

BOOKLET 7

MY PREGNANCY CARE VISITS

The last booklet is for you to write in. There is one page for you to fill in before each visit to your midwife or doctor. There are some questions for you. And there is space to write down any questions you would like to ask.



BOOKLET 7

MY PREGNANCY CARE VISITS

In this booklet you will find ten copies of a worksheet. This worksheet will help you get ready for your pregnancy care visits.

Fill in one of these worksheets each time you go to see your midwife or doctor. There is space for you to write down any questions you would like to ask.

It might be possible for you to tape-record what the midwife or doctor says. Then you can listen to it at home as many times as you like. Sometimes there is just too much to remember!


MY PREGNANCY CARE VISITS


Appointment Date: _____

Time: _____

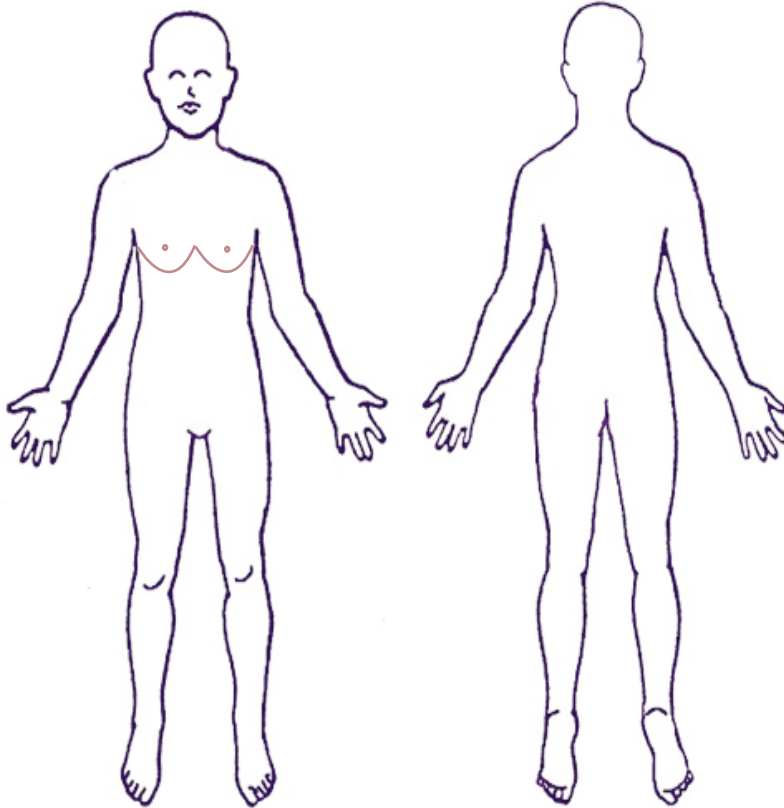
How do I feel? _____



My questions:  _____

Notes by doctor:  _____

Where on your body do you feel pain or sick?



