

JOURNEY

guides

Birth Planning Checklist

Sometimes, when a child is born with substances in their system, the hospital or another provider may contact a child protective services agency. This often means a social worker will contact you to learn more about your family and talk about custody.

This can feel like a scary time. Working with the social workers and your treatment providers can help you feel included in this process.

This Birth Planning Checklist will help you create a packet of records and documents you can use to show all the work you've done to prepare to be a mother in recovery.

This packet will be a helpful part of any conversation about custody. It can also be helpful to sign releases of information so that your providers can speak about your treatment and recovery.

Remember, everyone wants the same thing: for your baby to be safe and healthy and well. You can talk to the social worker about your strengths and needs and what supports might be helpful to you and your children.

You may not have some of the things on this list. You may have other things you want to include. That's okay. This packet looks different for everyone.

Make two copies of your packet: one for you, and one for the Hospital Social Worker to share with the child protective services agency. Ask your substance use treatment provider, recovery support person, or prenatal care provider to help you collect these documents and put them into a folder or envelope.

My Birth Planning Checklist

- ☐ Cover sheet (name and contact information)
- ☐ Emergency contacts (names and phone numbers)
- ☐ Contact information for a backup caregiver for your baby, or the second parent
- ☐ Contact information for all medical and treatment providers, and signed consent forms (to allow your substance use treatment providers and your DCF social worker to speak with each other)
- ☐ Drug screen results
- ☐ Support letter from your substance use provider (describing your treatment and progress)
- ☐ Support letter from your mental health providers, recovery support people, or other people who know you well (religious/faith leaders, sponsor, Early Intervention worker)
- ☐ Records of prenatal care visits
- ☐ A list of hospital tours and/or birth classes that you attended
- ☐ Certificates of treatment graduation
- ☐ Information about your partner or the second parent of the infant, especially if this person is also in treatment/recovery (contact information, record of sobriety or treatment)
- ☐ Your relapse prevention plan for after delivery (your plan to stay with your baby while he/she is in the hospital, your plan for housing for you and your baby, etc.)
- ☐ _____
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