

## Antenatal Checklist

Date of visit: \_\_\_\_\_

Nurse Code: \_\_\_\_\_

Client number: \_\_\_\_\_

Client Initial: \_\_\_\_\_

Client Date of Birth \_\_\_\_\_

### **INFANT FEEDING**

I am interested to hear your expectations of being pregnant and becoming a new mother particularly around infant feeding (**Prompts: choice of feeding, why, duration influences, what to expect, attitude easy /hard, barriers, anticipated expectations of others**).

1. Choice of feeding?

- Breast
- Formula
- Unsure – **Discuss benefits of breastfeeding**

2. Why have you chosen to feed your baby by this method?

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3. What are your expectations, barriers?

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**Discuss the importance of exclusive breastfeeding for first 6 months, strategies to address barriers to breastfeeding. Discuss what to expect when your baby is in hospital – first feed, skin to skin contact, rooming in, demand feeding**

### **YOUR BABY & PHYSICAL ACTIVITY**

Discuss tummy time

### **YOUR PHYSICAL ACTIVITY & NUTRITION**

4. What exercise or sports did you do prior to becoming pregnant?

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5. What exercise are you doing during your pregnancy?

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6. I am really interested to hear your expectations around physical activity (**Expectation of self, what to expect, attitude, easy / hard, barriers and anticipated expectations of others**).

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7. Are you aware of pelvic floor exercises?

- Yes
- No

**Discuss exercise during pregnancy, pelvic floor exercises**

**SOCIAL SUPPORT**

8. I am really interested to hear your expectations around parenting (**Expectation of self, what to expect, attitude easy / hard, barriers, and anticipated expectations of others**).

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9. What involvement is your partner or family having with your pregnancy?

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10. Do you have family living nearby who are able to help you?

- Yes  No

11. Do you have friends who are at a similar stage of pregnancy as you?

- Yes  No

**Discuss importance of supportive environments**

12. Are you under

- Antenatal Clinic
- Shared Care
- Obstetrician

13. Who is your GP? \_\_\_\_\_

**COMMENTS**

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Other topics discussed:

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Signature: \_\_\_\_\_