



I'm Prepared!

Keep this handy and use it to guide you to a healthy pregnancy!

Name: _____ Due Date: _____



Stay Healthy!



- Have regular visits with your health care provider. These prenatal care visits help make sure that you and your baby are healthy.
- Eat healthy and drink plenty of water.
- Take prenatal vitamins. Pregnant women need higher amounts of certain vitamins and minerals, such as folic acid and iron.
- Be careful with medicines. Always check with your health care provider before you start or stop any medicine. This includes over-the-counter medicines and dietary or herbal supplements.
- Stay active. Physical activity can help you stay strong, feel and sleep better, and prepare your body for birth.
- Avoid substances that could hurt your baby, such as alcohol, drugs, and tobacco.



Prepare for Birth!



- Develop a birth plan. Discuss this plan with your healthcare provider.
- Pack a hospital bag and include items like a take home outfit for the infant, your birth plan, a music device, phone charger, and clothes to change into (including nursing bras if you plan to breast feed).
- Set up the nursery. Examples of items to obtain and set up include a crib and a changing table.
- Obtain infant care items. These might include diapers, clothes, wipes and a car seat.



Education and Resources!



- Sign up for childbirth education classes through your health care provider.
- Sign up for community resources that could benefit you and your new family, such as WIC or Head Start.
- Download pregnancy education apps from reliable sources. Do research on reliable internet sites (such as the Centers for Disease Control or Mayo Clinic).



Other Considerations!



- Consider how you will carry your baby, do you want to buy a wrap or baby wearing device?
- Determine where your baby will sleep, will they sleep in your room in a crib or bassinet as the American Academy of Pediatrics recommends?
- Consider which method you will use to feed your infant, will you breast feed, feed pumped breast milk or formula feed your infant?

**Most of all enjoy this special time in your life.
Your new family is on the way!**

Please see the back of this handout for information on local area resources.

Community Resources -

Douglas County WI

Resources to help support pregnant mothers, parents, newborns and young children are listed below.

WIC Women, Infants, Children

1805 N 14th Street Superior, WI
715-394-2750

Services:

- Nutrition and breastfeeding information
- Supplemental nutritious foods
- Referral to other health and nutrition services
- Breastfeeding Peer Counseling to provide breastfeeding support during and after pregnancy

Douglas County Health & Human Services

1316 North 14th Street Superior, WI
715-395-1304

Services:

- Immunizations for children who meet eligibility
- Pregnancy and Newborn Education Programs
- Birth to 3 Services (early intervention program for infants and toddlers with developmental delays or disabilities)
- Great Rivers Consortium - 1-888-283-0012
 - BadgerCare Plus
 - Child Care Assistance
 - FoodShare Wisconsin
 - Medicaid (blind / disabled)
 - Medical Transportation

Wisconsin Job Center - Superior

1805 North 14th Street Superior, WI
715-392-7896

Services:

- Job services, training and employment assistance

Family Forum (Head Start)

1507 Tower Ave. #312 Superior, WI
715-392-9896 or 1-800-392-4473

Services:

- Educational programs for children and their families including center-based and home-based Learning
- Superior Community Preschool

The Center Against Sexual and Domestic Abuse

318 21st Ave E Superior, WI
1-800-649-2921 or (715) 392-3136

Services:

- Peer Counseling
- Support Groups
- Emergency Shelter
- Legal Services

Wisconsin Judicare

(715) 842-1681 or (800) 472-1638

Services:

- Wisconsin Judicare serves the northern 33 counties providing legal representation to low-income individuals.

Northwest Connection Family Resources

15896 W 3rd Street Hayward, WI
800-733-KIDS or 715-634-2299

Services:

- Referral services (child care, community resources, support services)
- Parent education and support (classes, programs workshops, support groups, newsletters)
- Car Seat Safety (Installation and Education)
- Family activities and events (playgroups, special programs)
- Resources (lending library - books, videos, cassettes, toys, equipment)

Lake Superior Life Care Center

823 Belknap Street #10 Superior, WI
715-394-4102

Services:

- Pregnancy resources, info and counseling
- Childbirth preparation clinic
- Confidential, no-cost family planning services

Northern Lights Family Resource Center

1201 N 28th St. Superior, WI
715-395-5657

Services:

- Parent education programs
- Personalized family support services
- Community events, and information & referral resources

Harbor House Crisis Shelter

5822 Ogden Avenue Superior, WI
715-392-4157

Northwest Wisconsin Community Services Agency

1118 Tower Avenue
Superior, WI

715-392-5127

Services:

- Energy Assistance
- Homeless Programs & Services
- Food Pantries,
- Judicare
- Free Store
- Emergency Assistance
- Rental Rehab

Catholic Charities

1416 Cumming Avenue Superior, WI
715-394-6617

Services:

- Housing Counseling

Lutheran Social Services

39 N 25th Street E. Superior, WI
715-394-4173

Services:

- Financial, Mental Health Counseling

Salvation Army

916 Hughitt Ave.
Superior, WI

715-394-7001

Hotlines

Maternal and Child Health Hotline

800-722-2295

Safe Place for Newborns

877-440-2229

Poison Control Center

800-222-1222

National Domestic Violence Hotline

1-800-799-7233

United Way of Superior

211 or 800-543-7709

Health Care Providers

Essentia

- Duluth 218-786-4000
- Superior 715-817-7100
- Childbirth Education 218-786-4478

St Luke's

- Duluth 218-249-5555
- Superior 715-395-3900
- Childbirth Education 218-249-5527

Health Care Clinic 715-394-4117

Lake Superior Community Health Center

715-392-1955

AIDS Resource Center 715-394-4009