



GREATER LANSING

Birthing Center Education Assessment Tool

Already Know	Does Not Apply	Further Discussion Needed		Page Number	Scan and Play Available
Part 1: Caring for Yourself					
			Physical Changes Uterus, Bladder, Bowels, Hemorrhoids, Perineum, Vaginal Discharge	5–6	*
			Complications Postpartum Hemorrhage, Blood Clot, Postpartum Preeclampsia	7	
			Managing Pain Cesarean Birth Pain and Gas Pains	8	
			Personal Care Perineal Care, Cesarean Birth Incision Care, Moving After Cesarean Birth, Rest & Sleep, Hair Loss, Skin Changes, Baths & Showers, Varicose Veins, Menstrual Cycle, Sex	9–11	***
			Healthy Lifestyle Weight Loss, Exercise, Food & Nutrition, Healthy Eating While Breastfeeding	12–13	
			Emotional Changes Baby Blues, Postpartum Depression & Anxiety, Postpartum Obsessive-Compulsion Disorder (OCD) and Postpartum Psychosis	14–15	*
			Family, Friends, and Pets Siblings, Visitors, & Family Pets	16	
			Spouses & Partners Paternal Perinatal Depression (PPND)	17	
			Skin-to-Skin Contact Sudden Unexpected Postnatal Collapse (SUPC)	18	*
Part 2: Caring for Your Baby					
			Newborn Appearance	19	
			Newborn Screenings Metabolic, Hearing, Heart Disease, Jaundice	20–21	*
			Baby Boys	21	
			Baby Care Umbilical Cord, Removing Mucus, Nail Care, Diaper Rash, Diapering, Diaper Changes, Bathing Baby	22–24	***
			Baby Behavior Fussing or Crying, Overstimulation, Colic, Swaddling	25–27	**
			Safe Sleep Pacifiers & SIDS, Rooming In	28–29	*
			Car Seats Look Before You Lock	30–31	*
			Shaken Baby Syndrome	32	*
			Baby's Health Fever & Immunizations	33	
			Late Pre-Term Infant	34	
Part 3: Breastfeeding					
			Breastfeeding Benefits, Exclusive Breastfeeding, Do I need to Supplement with Formula?	35	
			Making Milk	36–39	***
			Common Concerns	40–41	
			Expressing Breast Milk	42–44	*
			Going Home	45	
			Baby's Warning Signs	47	
			Post-Birth Warning Signs	48	

By signing below, I agree that I have received education regarding the above topics.



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