

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

Visit # _____ Dates _____ Weeks gestation _____

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

Purposes

Validate strengths

↑ self-efficacy
Set tone for relationship

The one that is hardest for me is _____

Create a teachable moment
Set stage for responsive teaching
Mother self-identifies needs
Validate difficulty

2. ***Call for Help***

Warning signs tell you when to call your doctor or midwife

Page 3 Ask your client to read aloud. We remember about 10%
of what we hear and 70% of what we say.

Some changes I've already seen in my body are

↑ self-monitoring
Apply info to self

Mother self-identifies needs

Think

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:

Link
Permission to report

↑ self-efficacy

√ comprehension

& Respond
↑ learning skills

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

Apply info to self

↑ planning, organizing skills

I'll carry the Warning Signs Card in _____

Convey importance of info
↑ self-efficacy
Apply info to self

Name _____ DOB _____ Visitor _____

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

Is anyone hurting you? _____

Introduce abuse, mandatory reporting

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

Identify support network
Permission to ask for help

Someone I can ask for help is

Problem solving

5. Things NOT to Do Page 4

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

Validate strengths
↑ self-efficacy

The one that is hardest for me is

Set stage for responsive teaching
Create a teachable moment
Apply info to self

A first step I can take toward NOT doing that is

Name _____ DOB _____ Visitor _____

Beginnings Guides Reflective Questions
Pregnancy Guide Booklet #2 • Weeks 13 -17

Visit # _____ Dates _____ Weeks gestation _____

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

Purposes

My baby needs me to gain weight because _____

↑ self-efficacy

Set weight goals

So far I have gained _____ pounds.

Check one: This is [] just right, [] too little, [] too much

I am having trouble gaining weight because _____

Identify barriers
Validate difficulty

I worry about gaining too much weight because _____

One thing I can do to gain enough, but not too much weight is _____

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

Think

My baby needs me to eat well because _____

Link to self
Promote attachment

Things that make it hard for me to eat healthy are

One change I can start making now is

& Respond

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

My baby needs me to be active because _____

See baby as separate being with
own needs

Promote attachment

Name _____ DOB _____ Visitor _____

Things I already do to be active are

Clean house Chase children Walk to work or school or store

Validate strengths

Things I can do to be more active are

Problem solving
↑ self-efficacy

Name _____ DOB _____ Visitor _____

Beginnings Guides Reflective Questions
Pregnancy Guide Booklet #3 • Weeks 18-21

Visit # _____ Dates _____ Weeks gestation _____

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

Changes I have noticed in my body are

What I'm worried about is

What I need to know about that is

What I want to do is

Purposes

Think

Make pregnancy, baby real

Set stage for responsive teaching

Link

& Respond

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

Link

↑ self-observation skills

Link

Manage relationships

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

The people I can turn to for help are

Identify supporters

Link

Name _____ DOB _____ Visitor _____

They help me by _____ Identify types of support

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

A time that I asked someone for help and it worked was _____ Link
↑ problem solving
↑ maternal reflective function

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

To get the help I need now, I will _____ & Respond

Name _____ DOB _____ Visitor _____

Beginnings Guides Reflective Questions
Pregnancy Booklet #4 • Weeks 23-27

Visit # _____ Dates _____ Weeks gestation _____

1. Look at page 46 ***Notice Babys kicks***

Purposes

I feel my baby kick or move when I

↑ self-monitoring
Promote attachment

My baby is most active _____

When I feel my baby move, I feel _____

Reflection

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

Discomforts I'm having now are

Think
Self-identify needs

Things that make me feel better are

Link

Someone I can talk to about these discomforts is

& Respond

_____ or _____

The next thing I want to try is

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

Think

Manage relationships

His (their) response makes me feel _____

Link

Name _____ DOB _____ Visitor _____

One way I've tried to make my pregnancy real to him is _____ Link

The way he (they) feel(s) about my pregnancy now is _____ & Respond

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 _____ ✓ comprehension

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

Warning signs I have experienced are _____ ↑ self-monitoring

When I notice I have a warning sign, I will _____ ↑ self-efficacy

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 _____ ↑ learning skills

My baby needs me to have this card with me all the time. A way I can _____ ↑ planning skill

keep it with me and find it easily is _____ ↑ organizing skill

Some warning signs that tell me to call my doctor are _____ ✓ comprehension

Beginnings Guides Reflective Questions
Pregnancy Booklet #5 • Weeks 28-Birth

Visit # _____ Dates _____ Weeks gestation _____

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

Purposes

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

↑ planning, organizing skills

[✓] = **Got it**

Car seat – Page 64

[]

Baby clothes, blankets, diapers

[]

Get to know the hospital – page 59

[]

Choose my baby's doctor – page 59

[]

The first thing I will do is _____

To be ready for my baby's birth, I want to learn about

Validate learning

[✓] = **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

[]

First I want to learn about _____

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

What I want to learn about breast feeding is _____

Promote breastfeeding

I can learn this by _____

↑ problem solving
and learning skill

I will start by _____

Name _____ DOB _____ Visitor _____

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

Identify supporters

The person who will take me to the hospital is

↑ planning, organizing skill
↑ self-efficacy

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 _____ ✓ comprehension

When I think I might be in labor. I will

Name _____ DOB _____ Visitor _____

Beginnings Guides Reflective Questions
Pregnancy Booklet #6 • First weeks at home

Visit # _____ Dates _____ Weeks gestation _____

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

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

The kind of help I will need is _____ Link

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

As soon as my baby is born my body will change again. Some of the

changes I might see are _____ Self-monitoring
√ comprehension

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

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

My check-up appointment is set for _____, _____ at _____ ↑ planning, organizing skills
Day Date Time

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

I will call my doctor if I see _____ ↑ self-efficacy

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

The way I plan to feed my baby is _____ ↑ self-efficacy

If I have trouble or questions about feeding my baby I will talk to
_____ or _____ ↑ planning skill

My baby will need to eat about every _____ hours. √ comprehension

To take care of my baby this often I will need to take care of myself by
_____ Think, Link & Respond

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

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

Other people I need to tell to always put my baby on his or her back to
sleep are _____ Manage relationships

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

Even if my baby is not sick, I will take him to the doctor for a
well baby check-up by _____ when he is _____ old.
Date Weeks ↑ planning skill

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

Write in your baby's doctor's name and phone number. ↑ planning skills
↑ learning skills

Some things I will call my baby's doctor about are _____ √ comprehension
_____ ↑ self-efficacy

If I'm not sure my baby is sick, I will
