

Pregnancy *and* ADHD

WORKBOOK



DUSTY CHIPURA

ALIX BACON &

Pregnancy *and* ADHD

WORKBOOK

This book belongs to:

MY DUE DATE

PRIMARY CARE PROVIDER

Ph.

Email:

MY MIDWIFE / OBSTETRICIAN

Ph.

Email:

MY DOULA

Ph.

Email:

OTHER MEDICAL PROFESSIONALS

Ph.

Email:

MY THERAPIST

Ph.

Email:

MY ADHD COACH

I AM GIVING BIRTH AT

Pregnancy *and* ADHD

WORKBOOK

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UPCOMING APPOINTMENTS

Refer to Questions for My Doctor or Midwife in the back of this book.

Date: _____ Time: _____ Location: _____
What to bring: _____

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How to use this workbook

Congratulations on your pregnancy! Start here to help make your journey through pregnancy with ADHD more joyful, calm, organized and fun!

The first step to using this workbook is deciding if you want to use it as a fillable PDF or print it off as a document. If you choose to use it as a fillable PDF and keep it digital, ask yourself how you will remember to use it; people with ADHD tend to be very out-of-sight, out-of-mind. In what situations will that format be helpful or not helpful? Is there an alarm or post-it note that you can put somewhere to remind yourself to check in with it once a day or so?

The other option is to print the journal. This may require a small investment of the cost of printing it (I suggest printing it at your local office supply store rather than on your home printer if you are worried about ink and paper). This has its own pros and cons, but as many coaches like to say, "paper is high tech for people with ADHD" - meaning that when we put pen to paper and when we can touch and feel a resource, it helps with our working memory deficits.

ADHD impacts our working memory and digital resources, while seemingly easy and efficient, too often get forgotten about - because we have to remember to navigate to them, open and use them! Grabbing a book off the shelf or keeping this in your to-go bag may prove more useful for you in terms of *actually using it* - although of course there is always the risk of losing it!

Here's what I recommend you do:

- Make a special trip to an office supply store for a pretty binder or folder of your choice. Decide whether you'd like to hole-punch this guide, staple it or keep it in a folder (I recommend binding it in some way, even if just with a clip!). Choose some sort of binder that looks pleasing to you - the more it pleases you visually, the more likely your ADHD brain will want to engage with and interact with it! You may also want to buy a special pen that feels nice to keep with this book
- Decide where you are going to keep this workbook in your house! Write down where you are keeping it, tell a friend or your partner. Create a designated spot and practice always putting it away in that spot. Don't assume you'll remember!
- When you finish filling out the pages with important info, snap a photo in your phone as backup just in case you do lose it! You can always download it again.
- On days when you will need to bring this book with you to your care provider or other appointments, set a reminder in your phone for about 10 minutes before you leave to remember to grab it, or set the reminder for the night before to put it with your things

Lastly, **you should read through this entire workbook** before starting to use it. At the back of the workbook is a space for a list of questions to ask your doctor, and in the latter part of the workbook is a section about labor and building a birth plan, which you will want to do in advance.

Once all that is done, let's get started!

Pregnancy *and* ADHD

THINGS TO KNOW

What should I know about pregnancy and ADHD?

The first thing to know is that ADHD has a high heritability rate - about 71%. Currently there are about 20 genes linked to ADHD and researchers think there may be as many as 105. This means that although your child will not necessarily have ADHD or another kind of neurodivergence, it is possible.

The next thing to know about pregnancy and ADHD is how ADHD could affect you cognitively and emotionally during pregnancy. This may depend on whether or not you and your physician have decided to discontinue your medication treatment during pregnancy or not (see below for information about ADHD medication and pregnancy). If you have discontinued stimulant use, you may experience an uptick in ADHD symptoms and mood/emotional management (as per a 2020 study following pregnant people with ADHD who either continued, discontinued or adjusted their medication dosage during pregnancy).

