

# 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** \_\_\_\_\_ **Due Date** \_\_\_\_\_

**Build My Team**  
Discuss this sheet with each person and mark the checkbox

My Champion(s): \_\_\_\_\_ **DISCUSSED**  **POSTPARTUM APPOINTMENTS**

My Hospital: \_\_\_\_\_

My Doctor/Midwife: \_\_\_\_\_  DATE \_\_\_\_\_

My Baby's Doctor: \_\_\_\_\_  DATE \_\_\_\_\_

My WIC:  N/A \_\_\_\_\_  DATE \_\_\_\_\_

My Home Visitor:  N/A \_\_\_\_\_  DATE \_\_\_\_\_

Other: \_\_\_\_\_  DATE \_\_\_\_\_

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/PM TO _____ : _____ AM/PM	<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"/>

## Care Team: Your Role

Learn more about these evidence-based practices and specific ways you can use free tools to help families prepare and succeed.

## Families: Learn More with a Free App!

Digital learning made easy with:

- Lots of photos & easy how-to's
- Info for dads and other family and friends
- Benefits for each practice above

# 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 on the free Cofactive mobile app. It's easy! Use the QR Code to download and start learning today! Cofactive 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

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### 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

Many people are also surprised at how much you can make – a family of four can qualify with about \$47,000 in yearly household income.

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### 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

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**Cofactive** FREE MOBILE APP!

Scan the QR code or search "Cofactive" in your app store to learn more about these best practices and to get a great start!

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