

## Antenatal Education Checklist

- The following list can be accessed via the Eve app (invite will be sent 1 day after your booking appointment).
- You can search for it under the “discover” section. Within the app you will be able to click on hyperlinks for further information.
- If choosing **not** to download the Eve app, please refer to the pregnancy booklet attached to original email.

### **12 - 22 weeks;**

- I am aware of what my [schedule of visits](#) will be.
- I am aware of what I should and shouldn't eat during pregnancy – [listeria, what can I eat?](#)
- I am aware of the exercise that can be performed in pregnancy – [exercise](#)
- I am aware of the [vaccines/immunisations](#) recommended during pregnancy
- I have arranged to have my [20 week ultrasound](#)
- I am aware I may require early [Gestational Diabetes](#) screening if I have risk factors
- I am aware of [common complaints](#) that can occur during pregnancy
- I am aware that Western Health is a [Breastfeeding Friendly Hospital](#)
- I am aware of the number to call if I have concerns [9055 2300](#) Joan Kirner [5367 6915](#) Bacchus Marsh

### **22 – 28 weeks**

- I am aware of the number to call if I have concerns [9055 2300](#) Joan Kirner [5367 6915](#) Bacchus Marsh
- I am aware of monitoring my [baby's movements](#) and contacting the hospital ASAP if I notice changes or have concerns
- I am aware of the [symptoms](#) I should not ignore during my pregnancy
- I am aware of the [emotional health supports](#) available to me in and [outside of the hospital](#)
- I am aware of the [safe sleeping](#) positions in pregnancy to reduce still birth
- I am aware I will be offered [Gestational Diabetes](#) screening
- I am aware of the recommendations regarding [weight gain in pregnancy](#)
- I am a negative blood group and am aware of why [Anti D](#) is recommended
- I am aware of the products that may be needed once baby is born – [baby checklist](#)
- I am aware that Western Health is a [Breastfeeding Friendly Hospital](#)
- I am that I can attend childbirth education classes (Tweedle, Calmbirth, Hypnobirthing Core, Floor & Restore etc.)

## 28 – 31 weeks

- I am aware of the number to call if I have concerns [9055 2300](#) Joan Kirner [5367 6915](#) Bacchus Marsh
- I am aware of monitoring my [baby's movements](#) and contacting the hospital ASAP if I notice changes or have concerns
- I am aware of what to [pack in my hospital bag](#) for myself and baby
- I am aware of the [types of births](#) that can occur (vaginal, forceps, vacuum and caesarean)
- I am aware of what to expect during my postnatal stay at [Joan Kirner](#) and [Bacchus Marsh](#)
- I am aware of the [injections and investigations](#) that will be offered to my baby after it is born
- I am aware that Western Health is a [Breastfeeding Friendly Hospital](#)

## 31-34

- I am aware of the number to call if I have concerns [9055 2300](#) Joan Kirner [5367 6915](#) Bacchus Marsh
- I am aware of monitoring my [baby's movements](#) and contacting the hospital ASAP if I notice changes or have concerns
- I am aware that if I have a negative blood group I require [Anti D](#)
- I am aware of what to [pack in my hospital bag](#) for myself and baby
- I am that I can attend childbirth education classes (Tweedle, Calmbirth, Hypnobirthing Core, Floor & Restore etc.)
- I am aware that Western Health is a [Breastfeeding Friendly Hospital](#)

## 34-36

- I am aware of the number to call if I have concerns [9055 2300](#) Joan Kirner [5367 6915](#) Bacchus Marsh
- I am aware of monitoring my [baby's movements](#) and contacting the hospital ASAP if I notice changes or have concerns
- I am aware of what to [pack in my hospital bag](#) for myself and baby
- I am aware I will be offered [GBS screening](#) later in pregnancy
- I am aware of how [labour may unfold](#)
- I am aware of the [types of birth](#) I may have
- I am aware of the options for [birthing my placenta](#)
- I am aware that Western Health is a [Breastfeeding Friendly Hospital](#)
- I am aware of [antenatal expressing](#)

### 36-38

- I am aware of the number to call if I have concerns [9055 2300](#) Joan Kirner [5367 6915](#) Bacchus Marsh
- I am aware of monitoring my [baby's movements](#) and contacting the hospital ASAP if I notice changes or have concerns
- I am aware I will be offered [GBS screening](#) later in pregnancy
- I am aware of how [labour may unfold](#)
- I am aware of the [types of birth](#) I may have
- I am aware of my [pain relief options](#) during labour
- I am aware of the options for [birthing my placenta](#)
- I am I can start [expressing breast milk](#) from 36 weeks
- I am aware of ways to [prevent perineal tearing](#) before and during labour
- I am aware of the [perineal massage](#) is something I can do to prevent tearing
- I am aware of what my [waters breaking](#) may be like and when to call the hospital
- I am aware that Western Health is a [Breastfeeding Friendly Hospital](#)
- I am aware of [antenatal expressing](#)

### 38-42

- I am aware of the number to call if I have concerns [9055 2300](#) Joan Kirner [5367 6915](#) Bacchus Marsh
- I am aware of monitoring my [baby's movements](#) and contacting the hospital ASAP if I notice changes or have concerns
- I am aware I may or may not have a [show](#).
- I am aware of [GBS screening](#) and the management if I screen positive.
- I am aware I may be offered a [stretch and sweep](#)
- I am aware I may go [past my due date](#) and what post-dates monitoring involves
- I am aware I may be [offered an induction](#) if there are concerns over my health or the pregnancy
- I am aware of the [methods of induction](#) offered
- I am aware of the [perineal massage](#) is something I can do to prevent tearing
- I am aware of ways to [prevent perineal tearing](#) before and during labour
- I am aware I may require [baby heart rate monitoring during my labour](#)
- I am aware that [delayed cord clamping](#) may be an option for me
- I am aware of how [labour may unfold](#)
- I am aware of the options for [birthing my placenta](#)
- I am aware of my [pain relief options](#) during labour
- I am aware of what my [waters breaking](#) may be like and when to call the hospital
- I am aware that Western Health is a [Breastfeeding Friendly Hospital](#) & [antenatal expressing](#)