Appendix E: Client Support

How can your nurse support you?

I would like support for:

☐ Getting Medicaid/WIC/Food Stamps

☐ Scheduling pregnancy appointments

☐ Accessing transportation

☐ Finding affordable/nutritious food

☐ Finding stable housing

☐ Finding a counselor

☐ Lowering my stress

☐ Working to quit smoking

☐ Finding drug or alcohol treatment

☐ Dealing with an abusive relationship

☐ Finding resources for my other children

☐ Setting goals for myself/my family

☐ Other: _____

I would like to find:

☐ Doula or pregnancy support

☐ Childbirth or Lamaze classes

☐ Baby supplies

☐ Job-seeking support

☐ English As A Second Language classes

☐ Childcare

☐ Playgroups

☐ Support groups for moms

☐ Other:_____

I wish I knew more about:

☐ What to expect during pregnancy

☐ What to eat during pregnancy

☐ Making a birth plan

☐ Labor and Delivery

☐ How my baby grows and learns

☐ Baby care

☐ Birth control and family planning

☐ Breastfeeding

☐ Healthy relationships

☐ Reducing stress

☐ Child support

☐ Immunizations

☐ Making my home safe for my baby

☐ Other_____

Everything is okay right now, but I would like:

☐ Someone to check on the progress of my pregnancy

☐ Someone to check on my baby's development

☐ Someone to talk to

☐ Other: _____