sleep positioning, pediatric care
- Annual gynecology visits & interconceptional health

Comments

DATE COMPLETED  
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