NEBRASKA
Good Life. Great Mission.
DEPT. OF HEALTH AND HUMAN SERVICES

Department of Health and Human Services

Prenatal Plus Program

Prenatal Plus Education Checklist

The PPP care coordinator should educate the patient on all the following topics throughout the course of enrollment. The care coordinator (CC) will date and initial once education is completed.

Basic understanding of the prenatal period:

Topic	Date	CC Initials
Physical and emotional changes related to pregnancy including fetal development https://www.womenshealth.gov/pregnancy/youre-pregnant-now-what/stages-pregnancy		
Healthy and appropriate weight gain during pregnancy https://www.marchofdimes.org/find-support/topics/pregnancy/weight-gain-during-pregnancy		
Healthy prenatal diet and food precautions https://www.marchofdimes.org/find-support/topics/pregnancy/eating-healthy-during-pregnancy		
Physical activity precautions and appropriate exercise https://www.marchofdimes.org/find-support/topics/pregnancy/exercise-during-pregnancy		
Substance use and how it can affect maternal and infant health outcomes		
Sexually transmitted diseases/infections and how they can affect maternal and infant health outcomes https://www.marchofdimes.org/find-support/topics/pregnancy/sexually-transmitted-infections		
Bonding with the baby before birth		
Importance of oral hygiene https://www.marchofdimes.org/find-support/topics/pregnancy/dental-health-during-pregnancy		
Warning signs of preterm labor https://www.marchofdimes.org/sites/default/files/2022-12/EHP21-Signs-of-Preterm-Labor-sheet-english.pdf		
Common terminology		

Common concerns related to childbirth and breastfeeding:

Topic	Date	CC Initials
Birth planning, hospital packing/preparation, and attending birth classes		
Pain management options during delivery		
Benefits of breastfeeding, preparing for breastfeeding, and breastfeeding basics https://www.marchofdimes.org/find-support/topics/parenthood/breastfeeding-your-baby		

What to expect for the postpartum period and healthy infancy:

Topic	Date	CC Initials
Postpartum mood disorders (“baby blues” and postpartum depression) https://www.marchofdimes.org/sites/default/files/2023-01/MOD-PPD-Health-Action-Sheet.pdf		
Postpartum recovery issues and adjustment including body changes, self-esteem, and relationship stressors https://www.marchofdimes.org/find-support/topics/postpartum/your-body-after-baby-first-6-weeks		
Managing stress, day-to-day problem solving, positive communication techniques, building and using support networks		
Family planning and contraception https://www.marchofdimes.org/find-support/topics/planning-baby/birth-control		
Comforting and stimulating infants (including education on shaken baby syndrome risk reduction, recognizing an infant’s distress cues, and bonding/attachment postpartum)		
Appropriate expectations for infant behavior, sleeping patterns, teething and crying		
Infant health including newborn feeding, immunizations, pediatrician visits, and car-seat safety		
Environmental risk factors including violence in the home, smoke, substance use, and how they can affect infant health		