ADHD is a neurobiological disorder affecting several parts of the brain both structurally and chemically. The prefrontal cortex of your brain is the seat your executive functions, which include:

- Your ability to manage, remember and organize information (verbal and nonverbal working memory)
- Your ability to feel and manage time
- Your ability to moderate and modulate your emotions
- Decision making and prioritization
- Task initiation and task switching
- Your ability to regulate focus and pay attention
- Your ability to self-monitor progress

ADHD can disrupt these functions, causing executive dysfunction. During pregnancy, some people may go off their ADHD medications, which could cause them to notice more of these symptoms. Additionally, ADHD impacts our ability to juggle many tasks and pregnancy is a time of many unusual tasks and appointments that add to the cognitive load. A person may also be coping with various physical symptoms due to pregnancy that could exacerbate ADHD symptoms such as discomfort, nausea, heightened emotional sensitivity, or fatigue. ADHD can impact a person's ability to screen out sensory stimuli, meaning that these pregnancy symptoms may be more noticeable or bothersome to a person with ADHD.

Studies have shown that estrogen can play a role in how much ADHD symptoms impact people. According to ADDitude Magazine, "Estrogen promotes the release of the feel-good neurotransmitters, serotonin and dopamine, in the brain", however a 2014 study noted that "it is plausible that women experience greater distraction from other areas as they focus increasingly on a life transition to motherhood." (Freeman, 2014). Due to rising estrogen, you may find that as your pregnancy progresses, your ADHD becomes easier to manage, even if unmedicated. However, this is not the case for everyone. Although estrogen increases, so do the stakes of taking good care of your pregnant body and managing the myriad tasks associated with preparing for birth and baby. Everybody's experience is different and that's exactly why we're providing you with this workbook!

From a physiological perspective, having ADHD could possibly increase your risk of challenging birth and pre-eclampsia regardless of whether or not you take stimulant medications, although there are not many studies that show this yet (due in part to the fact that there are not many studies about pregnant people with ADHD). A 2018 Australian study found that "[people] diagnosed with ADHD at any stage were 20 to 30 per cent more likely to have a caesarean delivery, and their babies had a similarly increased rate of needing support to start breathing or admission to a neonatal unit. These increases even affected [people] (and their babies) who were not diagnosed or treated for ADHD until after giving birth, suggesting that ADHD itself [and not ADHD medication] is a significant predictor of adverse pregnancy and perinatal outcomes." (Poulton et al, 2018)

PREGNANCY, BREASTFEEDING, AND MEDICATION

What should I know about ADHD medication and pregnancy?

There are no guidelines on the management of ADHD and pregnancy. This is likely due to a lack of well designed research that accounts for confounding factors or the severity of the ADHD of the birthing person.

When deciding, together with your care provider, to medicate or not during pregnancy, you may want to include considerations on your own health, wellbeing and functioning during pregnancy. A 2020 study of 25 pregnant women who either continued, discontinued or adjusted their ADHD meds during pregnancy found “significant differences between the discontinuers vs maintainers for mood and family functioning”. (Baker, Wales, et al 2020)

You may have questions about the safety of stimulant use for your developing fetus. A 2014 study found a potential impact on fetal growth (such as babies being underweight) rather than a risk of teratogenicity (birth defects). The study noted that “while stimulants do not appear to be associated with major congenital malformations, more human data regarding potential behavioural teratogenicity (birth defects) are needed in order to understand both the short- and long-term risks”. According to the same study, “Although several systematic reviews have assessed the literature on stimulant use during pregnancy, this literature has important limitations. Notably, stimulants often represent drugs of abuse rather than prescribed treatment for a specific indication. The lack of comprehensive data on use or misuse and associated variables greatly constrains our ability to derive a reproductive safety profile for stimulants”. (Freeman, 2014).

