

We're Prepared!

Helping families get off to a great start! Use this tool to build support, learn what to expect, and share your wishes with your care team.

My Name _____ **Signature** _____

I grant permission to the hospital staff to alert my care providers (marked below) when I leave the hospital.

<p style="text-align: center;">Build My Team</p> <p>Discuss this sheet with each person and mark the checkbox</p>	My Champion(s): _____	DISCUSSED <input type="checkbox"/>	<p>POSTPARTUM APPOINTMENTS</p> <p>DATE _____</p> <p>DATE _____</p> <p>DATE _____</p> <p>DATE _____</p> <p>DATE _____</p>
	My Hospital: _____	<input type="checkbox"/>	
	My Doctor/Midwife: _____	<input type="checkbox"/>	
	My Baby's Doctor: _____	<input type="checkbox"/>	
	My WIC: <input type="checkbox"/> N/A	<input type="checkbox"/>	
	My Home Visitor: <input type="checkbox"/> N/A	<input type="checkbox"/>	
	Other: _____	<input type="checkbox"/>	

REFERENCE	PRACTICES	MY HOSPITAL	I'M PREPARED & WANT	I RECEIVED
Get Ready	Let Labor Begin on its Own	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Comfort During Labor	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fall In Love	Skin-to-Skin Right After Birth	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Magical First Hour Without Interruptions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Help with Baby's First Feed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Delayed Routine Procedures	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Keep Baby Close	Keep My Baby in the Room with Me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Continued Skin-to-Skin	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	My Quiet Hours: FROM ____:____ AM TO ____:____ AM	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Learn My Baby	Feed My Baby on Cue	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Comforting My Baby	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Nourish	Help Learning How to Breastfeed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Help Learning How to Hand Express Milk	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Protect Breastfeeding	No Pacifiers or Bottles	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	No Formula (Unless Medically Necessary)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

HOSPITAL STAFF: Please fill in form and fax to approved community agency, like WIC.

FAXED

Baby's Name: _____

At Discharge Baby Has Been: Breastfed Formula Fed Combination

Birthdate: ____ / ____ / ____ Gestational Age: _____

Notes: _____

Birth Weight: _____ Length: _____ Head Circ.: _____

Mom's Post-Partum HCT/HG: _____ Weight: _____

Discharge Date: ____ / ____ / ____ Weight: _____

Staff Name/Title: _____

Your Steps to Success



BUILD

Build a team to support you.
Tell them what you want!



LEARN

Learn what to expect and
what you can do at the hospital.



SHARE

Share what you want with
your care team.



SUCCEED

When you go in prepared,
you'll be ready to fall in love.

Every Family Deserves a Great Start

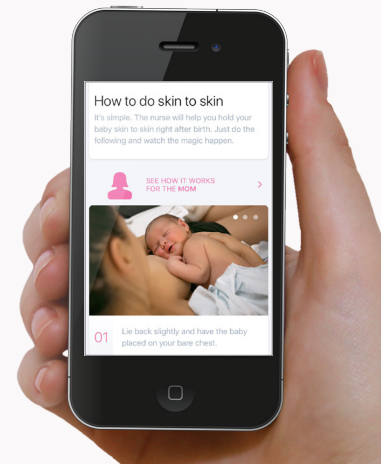
The research is clear – you can get a great start when you're prepared! The topics listed on this checklist will help you do just that. When you come to the hospital prepared and ready, you're more likely to reach your goals. Ask your family and others who will be part of your team to learn all they can, too. That way you'll have a team of support as you welcome your new baby!



Learn More with a Free Mobile App

Find out more about all of these topics with the free Coffective mobile app. It's easy! Use the QR Code to download, and start learning today! Coffective is trusted by many because it's:

- Written by experts
- Based on current research
- Filled with beautiful photos
- Has the info required by the Baby-Friendly Hospital Initiative
- Shows fathers and other family members their role



Surround Yourself with Support

Community Resources

There are many people, and organizations, that can help families prepare for the hospital.

- New parent classes at your hospital
- Moms' groups
- Lactation consultants
- Doulas
- Local health department

PHONE _____

Women, Infants & Children (WIC)

WIC has many services and support for pregnant women and families.

- Nutritious foods
- Nutrition education
- Breastfeeding support
- Referrals to other resources in your area

In 2019, a family of four can qualify with an income of about \$46,000/year. WIC has many services for pregnant, breastfeeding and non-breastfeeding postpartum women as well as for infants and children up to age five.

Find your local WIC agency by calling 211 or visiting www.michigan.gov/wic.

Home Visiting Programs

Many communities have programs that can help pregnant women and new families with:

- Support in your home
- Better health
- Helping your child be ready for school (in some programs)
- Referrals to other resources in your area

PHONE _____

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Spanish	ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 800-942-1636 (TTY 711).
Arabic	ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 800-942-1636. (رقم هاتف الصم والبكم: 711).

