

# My Sources of Support During Pregnancy

**Pregnancy is a new and exciting time! It also can be stressful. Having support can make pregnancy easier and help you and your baby stay healthy. Use this list to reflect on what is ahead and think of the people you want by your side who make you feel safe, confident and cared for. If you need help finding more support, visit [EveryMotherCounts.Org/ChoicesInChildbirth](https://EveryMotherCounts.Org/ChoicesInChildbirth).**

I will have a ride to wellness visits with \_\_\_\_\_.

A place where I can learn about and prepare for birth is \_\_\_\_\_.

\_\_\_\_\_ will take childbirth classes with me.

I can rely on \_\_\_\_\_ for an extra hand around the house.

The person I turn to when I'm feeling down is \_\_\_\_\_.

I can count on \_\_\_\_\_ to soothe my aches and pains.

The person I can trust to look after my kids is \_\_\_\_\_.

I can rely on \_\_\_\_\_ and \_\_\_\_\_ to help me eat healthy.

A person I can call to take me to the hospital or my provider's office

if I have a medical problem is \_\_\_\_\_.

My exercise buddies are \_\_\_\_\_.

A number I can call if I need to reach my provider after-hours is \_\_\_\_\_.

If I have a medical question after-hours or on the weekend, I should call

\_\_\_\_\_.