Another study found that exposure to ADHD medication during pregnancy increased the risk of the baby being admitted to the Neonatal Intensive Care Unit (NICU), when compared with no history of medication use or medication discontinued prior to pregnancy (Norby et al, 2017). Infants exposed to ADHD medication during pregnancy were more likely to have central nervous system related disorders (e.g. seizures), and were more often to be preterm. The authors, however, admit that due to confounding factors it is uncertain to what extent this can be explained by ADHD medication use.

A more recent systematic review found that there was no evidence of teratogenic effects from ADHD medications (Li et al, 2020). They stress that most studies have failed to adjust for confounding factors (e.g. lifestyle), nor do they adjust for the severity of the birthing person's ADHD. They concluded that the evidence suggests ADHD medication during pregnancy results in significant negative consequences for the birther or baby, but found data was too limited to make an unequivocal recommendation.

A Canadian study shows ADHD medication use during pregnancy was not associated with increased risk of ADHD in children, the association is due to genetic or family environmental factors (Lemelin et al, 2021).

It is also important to know that birthers with ADHD are more likely to experience Postpartum Depression (PPD) after the birth of their first child, along with Pre-menstrual Mood Dysphoria (PMDD) (Dorani et al, 2021). For this reason it's important to take the EPDS (See page 98 of the workbook) around 28-30 weeks of pregnancy and again around 6 weeks after the birth of the baby, check in with your care provider regularly about your mood, and to make a plan for support after baby comes.

How could ADHD medication affect chest/breastfeeding?

Dextromethamphetamine gets into breast milk in low levels. Chestfed babies that are born preterm and those under 2 months old should be monitored for decreased appetite, sleepiness and irritability if their nursing parent is taking Dextromethamphetamine. Some evidence suggests that large doses of dextroamphetamine could lower milk supply. In a small study of four breastfeeding dads where the mothers were using dextromethamphetamine for ADHD, no impact on sleep or eating in the child was reported. Another study of four breastfeeding mothers “documented a lack of overt adverse effects in breast-fed infants”. The study concluded that “the medium- to long-term consequences, if any, of such exposure are unknown and each decision to breastfeed should always be made on the basis of an individual risk:benefit analysis (Ilett et al, 2006)

Ultimately, you and your care provider will need to evaluate the type, dosage and length of medication use while pregnant or breastfeeding. It is not uncommon to hear in the ADHD community that medication during pregnancy or breastfeeding is unsafe, but the literature does not support this and some doctors will support a pregnant person’s choice to continue medication use. However, there have been such a limited number of studies on pregnant people and their infants that we may not have all the data.

The decision to medicate or not medicate should come down to how well the person with ADHD who is pregnant feels that they will be able to manage completely off meds, and whether or not being off meds presents others risks to the parent or fetus. Impacts of medication on the developing fetus are not the only kinds of risks a pregnant person with ADHD faces; from issues with driving safety, risk taking behaviour, forgetfulness and emotional distress, unmedicated ADHD may pose other risk to the parent or fetus.

Many pregnant people with ADHD will be just fine going off meds for a while and/or will be able to cope through the usage of behavioural strategies, external structures, and support people (perhaps including an ADHD coach!). Each person is different and must make this decision with their care provider. A 2014 study looking at ADHD and pregnancy provided “recommendations to reduce a [person’s] workload during the pregnancy or to increase structure and organization at work or school with some external supports may improve functioning sufficiently during a pregnancy to allow the avoidance of medication” (Freeman, 2014)

If you strongly feel you cannot manage during pregnancy or postpartum without access to ADHD medication and your care provider is unwilling to hear your concerns, get a second opinion!

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EMOTIONAL DYSREGULATION

One aspect of ADHD that doesn't always get talked about is **emotional dysregulation**. People who struggle with emotional dysregulation tend to experience more emotional reactivity and more difficulty modulating their emotions. Emotions might feel really big, hit fast, and take a long time to resolve - especially (but not limited to) negative emotions such as anger, sadness or frustration. Emotional dysregulation means that when we become emotionally stimulated, sometimes we have a hard time managing those emotions and we feel "flooded", almost as if the emotion is in the driver's seat and we are a passenger being taken for a ride.

