



# Let's Talk Checklist

## FOR PREGNANCY

- Self care
- What the Support system in pregnancy will look like
- Childbirth classes
- Roles & Values of family

## FOR BIRTH

- Roles in the birth plan
- Baby's procedures
- Emotional process
- Plan B in birth
- Pictures & video in birth space
- Birth places
- Birth space bag
- People welcome to knowledge and when

## FOR POSTPARTUM

- Grandparents roles and rights
- Boundaries
- Partners role in daily routine
- Sleep deprivation
- Mental health and how to discuss it
- Postpartum Support
- Nutritional needs
- Emotional Needs
- How we want to parent