

Maternal Support Plan: Complete during pregnancy and prior to infant discharge.

Mother's name Obstetric care provider Follow-up appointment Texting, telehealth capacity Birth control Yes No	
Pediatric care provider Follow-up appointment Texting, telehealth capacity	
Creating a safe environment (what can you do to make home safer?) Do you have a lockbox to store any medications? Yes No 1. Change 1 2. Change 2 3. Change 3	
What situations make you think of <i>using</i> ? 1. 2. 3.	
What helps distract you from those thoughts? 1. 2. 3.	
Peer support or recovery coaching 1. Name/number 2. Name/number 3. Name/number Have you shared this plan with them? Yes No Which one(s)?	
Professionals to call for support 1. Name/number 2. Name/number 3. Pharmacist name/number	
People who can watch the baby 1. Name/number 2. Name/number 3. Name/number	
Safe environments 1. Location/contact number 2. Location/contact number 3. Location/contact number	
Narcan® Prescription received Prescription filled Contact after use	
Emergency numbers <ul style="list-style-type: none"> • 911 • Poison Control: 1-800-222-1222 • Crisis Line 1-888-299-1188 • National Domestic Violence Hotline: 1-800-799-7233 or text LOVEIS to 22522 (Local) • Wisconsin Suicide Hotline: 1-800-362-8255 (TALK) 	Other resources <ul style="list-style-type: none"> • National Alliance on Mental Illness (NAMI) 1-800-2988 • Substance Use and Mental Health Services Administration (SAMHSA) https://www.samhsa.gov

Tips for Moms

Self-Care

- When you take care of yourself you will feel better and be a better mother/person.
- Maintain a positive and reliable social network/be open to making new friends
- Self-hygiene-shower frequently. Get dressed every day. Wash hands often.
- Develop a system or routine to make things easier.
- Be open to learning how to be a better mom!
- Every day do something special for yourself!
- Self-monitoring-Learn about your mental health and pay attention to your symptoms and knowing when to ask for help.
- What are things that make me smile! (a saying, an item, photo, things that make you laugh).
- Limit your use of electronics with the baby. Focus on your baby!
- Be mindful.
- Learn something new every day.
- Ask for help.
- Tell someone what you need (I need you to listen)
- Have a plan for birth control and follow through.

Baby Care

- Be present for your baby, show up even when you do not feel like it.
- Be aware and responsive to your baby's needs (when they coo, or smile respond to their facial expressions and noises they make).
- Be curious and intentional with your baby!
- Be open to learning how to be a better mom.
- Be communicative with your baby all the time. When you change diapers, it is a great time to look, talk and smile with your baby. (Sing or hum with your baby, read books).
- Create a calm environment. Soothing music in the background. Try to maintain a quiet and peaceful environment.
- Create a safe environment-Baby hygiene, baby bottle and utensils-rinse and sanitize, system for disposing of dirty diapers, remove any small items a baby could put in its mouth and choke.
- Be there for each of your children- Include and nurture the relationship with your other children. Listen to them. Say I love you, offer praises on what they are doing right and hug them often. If you are having a bad day, do not take it out on your children and the people around you.
- Breastfeeding is healthy for your baby-there are many benefits.