

ESSENTIAL NEEDS & SELF-CARE FOR A HEALTHY FAMILY

SELF-CARE

Self-care means taking care of yourself to support your health and wellbeing. And, managing illness when it happens.

THERE ARE DIFFERENT TYPES OF SELF-CARE:



Essentials

Having access to resources you need to live.



Physical

Taking care of your body.



Emotional

Handling stress and changes in life.



Social

Building and keeping good relationships with other people.



Spiritual

Thinking about yourself and your place in the world.



Intellectual

Keeping your mind active.



Financial

Managing your money and resources.



Taking care of yourself is not always easy, but you are IMPORTANT.



YOUR COMMUNITY HEALTH WORKER IS THERE TO:

- Listen and help you with what you need.
- Provide support and advocate for you.
- Help connect you with community resources.
- Encourage you with gaining knowledge and self-management skills.
- Help you carry out your self-care plan with goal setting and action planning.
- Help you with problem-solving barriers.
- Coordinate care with your medical provider and other home visitor(s).

INFANT HEALTH AND SAFETY

Practicing self-care can help you keep your infant safe and healthy. Infant health and safety includes a safe environment, nutrition/feeding, safe sleep, and finding a medical home.





Essentials

Having access to food, water, housing, transportation, clothing, baby supplies, and other things essential to living.

☐ **Health Services**

- ☐ Prenatal care
- ☐ Primary health/medical care for chronic/acute illness
- ☐ Family planning counseling/birth control
- ☐ Mental health/emotional Health
- ☐ Substance Abuse (drugs, alcohol)
- ☐ Tobacco cessation
- ☐ Domestic violence (services/support/shelters)
- ☐ Dental care, Brush Up for Baby
- ☐ Childbirth education
- ☐ Exercise or physical activity program
- ☐ Nutrition counseling or education
- ☐ Health education
- ☐ STI/HIV testing
- ☐ Weight loss or weight control program

☐ **DHS, Medicaid, Legal Services, Taxes, Housing Assistance**

- ☐ Medicaid
- ☐ Cash assistance
- ☐ Childcare assistance
- ☐ Child support payments
- ☐ Legal help
- ☐ HUD – (Section 8, rent assistance)
- ☐ Tax filing assistance

☐ **Life Skills**

- ☐ Employment referrals
- ☐ Job training
- ☐ Education, school re-entry/GED/vocational training
- ☐ Financial management

☐ **Household needs**

- ☐ Food
- ☐ Furniture
- ☐ Clothing
- ☐ Misc. resources
- ☐ Transportation assistance
- ☐ Utility assistance

☐ **Child and Family Related Services**

- ☐ Adoption Services
- ☐ Baby/child supplies (clothes/diapers/furniture/items)
- ☐ Breastfeeding support (classes, breast pumps, education)
- ☐ Early childhood development (developmental delays – Early On)
- ☐ Early childhood education (Baby Scholars, Early Head Start, etc.)
- ☐ Father support/events/education
- ☐ Immunizations
- ☐ Lead poisoning information/assistance
- ☐ WIC

☐ **Parenting education/support**

☐ **Family Activities/Outings**

☐ **Other:** _____

Notes: _____



Physical Self-Care

Taking care of your body. Practicing physical self-care can help you feel healthy and give you energy.

- ☐ **Eat healthy/nutritious foods.**
- ☐ **Drink water.**
- ☐ **Take a prenatal vitamin every day, as recommended by your health care provider.**
- ☐ **Get regular moderate physical activity, as advised by your health care provider.**
- ☐ **Get enough sleep.**
- ☐ **Avoid alcohol use.**
 - ☐ Safety plan
 - ☐ Referral to treatment
- ☐ **Avoid smoking or vaping tobacco or marijuana**
 - ☐ Quit plan
- ☐ **Avoid second-hand smoke.**
- ☐ **Avoid addictive substances such as street drugs.**
 - ☐ Safety plan
 - ☐ Referral to treatment
- ☐ **Manage chronic conditions (self-management).**
 - ☐ Hypertension
 - ☐ Diabetes
 - ☐ Depression/Anxiety
 - ☐ Urgent Maternal Warning Signs
 - ☐ Asthma
- ☐ **Make a reproductive health plan.**
 - ☐ Family Planning/Reproductive Life Plan
 - ☐ Testing for HIV/AIDS, and other STIs
- ☐ **Practice oral health.**
- ☐ **Safety from physical violence.**
 - ☐ Relationship safety plan
- ☐ **Have a prenatal medical home and practice prenatal care.**
 - ☐ Count fetal kicks (kickcounts.org)
 - ☐ Insurance coverage
 - ☐ Go to prenatal appointments
 - ☐ Seek medical care when sick during pregnancy
 - ☐ Healthy practices during pregnancy
 - ☐ Healthy weight gain during pregnancy
 - ☐ Know dangers of medication use during pregnancy
 - ☐ Know the signs of preterm birth
 - ☐ Know what to expect with your changing body during pregnant
 - ☐ Know what to expect at prenatal visits
 - ☐ Attend birthing classes
- ☐ **Go to postpartum visit.**
- ☐ **Have a primary care medical home after birth.**
 - ☐ Insurance coverage
 - ☐ Transition to primary care after birth
 - ☐ Go to first new patient visit
 - ☐ Go to wellness visit
 - ☐ Seek medical care when sick (after birth)
- ☐ **Practice hand washing to prevent illness**

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Emotional Self-Care

Handling stress and changes in life. Practicing emotional self-care can help you get to know yourself better and feel happier.