The result is that when you are emotionally dysregulated, you may struggle not to **ruminate** (worry, fixate or obsess about a situation or feeling), or you may feel compelled to take reactive or impulsive action to resolve your feeling of dysregulation - this impulsive urge is not helped by our inability to 'feel' time and our short **time horizon** (how far we can see in the future)!

Many people with ADHD say that when they are dysregulated, it's hard to imagine a time you didn't feel that bad or that there will be a time in the future when you feel better. Without the comfort of knowing that the feeling won't last forever, there's greater urgency to 'do' something to feel better - and that something can sometimes involve risk taking, falling into bad habits or seeking conflict. You may find your emotional state very distracting and find yourself making simple mistakes, snapping at loved ones, engaging in drama, or otherwise unable to focus on what you want to focus on.

Emotional dysregulation can look like extreme irritability, temper tantrums, meltdowns, overwhelming feelings of self-hatred, or even giddiness. **Rejection sensitivity** is one way that emotional dysregulation can manifest. Rejection sensitivity is sensitivity to real or perceived judgement, criticism or rejection from others. Rejection sensitivity causes us to worry incessantly that others don't like us, will leave us, or that we are worthless or unlovable. Rumination, rejection sensitivity and emotional dysregulation can all work together to make it very challenging for a person with ADHD to manage their emotional state and focus on tasks.

Remember that ADHD is characterized by an inability to exert control over where we focus our attention. When you are dysregulated or ruminating, your attention is wholly on the emotion and it can be as much of a challenge to disengage from that emotional stimulation as it can be to disengage from an interesting book or video game. If your negative emotional state is providing the most stimulation to your ADHD brain, your brain will not want to “turn away” from it.

The best way to deal with emotional dysregulation is to know your triggers and avoid it altogether. When this is not possible, CBT, mindfulness and distraction can help a lot. For more information about emotional dysregulation management strategies, connect with a good therapist who practices CBT or DBT, and read up on what other folks with ADHD do to help manage rumination.

EMOTIONAL DYSREGULATION

My emotional dysregulation management strategies

What are my triggers for rejection sensitivity or emotional dysregulation?

EMOTIONAL DYSREGULATION

When, where or with whom do I become emotionally dysregulated?

WHEN

WHERE

WHOM

EMOTIONAL DYSREGULATION

What helps me to feel calm or centred?

What can I tell myself when I am feeling emotionally overwhelmed or vulnerable?

Worksheet – The Pregnancy Bubble

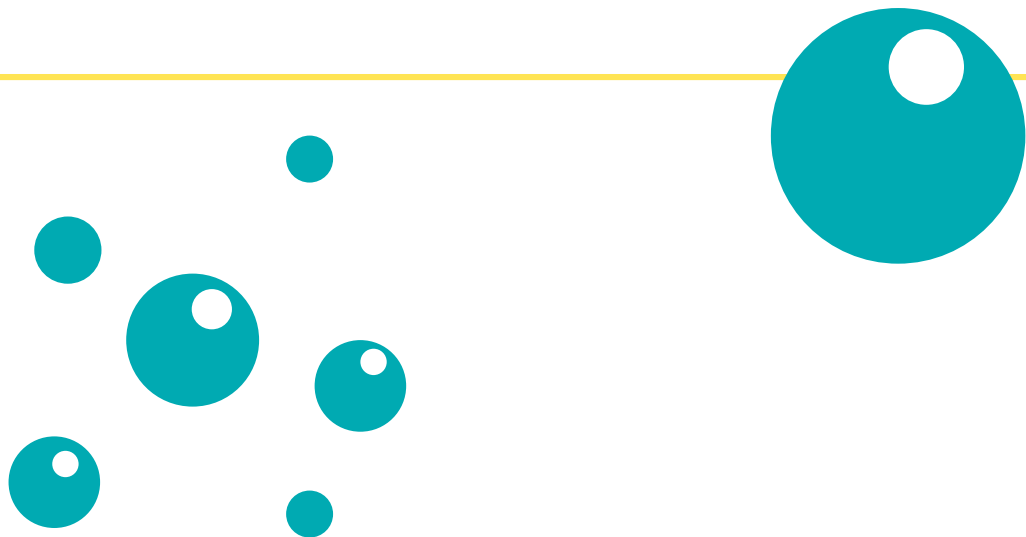
Pregnancy is a short and special time, and you deserve to be focused on yourself and your growing baby. However, we don't always have control over our environment, political situations, or people in our world who bring us stress and drama. The Pregnancy Bubble is a way of creating boundaries to avoid stress as much as possible.

