



# Newfoundland and Labrador Healthy Baby Club

HBC site \_\_\_\_\_

## **FOLLOW-UP CONTACT**

*This form is used to guide your conversation with the HBC participant. Not all questions may need to be asked during every contact.*

Please  Home Visit \_\_\_\_\_ Phone Call \_\_\_\_\_

Name \_\_\_\_\_

Date of Contact \_\_\_\_\_  
(MM/DD/YYYY)

Due Date \_\_\_\_\_  
(MM/DD/YYYY)

(1<sup>st</sup> \_\_\_\_ 2<sup>nd</sup> \_\_\_\_ 3<sup>rd</sup> \_\_\_\_ trimester)<sup>1</sup>

Tell me how you have been feeling since we last chatted. \_\_\_\_\_

---



---



---

Date of last visit with Doctor/Health Care Provider: \_\_\_\_\_

Any concerns from this visit: \_\_\_\_\_

---



---



---

Tell me about the way you are eating. \_\_\_\_\_

---



---



---

Tell me how you are using the food supplements (e.g. milk, eggs, oranges) \_\_\_\_\_

---



---



---

Are you still taking your daily vitamin/mineral supplements? Yes \_\_\_\_\_ No \_\_\_\_\_

If no, explain. \_\_\_\_\_

---



---



---

Tell me what you have been doing to keep active since we last met. \_\_\_\_\_

---



---



---

<sup>1</sup> 1st Trimester weeks 0 – 12 weeks

2<sup>nd</sup> Trimester 13 -27 weeks

3<sup>rd</sup> Trimester 28 – 42 weeks

*The following question is in follow up to the feeding information obtained during the initial “[Getting to Know the Mom](#)” interview. This question provides an opportunity to further explore the mother’s decision for feeding her baby.*

Have you thought more about how you are going to feed your baby? \_\_\_\_\_

---

---

---

*The following questions should be asked if there were identified concerns from the “[Getting to Know the Mom](#)” form or previous contacts.*

How are you doing with your smoking? \_\_\_\_\_

---

---

How are you doing with your drinking/drug usage? \_\_\_\_\_

---

---

Last time we chatted you were concerned about ..... e.g. food, transportation, money, relationships. Tell me how things are going with that (those) concern(s) now. \_\_\_\_\_

---

---

---

Are there other things that you would like to chat about? \_\_\_\_\_

---

---

---

Suggestions given to participant and plans for follow-up:

Resource Mother Signature \_\_\_\_\_