### 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 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: ___________________________

- **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: ___________________________

- **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: ___________________________