

Beginnings Guides Reflective Questions
Pregnancy Guide Booklet #1 • Weeks 0-12
First 3 months

This is not a test. These questions help you think about what you know and what you are learning about being a mother. You are the expert.

1. **Keys to a Healthy Baby** on the back of your Poster or on Pages 2 and 3
Start with the list of **Things to Do to have a healthy baby**

The things that I have started doing to have a healthy baby are

The one that is hardest for me is _____

2. **Call for Help. Warning signs tell you when to call your doctor or midwife** Page 3

Some changes I've already seen in my body are

3. **Warning Signs** on the back cover and **Warning Signs Card**

Write in your doctor's name and phone number so you can find it when you need it

Some warning signs I might call my doctor or nurse about are

A good place I can keep this book so I can find it easily is

I'll carry the Warning Signs Card in _____

It's not homework. It's heartwork.

4. *Call for Help. Are you safe at home?* Page 3

Is anyone hurting you? _____

The people I can count on who care about me now are

Someone I can ask for help is _____

5. *Things NOT to Do* Page 4

The things on this list that I already do NOT do are _____

The one that is hardest for me is _____

A first step I can take toward NOT doing that is _____

Beginnings Guides Reflective Questions

Pregnancy Guide Booklet #2 • Weeks 13 -17

This is not a test. These questions help you think about what you know and what you are learning about being a mother. You are the expert.

1. Look at ***Gain Weight! Your baby needs it*** on pages 24-25

My baby needs me to gain weight because _____

So far I have gained _____ pounds. Check one: This is just right, too little, too much

I am having trouble gaining weight because _____

I worry about gaining too much weight because _____

2. Look at ***Foods to choose*** on page 26

My baby needs me to eat well because _____

3. Now think about exercise. Go to ***Exercise guide for moms-to-be*** pages 27-29

My baby needs me to be active because _____

Things I already do to be active are

Clean house Chase children Walk to work or school or store

Things I can do to be more active are

Beginnings Guides Reflective Questions

Pregnancy Guide Booklet #3 • Weeks 18-21

This is not a test. These questions help you think about what you know and what you are learning about being a mother. You are the expert.

1. Look at page 35 ***Your changing body***

Change I have noticed in my body are

What I'm worried about is

2. Look at the rest of the booklet. It's all about **pregnancy changes**.

Other things that have changed in my life are

Things that have changed in my family are

Things that have changed in my relationship with my baby's father are

3. Look at page 42-43 ***Pregnancy coping skills***

The people I can turn to for help are

They help me by _____

Sometimes I don't ask for help when I need it because _____

It's not homework. It's heartwork.

A time that I asked someone for help and it worked was _____

My baby needs me to learn how to ask for help because _____

To get the help I need now, I will _____

Beginnings Guides Reflective Questions

Pregnancy Booklet #4 • Weeks 23-27

This is not a test. These questions help you think about what you know and what you are learning about being a mother. You are the expert.

1. Look at page 46 *Notice Babys kicks*

I feel my baby kick or move when I

My baby is most active _____

When I feel my baby move, I feel _____

2. Look at pages 47-50 *Self care for discomforts*

Discomforts I'm having now are

Things that make me feel better are

Someone I can talk to about these discomforts is

 or

3. Now think about the man (men) in your life. Look at page 51 *We are pregnant*

The man (or men) in my life is (are) responding to my pregnancy by

It's not homework. It's heartwork.

His (their) response makes me feel _____

One way I've tried to make my pregnancy real to him(them) is _____

4. Lets think about early contractions. Look at pages 54-55
You can feel contractions and *Warning signs of preterm labor*

I'll know I'm having early contractions if

My baby needs me to know the warning signs of preterm labor because

Warning signs I have experienced are

When I notice I have a warning sign, I will _____

If I'm not sure what I'm feeling is really a warning sign, I will _____

5. Find the **Warning Signs Card**. Fill it out if you have not already done so

My baby needs me to have this card with me all the time.

A way I can keep it with me and find it easily is

Some warning signs that tell me to call my doctor are

Beginnings Guides Reflective Questions

Pregnancy Booklet #5 • Weeks 28-Birth

This is not a test. These questions help you think about what you know and what you are learning about being a mother. You are the expert.

1. Lets talk about *getting ready for your baby's birth*

To be ready for my baby's birth, I need **got it**

Car seat – Page 64

Baby clothes, blankets, diapers

Get to know the hospital – page 59

Choose my baby's doctor – page 59

To be ready for my babys birth, I want to learn about **learned it**

Pain relief

How to ask for what I need

How to stay calm

What to do if my face swells
Page 48, booklet 4

Circumcision – page 64

2. Look at pages 62 and 63 *Breast feeding is best*

What I want to learn about breast feeding is _____

I can learn this by _____

It's not homework. It's heartwork.

3. Look at pages 71 *Who do you want to be with you during labor?*

Someone I want to be with me during my labor and birth is

The person who will take me to the hospital is

If they are not available I will

4. Now look at pages 72 and 73 *Are you in labor? Walk to find out*

I will know it is time to go to the hospital when

Beginnings Guides Reflective Questions

Pregnancy Booklet #6 • First weeks at home

This is not a test. These questions help you think about what you know and what you are learning about being a mother. You are the expert.

1. Look at the cover and pages 77-79 ***Self-care for your body and your baby***

When I imagine bringing my baby home for the first time I feel _____

The kind of help I will need is _____

The person(s) who will help me is (are) _____

As soon as my baby is born my body will change again. Some of the changes I might see

are _____

2. Now look at pages 83 and 84 ***Emotional changes***

My feelings will be changing again, too. Some ways I might feel are

My check-up appointment is set for _____, _____ at _____

Day

Date

Time

3. Go to page 85 ***Mother's Warning Signs***

I will call my doctor if I see _____

It's not homework. It's heartwork.

4. Now look at pages 80 –82 ***Breast feeding takes practice***

The way I plan to feed my baby is _____

If I have trouble or questions about feeding my baby I will talk to

_____ or _____

My baby will need to eat about every _____ hours.

To take care of my baby this often I will need to take care of myself by

5. Look at pages 92 and 93 ***Remember, Baby Back to Sleep***

The way I will put my baby down to sleep is _____

Other people I need to tell to always put my baby on his or her back to

sleep are _____

6. Go to page 95 ***Before Baby is 2 weeks old***

Even if my baby is not sick, I will take her or him to the doctor for a

well baby check-up by _____ when he is _____ old.
Date Weeks

7. On the back cover find ***Baby's Warning Signs***

Write in your baby's doctor's name and phone number.

Some things I will call my baby's doctor about are _____
