

Early Head Start Request for Prenatal Support

You are a strong and capable woman who is able to go through the changes of pregnancy, labor, delivery and parenting regardless of who is with you on this journey!

As part of your enrollment in our Early Head Start program, an Early Head Start Nurse and/or Home Visitor will visit you weekly throughout your pregnancy. The purpose of these visits is to monitor your health & safety, as well as, provide education about your pregnancy and baby's development.

EHS nursing services are available Monday through Friday from 8:00 AM to 5:00 PM. These times may vary according to the availability of the nurse.

In addition to the weekly prenatal home visits, the EHS nurse may be present during your labor and delivery to offer you emotional and/or physical support.

Please checkmark the services listed below that you are interested in receiving if the nurse's schedule permits.

- ☐ Review your birth plan wishes for this labor/delivery and suggest ways to support these wishes during the process.
- ☐ At your request, tour the OB department of the hospital with you and your partner before the delivery.
- ☐ At your request, come to a prenatal doctor's appointment to meet your doctor.
- ☐ Provide emotional support and encourage position changes during labor and delivery as approved by your medical team.
- ☐ Provide physical comfort measures for relaxation and progress through the stages of labor and as approved by your medical team.
- ☐ Include your labor support partner(s) in the labor and delivery process.
- ☐ Keep notes during labor and delivery. Write a story about your child's birth.
- ☐ Take prenatal, labor, delivery and postpartum pictures at your request.
- ☐ Answer questions and encourage communication between you, your partner and the medical providers.
- ☐ Assist with breastfeeding as requested.
- ☐ Call or meet with you 2-3 days after the delivery.

Other requests/concerns: _____

I know the EHS Nurse's work phone number (812-849-4447 or 1-800-827-2219) and realize that the nurse can be reached Monday through Friday from 8:00 AM to 5:00 PM.

I realize that the EHS Nurse is not available on weekends or holidays.

I know that the EHS Nurse labor/delivery support services may not be available to me if my labor/delivery takes place during hours other than the business hours listed above.

I know the EHS Nurse WILL NOT do medical tasks while at the hospital such as vaginal examinations, blood pressures, fetal heart checks or any other medical services performed by the medical staff; and will not give medical advice.

Early Head Start Request for Prenatal Support

I realize that the EHS Nurse services are intended to offer support throughout the pregnancy, delivery and post partum period. However, unexpected situations can arise. In some cases, the EHS Nurse may not be able to attend the entire labor and delivery. Hoosier Uplands Early Head Start and/or the EHS Nurse cannot be held responsible for these complications of pregnancy, labor, delivery or post partum recovery.

I, _____, have read and/or had the above information explained to me.

☐ Yes, I would like to receive the EHS prenatal support services, which I have check-marked.

☐ No, I **Do Not** want nurse services for my labor and delivery besides the usual prenatal, labor/delivery, postpartum and breastfeeding information given by the nurse and home visitors during my weekly scheduled home visits.

Pregnant Parent: _____ Date: _____

EHS Nurse: _____ Date: _____