My Sources of Support
During Pregnancy

Pregnancy is a new and exciting time! It also can be stressful. Having support can make pregnancy easier and help you and your baby stay healthy. Use this list to reflect on what is ahead and think of the people you want by your side who make you feel safe, confident and cared for. If you need help finding more support, visit EveryMotherCounts.Org/ChoicesInChildbirth.

I will have a ride to wellness visits with ________________________________.

A place where I can learn about and prepare for birth is _________________.
_________________________ will take childbirth classes with me.

I can rely on __________________________ for an extra hand around the house.

The person I turn to when I'm feeling down is ____________________________.

I can count on __________________________ to soothe my aches and pains.

The person I can trust to look after my kids is ____________________________.

I can rely on ________________ and _______________ to help me eat healthy.

A person I can call to take me to the hospital or my provider's office
if I have a medical problem is _________________________________.

My exercise buddies are _____________________________________________.

A number I can call if I need to reach my provider after-hours is ____________.

If I have a medical question after-hours or on the weekend, I should call _________________________________.

EveryMotherCounts.Org/ChoicesInChildbirth

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