

My Family Wellness Plan

This plan belongs to:

Pregnancy and parenthood are sacred times when we make plans to care for ourselves and our baby.

When we use substances - like alcohol or drugs - it is especially helpful to create a family wellness plan.

This plan will help you:

- Decide how you will take care of yourself, your baby, and your family
- Think about the people who can help
- Consider the information and resources you will need to gather

To care for my body:

I will...

People who can help:

Healthy foods and good sleep can keep you and your baby strong.

Supportive doctors, nurses, and other healthcare providers can share tips for keeping you and your baby healthy and safe.

To care for my mind:

I will...

People who can help:

Let supportive friends, family, and counselors know what you are going through.

Build mental strength. Get help for depression, anxiety, or other things.

To care for my spirit:

I will...

People who can help:

Connection is the opposite of addiction. Connect with activities and people that calm your spirit.

Speak with Elders about parenting and taking care of a new baby.

To care for myself and my family, I need help with:

- | | |
|--|---|
| ☐ Mental health | ☐ Food |
| ☐ Spiritual health | ☐ Transportation |
| ☐ My relationships | ☐ Childcare |
| ☐ Feeling safe | ☐ Housing |
| ☐ My birth plan | ☐ Employment |
| ☐ Breast (chest) feeding | ☐ Other things: |
| ☐ Caring for my baby | |
| ☐ Items for my baby – like a car seat, crib, and clothing | |

People who can help:

My support network:

Write down three people in your life who can support you. Also, describe how you can get in touch with them.

People in your support network might include: your partner, friends, family, healthcare providers, spiritual advisors, and groups you are a part of, such as Alcoholics Anonymous (AA) or Narcotics Anonymous (NA).

- 1.
- 2.
- 3.

Talk with supportive friends, family, and doctors, nurses, and other healthcare providers about the things you need help with.

Name:

How can I get in touch with them?

Be Kind to Yourself

You have many positive qualities and deserve to be your best self. Remember that it's ok to struggle as you work toward making a better life for you, your family, and your baby. We are all in the process of learning different life skills to be happier and healthier. Judgment and unkindness – even when it's from ourselves – only stands in the way. As your journey continues, so will your understanding of how to care for yourself and your family.



Visit the Northwest Portland Area Indian Health Board's website at indiancountryecho.org/family-care-plans-toolkit to learn more about substance use, getting help, and other important topics.