Audiotape of visit: (please circle) Yes / No



Next Appointment: _____


MY PREGNANCY CARE VISITS


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Time: _____

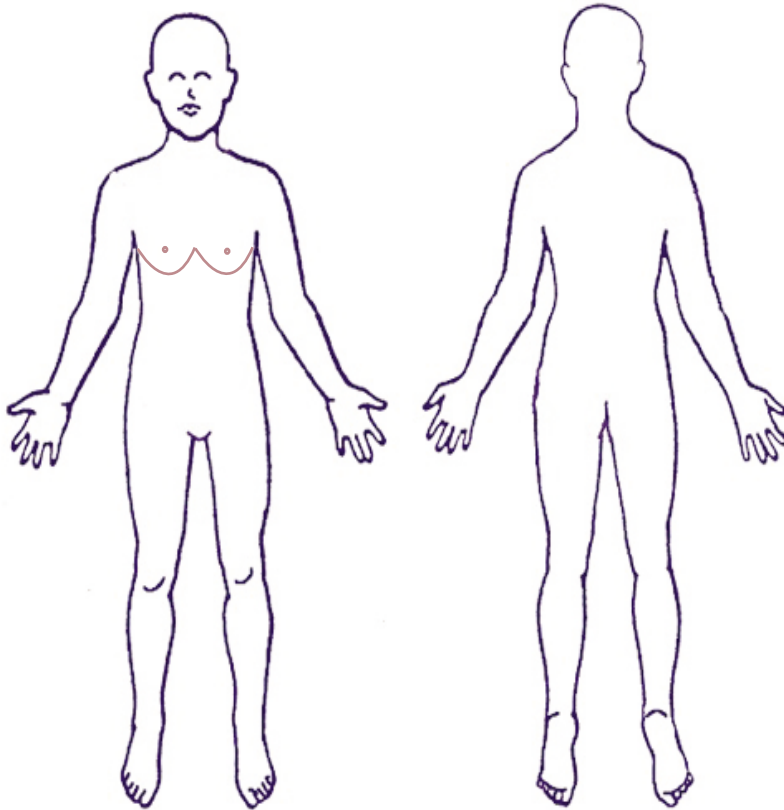
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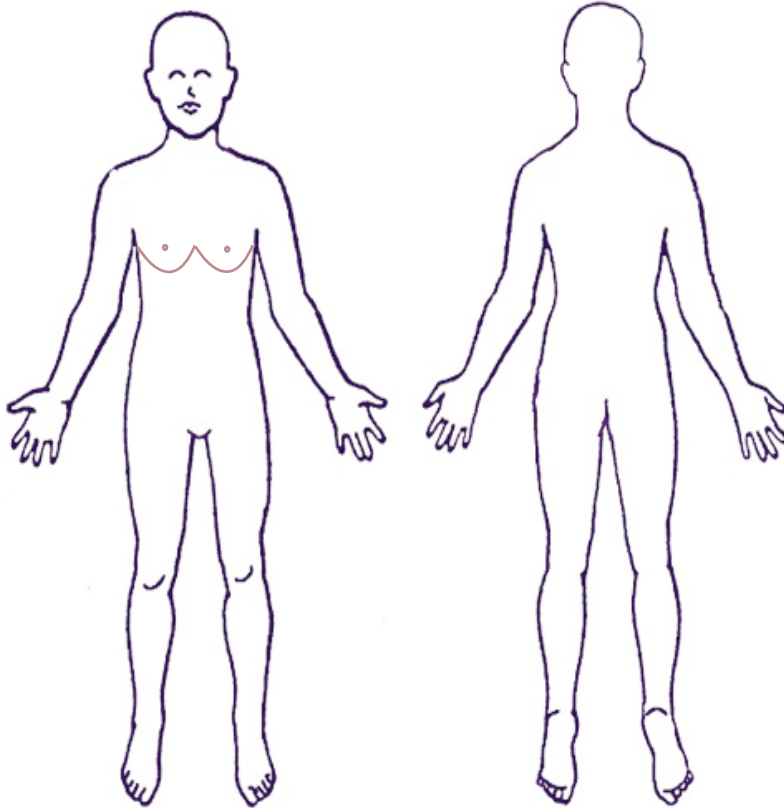
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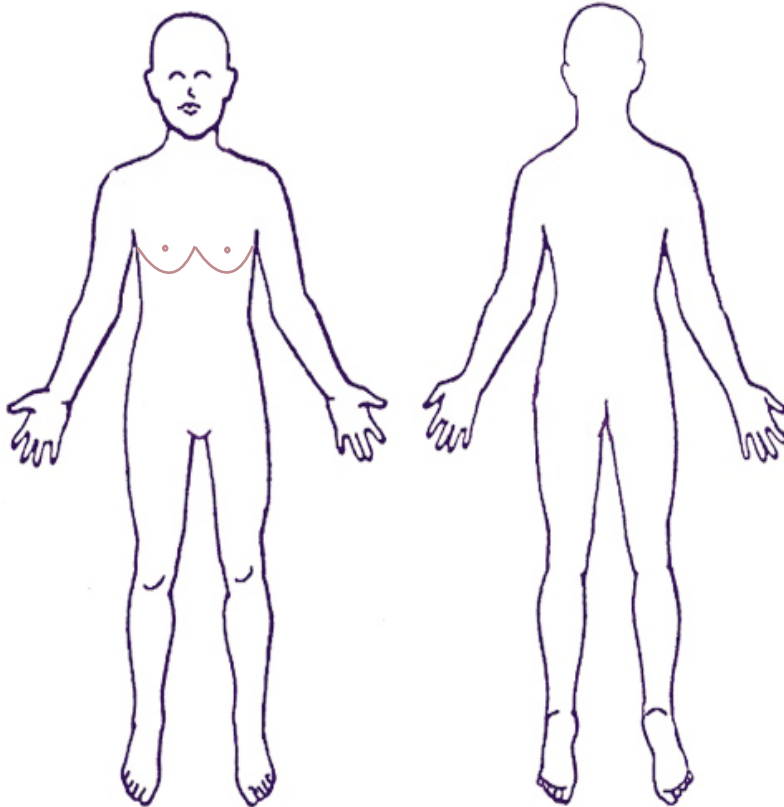
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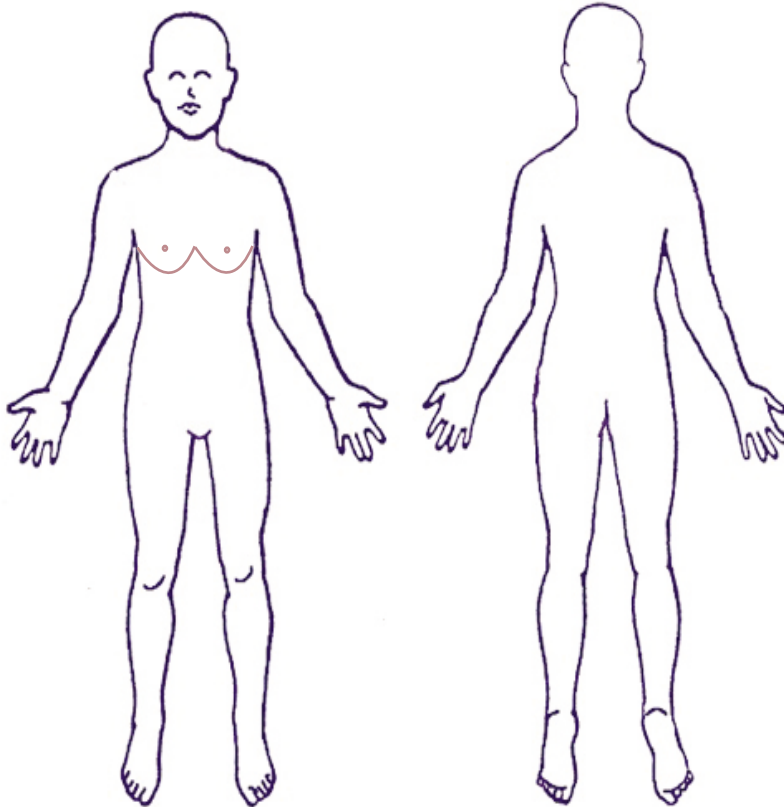