It can be hard for a pregnant person, with all the hormones and feelings flying around, to manage upsetting distractions and emotions, and even more so for a person with ADHD. When something or someone upsetting comes into your world, visualize a bubble forming around yourself and your baby. No one or thing can cross this bubble to stress you out. It may feel like you are being a disengaged citizen, employee, friend or family member, but remember that pregnancy is not forever and the most important thing is to safeguard your emotional wellbeing and stress levels for your baby. Use the idea of the Pregnancy Bubble to keep distressing stimuli far away from you! If someone tries to bring drama into your life or there is an upsetting situation in the news, use your Pregnancy Bubble to insulate yourself from hearing or thinking about it. Make the choice to avoid, disengage and soothe yourself!

Worksheet – The Pregnancy Bubble

**Who in my life helps me feel supported and cared about?
Who understands me and makes me feel respected?**

**Who in my life brings me stress? Who makes me feel
misunderstood or disrespected?**



Worksheet – The Pregnancy Bubble

What boundaries would I like to have with the people in Question 2?

Why is this boundary important to me?

How will I phrase those boundaries?

How will I enforce those boundaries?

What am I prepared to do if those boundaries are violated?



KNOW YOUR RIGHTS

Around the world there are disparities in the health outcomes for different groups of people as a result of health care disparities due to unequal distribution of resources, racism, sexism, homophobia, transphobia and ableism. Birthers and health care providers are still dialoging about “Respectful Maternity Care” around the world. The World Health Organization has identified 7 rights of child-bearing people. Know your rights! If they are not being met, connect with your health care provider, their manager, or an advocate.

The World Health Organization has identified 7 rights of child-bearing people

1. Freedom from harm and ill treatment. No one can physically, emotionally or sexually abuse you.
2. Information, informed consent and refusal, and respect for choices and preferences, including the right to a companion of choice wherever possible. No one can force you or do things to you without your knowledge or consent.
3. Confidentiality and privacy. No one can share your personal information without your permission.
4. Dignity and respect. It is not ok for people to verbally abuse you.
5. Equality, freedom from discrimination, and equitable care. No one can discriminate against you because of your ethnicity, gender, sexual orientation, age, ability.
6. Timely healthcare and the highest attainable level of health. You deserve access to the services you need, when you need them.
7. Liberty, autonomy, self determination and freedom from coercion. No one can force you into a test or procedure, or detain you without legal authority.

CHOOSING A CARE PROVIDER

Around the world pregnant people may receive care from a family doctor, midwife, nurse midwife, nurse practitioner or obstetrician. Choosing the right care provider for you will require you to consider many variables. I'm sure at the top of mind will be, is this health care professional experienced with ADD/ADHD? We encourage you to ask your friends, ADD/ADHD coach, family physician or provider if they can offer recommendations for a provider who has experience in ADD/ADHD and pregnancy. We also encourage you to develop a list of questions for potential health care providers. This will help you find the right fit for you and your family.

