



Region 7 Education Service Center, Kilgore, Texas 75662

Pregnant Woman Interest Survey

REGION 7 ESC EARLY/HEAD START

Center: _____

Mother: _____

Father: _____

Participant Signature: _____ Date: _____

Region 7 ESC Early/Head Start provides information and training to our pregnant women during our monthly meetings. In an effort to provide the kind of information you want/need, please check one or more topic(s) in each section that you would like to explore.

I prefer pregnant mother meetings to be held on: **Day of Week** _____ **Morning**___ **Afternoon**___

Required Trainings:

Fetal Development (including the risks from smoking and alcohol)

Labor and Delivery

Post-Partum Recovery (including information on maternal depression)

The benefits of breastfeeding

Family Planning

Community Resources

- Child birth classes
- Child support
- Social Services (WIC, housing, etc.)
- Pregnancy Medicaid/CHIP
- Choosing a Pediatrician
- Choosing childcare
- Continuing Ed
- Budgeting/banking/credit
- Computer skills
- Finding a job/Resume help
- GED/ABE (Adult Basic Education)
- Smoke-Free environment

Mental Health

- Stress/depression during pregnancy
- Substance abuse support/resources
- Premature birth
- Dealing with grief and loss during pregnancy

Parenting Skills

- Being a single parent
- Preparing siblings for a new baby
- Nutrition during pregnancy
- What you need to know about baby's first weeks at home
- Bonding with baby
- Establishing a routine
- Baby-proofing your home
- Helping dad be involved
- What to do when your baby gets sick
- Newborn screenings and immunizations
- SIDS/Safe sleep
- Car seats and car seat safety
- First-time parenting/Teenage parent
- Taking care of baby