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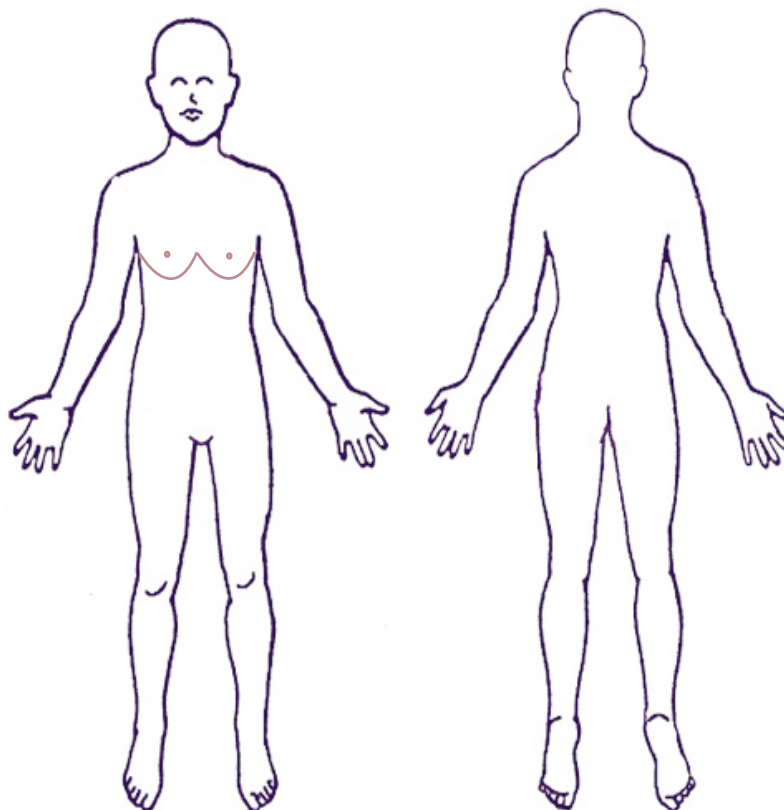
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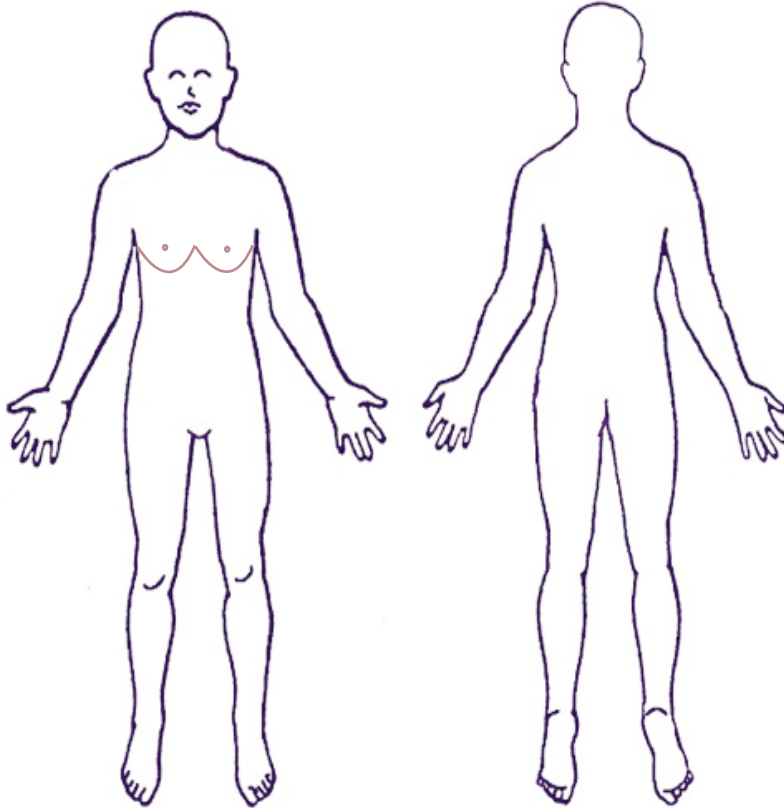
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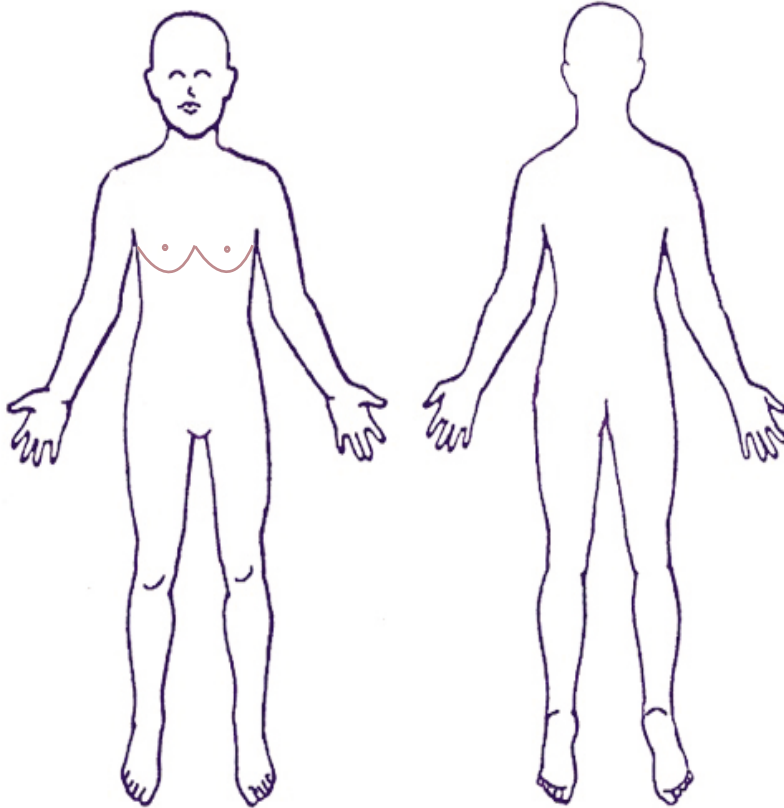
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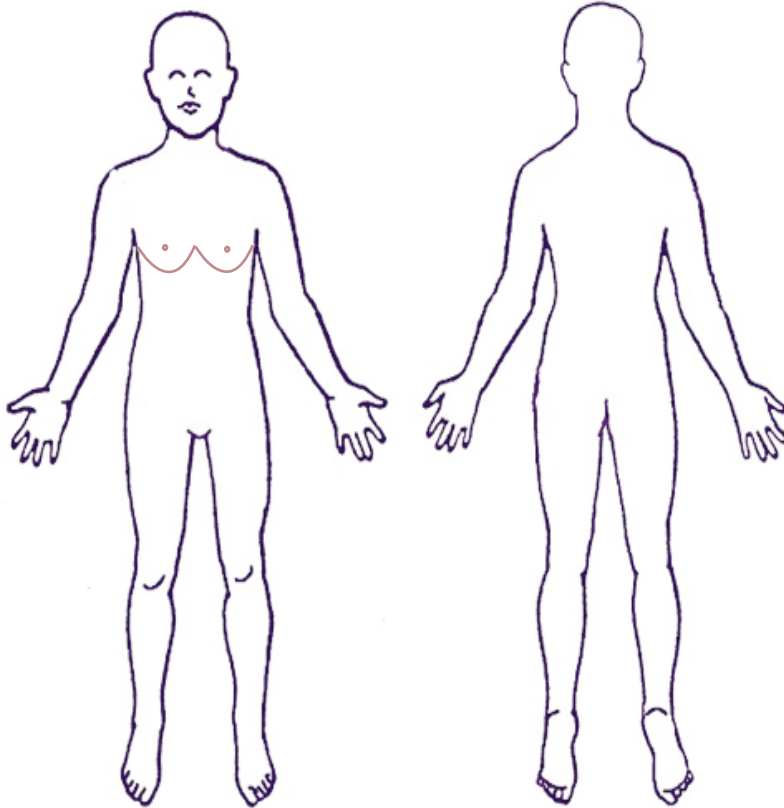
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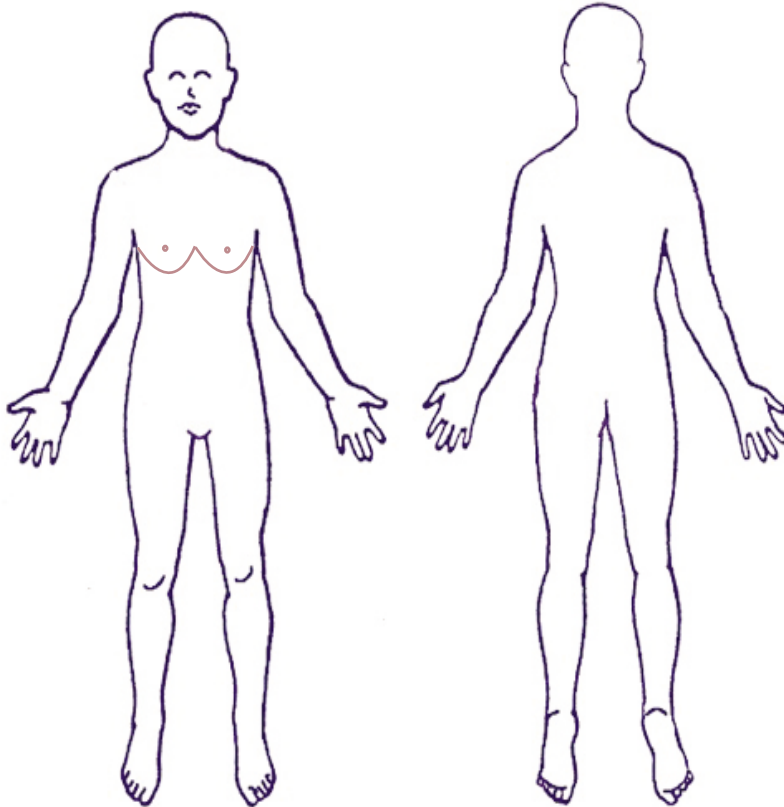
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Next Appointment: _____

ACKNOWLEDGEMENTS



Healthy Start for Me and My Baby is one element of Healthy Start: A national capacity building strategy which aims to improve health and wellbeing outcomes for children whose parents have learning difficulties www.healthystart.net.au.

Healthy Start is an initiative of the Australian Supported Parenting Consortium (ASPC). The ASPC is a collaboration between the Parenting Research Centre and the Australian Family and Disability Studies Research Collaboration (Faculty of Health Sciences, University of Sydney). Healthy Start is funded by the Australian Government under the Family Support Program (previously Stronger Families and Communities Strategy).



www.sydney.edu.au/health-sciences/afdsrc



www.parentingrc.org.au

Edited for use in Canada by the Family and Disability Studies Initiative

www.fdsa.ualberta.ca