



PRENATAL FILE

Table of Contents

Name:	Expected Due Date:	
FAMILY SERVICES		
Commitment to Child, Family and Staff Well-Being		
Exchange of Information	(NCR)	(as needed)
Family Partnership Agreement		
Mobility Mentoring Bridge		
Prenatal Wellness Assessment		
Nutrition Referral	(NCR)	(as needed)
Mental Health Referral	(NCR)	(as needed)
PRENATAL AND PREGNANCY INFORMATION		
Directions For My Daily Food Plan And My Daily Food Pl	an	
Neurotoxins: Substances That Can Harm Your Unborn E	Baby	
Invisible Dangers To Your Child's Brain		
How Smoke Harms Young Children		
The Effects Of Substance Abuse On Child Development		
Prenatal Attachment		
Why Breastfeed		
How Long Will I Breastfeed?		
Coping With Stress		
Relaxation Breathing And Other Ways To Release Stress		
What Moms Should Know About Dads		
FIRST TRIMESTER		
Prenatal Care: What To Expect—The First Trimester		
Your Unborn Baby's Development: First Trimester, 1-2	Months	
Your Unborn Baby's Development: First Trimester, 3 Mo	onths	
SECOND TRIMESTER		
Prenatal Care: What To Expect—The Second Trimester		
Your Unborn Baby's Development: Second Trimester, 4	Months	
Your Unborn Baby's Development: Second Trimester, 5	Months	
Your Unborn Baby's Development: Second Trimester, 6	Months	





THIRD TRIMESTER	
Prenatal Care: What To Expect—The Third Trimester	
Your Unborn Baby's Development: Third Trimester, 7 Months	
Your Unborn Baby's Development: Third Trimester, 8 Months	
Your Unborn Baby's Development: Third Trimester, 9 Months	
Be Ready For Your Next Pregnancy	
Heling To Prevent Child Abuse	
Don't Shake Your Baby	
Safe Sleep For Your Baby	
Planning For Our Baby's Birth	
My Birth Plan	
Baby Blues? Or Something More	
Adjusting After Your Baby's Birth	
Family Support For Maternal Depression	
After Giving Birth Pamphlet	
Tips On Breastfeeding	
AFTER BABY IS BORN	
Two Week Visit	
Two-Week Well Child Exam	
Referral For Post-Partum Mental Health Screening (NCR) (as	needed)
w Am I Feeling? PAT handout—If declines post-partum screening referral	
Enroll Child In Program (at 1 month old)	