

Maternal Health Volunteer Checklist

This list is meant to guide mentor and mentee as they work together during this match. We have divided tasks into 9 different categories to focus on as dictated by the client's needs. Some tasks may occur multiple times, such as transportation to OBGYN appointments, and others may consist of a conversation about one aspect of the American Healthcare system. These 9 areas are:

1. Pregnancy Status and Medicaid
2. OBGYN Appointments
3. Transportation
4. Centering Classes
5. Birth Plan
6. Infant and Mother Resources
7. Hospital
8. WIC Assistance
9. Pediatrician Visits

Pregnancy Status and Medicaid

Activity	Date Covered	Notes
Explain that pregnancy gives mothers additional Medicaid benefits, such as free Uber rides to appointments and dental care.		
Help client call DWS to update their Medicaid status if it is not already updated.		
Take a daily prenatal vitamin and discuss its importance for both mother and baby.		

OBGYN Appointments

Activity	Date Covered	Notes
Discuss the importance of attending all scheduled OBGYN appointments.		
Help schedule or confirm the next OBGYN appointment.		
Provide guidance on preparing questions for the OBGYN.		

Transportation

Activity	Date Covered	Notes
Explain transportation options available through Medicaid (e.g., free Uber rides).		
Assist with setting up a transportation request.		
Practice navigating public transportation routes if needed.		

Redwood Clinic Centering Classes

Activity	Date Covered	Notes
Share information about Redwood Clinic centering pregnancy classes and their benefits.		
Help client sign up for a class at Redwood Clinic, if interested.		
Provide or arrange transportation to Redwood Clinic centering classes.		

Birth Plan

Activity	Date Covered	Notes
Explain what a birth plan is and why it is helpful.		
Guide client in drafting a simple birth plan.		

Infant and Mother Resources

Activity	Date Covered	Notes
Provide a list of local resources for infant care and postpartum support, such as free infant car seats and baby layettes.		
Explain the importance of an infant car seat and how hospitals won't let you leave without one.		
Assist the client in picking up an infant car seat, if needed.		
Assist the client in picking up a baby layette from St. Martha's Baby Project.		

Hospital

Activity	Date Covered	Notes
Help client understand hospital registration procedures.		
Discuss what to pack for the hospital stay.		
Help client pack a bag for the hospital, including their birth plan and infant car seat.		
Help client plan transportation to hospital during labor. (Volunteers cannot provide this and should encourage client to call an ambulance, which is covered by their Medicaid plan.)		
Discuss how client would like assistance when they return from the hospital. Make arrangements for meals or visits as appropriate.		

WIC Assistance

Activity	Date Covered	Notes
Explain WIC benefits and how to apply.		
Assist in gathering necessary documents for WIC enrollment and scheduling initial appointment.		
Accompany client to initial WIC appointment.		
Accompany client to grocery store and practice using WIC Shopper App to purchase food using WIC card.		

Pediatrician Visits

Activity	Date Covered	Notes
Explain the importance of selecting a pediatrician before delivery.		
Provide tips for scheduling the first pediatrician appointment.		
Accompany client to first pediatrician visit, if needed.		
Assist client in obtaining free breast pump through Medicaid if desired.		

