# 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?

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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