Here are some considerations when selecting a care provider :

- Which providers are available in your community
- Can this provider offer my culturally competent care?
- Is this care provider fluent in my preferred language?
- Which health care providers are covered by your insurance coverage or costs if paying out of pocket,
- Do you have any pre-existing medical conditions that may require a higher level of care (e.g. those with pre-existing hypertension or diabetes will require the care of an obstetrician)
- Where do you want to give birth? birth centre, home, hospital?
- Philosophy of care. What is the health care providers philosophy of care? (e.g. informed choice, person centred care). What is important for you?
- Does the provider offer Continuity of care (ie you see the same provider or small group of providers throughout the pregnancy and this person will remain on call for you for the birth).
- Ability to collaborate with other health care professionals e.g. can this health care provider consult with my family doctor/neurologist? How integrated into the health care system are they?
- Will this provider be able to care for me and my baby? Or will I need to find another care provider for my baby?

ADHD AND NUTRITION

“[Eating home cooked food] is not morally superior to any other way of feeding yourself. If you ate today, out of a box, out of a fast food place - if you fed yourself, you’re winning! You ate!” - KC Davies, @domesticblisters on TikTok

ADHD can impact your eating. People with ADHD have a higher likelihood of disordered eating, such as binge eating disorder, as well as being more likely to struggle with weight management. Alternatively, some people with ADHD are not food motivated or experience a lack of appetite due to medication use. During pregnancy, it is important to ensure that you are eating the right amounts of nutrients to help your baby develop and to maintain your mood and mental health.

Here are some of the ways ADHD could impact your eating:

- Because the ADHD brain is low on dopamine, you may seek stimulation through snacking when bored
- You may not ‘tuned in’ to their body’s hunger cues due to high levels of distraction or mental hyperactivity (lots of thoughts, ideas and daydreams) and do not notice when they are hungry - until they’re starving!
- You may find that your stimulant medication can make you feel not very hungry
- You may struggle with keeping their spaces clean and organized. A person with ADHD may become overwhelmed when thinking about feeding themselves if their kitchen is very disorganized or messy
- You may struggle with the organizational steps involved in feeding themselves, such as planning out meals, grocery shopping, and making time to cook

- You may struggle with impulsivity and may spend more money than you'd like to eating out as opposed to cooking at home
- You may find you let yourself get so hungry that you seek out foods high in sugar, salt and fat and eat more of that food than you'd prefer to
- You may find you are very perfectionistic about the 'right' and 'healthy' foods and have a lot of shame and guilt about making choices that don't adhere to your high standards
- You may find that in the moment you struggle to remember what you like to eat and to make choices (decision fatigue, analysis paralysis) about choosing what to eat

If you struggle with nutrition, it is not so simple as taking a few easy steps to change everything overnight. The first step is to recognize that ADHD has a real impact on our ability to feed ourselves and to acknowledge and let go of any shame, guilt or embarrassment about your challenges around food. If you struggle with food, you are not alone!

During your pregnancy, you'll need to make sure that you are eating enough, often enough. **Enlist the help of a friend, family member, partner, doula, or ADHD coach to keep you on track with your eating.** These people can support you with accountability check ins, or 'body doubling' you (keeping you company) while you clean, plan shopping, cook or eat.

You may want to explore options for **outsourcing food preparation** during your pregnancy. Good alternatives to fast foods or takeout are the deli section of your local grocery store, which often has pre-cut fruits and veggies, pre-made dinners or sandwiches, and salads. Meal kit options like Hello Fresh may be worth trying, and if the steps involved in cooking the meals from a meal kit service are still too overwhelming, many towns and cities have a fresh food delivery service, almost like catering or having your own personal chef. These meals are usually healthy, fresh, and come ready to reheat for a reasonable price.