- ☐ **Practice relaxation techniques to manage stress. You can try things like:**
 - ☐ Deep breathing
 - ☐ Nurturing yourself
 - ☐ Practicing mindfulness
 - ☐ Practicing gratitude
 - ☐ _____
 - ☐ _____
- ☐ **Exercise.**
- ☐ **Understand how childhood experience could be affecting you.**
- ☐ **Build family and partner relationships.**
- ☐ **Set boundaries. It's okay to say "no."**
- ☐ **Eat healthy and improve sleep.**
- ☐ **Make time to rest/sleep.**
- ☐ **Engage in activities that bring you joy and fulfillment.** You can try:
 - ☐ Laughing and singing
 - ☐ Read, sing, and talk to baby in the womb
 - ☐ Going outside
 - ☐ _____
- ☐ **Be prepared for exhaustion and emotional challenges the first few weeks after birth.**
- ☐ **Be prepared for coping with Baby Blues and recognizing signs of depression.**
- ☐ **Talk about stress and demands of parenting a new baby.**
- ☐ **Set realistic expectations about parenting.**
- ☐ **Create a help list to manage stress.**
- ☐ **Talk about concerns with your CHW**
- ☐ **Talk about recovering from a difficult or unplanned birth experience.**
- ☐ **Seek support for pregnancy loss.**
- ☐ **Seek support from mental health professionals.**
 - ☐ Mental Health Safety Plan (SB)
 - ☐ National 988 Suicide and Crisis Lifeline: Call, Text or Chat 988: <https://988lifeline.org/>
 - ☐ National Maternal Mental Health Hotline: Call or text 1-833-TLC-MAMA: <https://mchb.hrsa.gov/programs-impact/national-maternal-mental-health-hotline>

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Social Self-Care

Building good relationships with other people. When you practice social self-care you can get closer to friends and family, make new friends, and feel like you belong.

- ☐ **Encourage father or father figure support.**
 - ☐ Referral to Fatherhood program
- ☐ **Create a support system for labor and delivery.**
- ☐ **Create a support system for after giving birth.**
- ☐ **Build a support network.**
- ☐ **Engage with birthing persons, parents with young children, or others with similar experiences.**
- ☐ **Volunteer your time for a cause that is important to you.**
- ☐ **Improve your relationships with co-workers.**



Spiritual Self-Care

Thinking about yourself and your place in the world. Practicing spiritual self-care can help you feel a sense of purpose and personal growth.

- ☐ **Reflect on and live out personal beliefs and values.**
- ☐ **Spend time in nature.**
- ☐ **Pray or meditate.**
- ☐ **Set aside time for reflecting, thinking, and/or journaling.**
- ☐ **Attend church, religious, or spiritual ceremonies.**
- ☐ **Participate in cultural traditions.**
- ☐ **Find what nourishes your soul.**

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Intellectual Self-Care

Keeping your mind active and learning new things. When you practice intellectual self-care, you can feel excited about life and learn about things you love.

- ☐ **Learn or practice a hobby.**
- ☐ **Take a class to learn new things unrelated to work or school.**
- ☐ **Recognize personal strengths.**
- ☐ **Read articles and books.**
- ☐ **Solve puzzles.**
- ☐ **Play games.**
- ☐ **Try new things.**
- ☐ **Engage in creative and/or artistic activities.**



Financial Self-Care

Managing your money and resources. Practicing financial self-care can help you plan for the future.

- ☐ **Create a budget.**
 - ☐ Track your expenses.
 - ☐ Set financial goals for the future.
 - ☐ Meet with a financial advisor.
- ☐ **Attend job trainings.**
- ☐ **If eligible, claim both the federal and state Earned Income Tax Credit, also known as “The Working Families Tax Credit (EITC),” when filing individual income tax returns.**
- ☐ **Maintain a healthy work life balance.**
- ☐ **Create a resume.**
- ☐ **Go to school for a:**
 - ☐ GED
 - ☐ College degree
 - ☐ Skilled trade
- ☐ **Acknowledge, use, or improve professional skills.**
- ☐ **Take on interesting and rewarding projects.**
- ☐ **Participate in Michigan State University (MSU) Extension Money Management or Home Ownership classes.**
- ☐ **Review and use tools from the Consumer Financial protection Bureau.**

Notes: _____



- ☐ **Read, sing, and talk to baby/kids**
- ☐ **Learn about and practice nutrition/feeding.**
 - ☐ Create a breastfeeding plan.
 - ☐ Understand best practices for formula and bottle feeding
- ☐ **Discuss reasons for a C-section.**
- ☐ **Know what to do if baby stays in the NICU.**
- ☐ **Learn about and use safe sleep practices.**
- ☐ **Have a proper car seat that is installed correctly.**
- ☐ **Have a medical home for baby/kids.**
- ☐ **Learn about and make sure your baby has their immunizations.**

- [illegible]