

MATERNAL HEALTH VISIT PLANNER



Purpose

This planner supports expectant and new mothers in tracking health visits, recognizing warning signs early, and preparing for emergencies. It is designed for everyday use with simple, clear guidance.

How to Use This Planner

- Bring this planner to every clinic visit
- Record key information during each visit
- Review warning signs regularly
- Keep emergency contacts accessible
- Share this planner with a trusted caregiver

Consistency is critical for safe pregnancy and recovery.

Personal Information

- Mother's Name: _____
- Age: _____
- Expected Delivery Date: _____
- Health Facility: _____
- Health Worker Name: _____

Antenatal Visit Tracker

Visit	Date	Weeks Pregnant	Key Notes	Next Visit Date
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1

2

3

4

5

6

7

8

Postnatal Visit Tracker

Visit	Date	Days After Birth	Key Notes	Next Visit Date
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1

2

3

4

Danger Signs During Pregnancy

Seek urgent care immediately if any of the following occur:

- Severe abdominal pain
- Heavy bleeding
- Severe headache or blurred vision
- Swelling of face or hands

- High fever
- Reduced or no fetal movement

Danger Signs After Delivery

Seek urgent care immediately if:

- Heavy bleeding
- Severe pain
- Fever or chills
- Foul-smelling discharge
- Difficulty breathing
- Extreme weakness

Birth Preparation Checklist

Prepare before delivery:

- Identify the health facility
- Arrange transport
- Save emergency contacts
- Prepare essential items for mother and baby
- Inform a trusted person

Checklist

Item

Ready

(✓)

Health facility

identified

Transport arranged

Emergency contacts

saved

Supplies prepared

Support person

identified

Emergency Plan

Contacts

- Health Facility: _____
- Ambulance/Transport: _____
- Community Health Worker: _____
- Family Contact: _____

Transport Plan

- Mode of transport: _____
- Backup option: _____

Medication and Instructions

Date	Medication/Advice	Notes
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Notes and Observations

Record any changes, concerns, or advice:

Caregiver Support

If you are supporting a mother:

- Ensure visits are not missed
- Watch for danger signs
- Assist with transport and planning
- Provide emotional and practical support

Key Reminders

- Attend all scheduled visits
- Do not ignore warning signs
- Seek help early
- Keep this planner updated

Final Note

Safe motherhood depends on preparation, awareness, and timely action. Small, consistent steps can prevent serious complications.



Kenford Trust

Community Health Program

Focused on safe, informed, and supported maternal care.