

Appendix B: Client Support

HOW CAN YOUR NURSE SUPPORT YOU?

I would like support for:

- o Getting Medicaid/WIC/Food Stamps
- o Scheduling pregnancy appointments
- o Accessing transportation
- o Finding affordable/nutritious food
- o Finding stable housing
- o Finding a counselor
- o Lowering my stress
- o Working to quit smoking
- o Finding drug or alcohol treatment
- o Dealing with an abusive relationship
- o Finding resources for my other children
- o Setting goals for myself/my family
- o Other:

I would like to find:

- o Doula or pregnancy support
- o Childbirth or Lamaze classes
- o Baby supplies
- o Job-seeking support
- o English As A Second Language classes
- o Childcare
- o Playgroups
- o Support groups for moms
- o Other:



I wish I knew more about:

- o What to expect during pregnancy
- o What to eat during pregnancy
- o Making a birth plan
- o Labor and Delivery
- o How my baby grows and learns
- o Baby care
- o Birth control and family planning
- o Breastfeeding
- o Healthy relationships
- o Reducing stress
- o Child support
- o Immunizations
- o Making my home safe for my baby
- o Other

Everything is okay right now, but I would like:

- o Someone to check on the progress of my pregnancy
- o Someone to check on my baby's development
- o Someone to talk to
- o Other