If using meal delivery services are not an option for you due to financial or other constraints, you will need to use more strategies to help yourself engage in some level of meal preparation. Sit down and make a list of the issues you face with ADHD and food – don't just think about making this list, actually write it out! – and generate some ideas for strategies you could try. People with ADHD are wonderful outside-the-box thinkers and can usually solve our own problems, we just tend to get overwhelmed! Write the list of strategies somewhere you will remember to look, such as on your fridge or even your bathroom mirror. **Remember that you don't have to be perfect, and that some days are going to be hard, but if you keep trying to use the strategies you have come up with, you are doing your best!**

Remember that feeding yourself doesn't have to mean preparing traditional 'meals' such as chicken, rice and veggies, or eggs and bacon. Feeding yourself can look like choosing a spoon full of peanut butter, a banana and a handful of nuts, or a piece of cheese, a couple slices of deli meat and a slice of toast. Make a list of quick, grab-and-go foods/snacks that are nutritious and that you like, and make sure you always have those in the house. Some examples of quick, foods that you could choose to eat instead might include things like:

- Pre-cut veggies and hummus
- Deli meat, pieces of cheese, and nuts
- Banana or apple with peanut butter
- Wasabi peas or some other crunchy snack
- A frozen dinner or frozen veggies heated up
- Soup from a can that you can microwave or heat up on the stove

Lastly, remember that there is no right or wrong way to get food in your body. **How you feed yourself is morally neutral.** Shame and self-judgement are issues for people with ADHD and often make it harder to do things. If you find you are struggling with feeding yourself during your pregnancy because of feelings that you are not doing it the 'right' way, please recognize that most people with ADHD struggle with these same issues and that you are doing the very best you can. Seek support from a coach, doula or therapist if these feelings persist and you need support.

FOODS I LIKE TO EAT

(SO I DON'T HAVE TO REMEMBER IN THE MOMENT)

Print this and put it up on your fridge.

[illegible]

Who can I ask for help with eating?

How can they help keep me on track?

NUTRITION & PREGNANCY

A balanced diet, exercise and vitamins can help you to: minimize pregnancy common discomforts such as nausea & constipation, grow a baby that is a good fit for your body, avoid complications such as gestational diabetes and hypertension, prevent caesarean birth and operative vaginal birth and generally feel better. Pregnancy and nutrition is huge topic beyond the scope of this workbook, but here's some tips.

Macros

- In pregnancy you need approx 300 extra calories a day
- Protein. 1st Trimester 60g/day, 2nd 70g/day, 3rd 80g/day

Vitamins

- folic acid 400mcg ...start ASAP once you're pregnant, ideally before pregnancy, to prevent spinal cord defects
- vitamin D 1000units to prevent preterm labour
- DHA/EPA 300mg (unless you eat fish 2x/week, in which case you can skip it) for healthy brain development

Fluids

- Aim for 2-3L of water per day. If you don't love water try putting in slices of citrus (orange/lemon/lime), cucumber, or a few sprigs of mint.
- Try to limit caffeine to 1 cup/day.
- Avoid alcohol, juice and soda

Foods to Avoid

- Hot dogs and deli meats (unless they are heated to steaming hot before serving)
- Max 1 serving tuna a week (due to mercury)
- Raw and undercooked seafood, eggs and meat including Sashimi
- Refrigerated smoked seafood
- unpasteurized milk and cheese

General Food Prep Tips

- Wash raw fruits and vegetables under running tap water
- Clean hands, knives, cutting boards after handling raw meat/eggs
- Cook meat to a safe internal temperature
- Chill all perishable foods

What, if anything, would I like to change about my eating habits during my pregnancy?

1.

2.

3.

What would I have to do to make these changes?

1.

2.

3.

How will I remember to implement these changes?

1.

2.

3.

TESTING OPTIONS BY TRIMESTER

Each trimester there are a variety of tests and screenings that your health care provider may offer you. The tests listed below include many that are considered routine, along with some which are only recommended for individuals with certain risk factors (these are marked with a *). Tests may involve bloodwork, urine tests, swabs or ultrasounds. These tests provide information on your health and your baby's and can help to identify pregnancy complications. The results may help you to make better health care decisions, or diagnose and manage conditions. While the tests themselves involve only minor discomfort (e.g. a blood draw or speculum exam), awaiting results can also be stressful. When considering whether or not to take a test it ask yourself, "what would I do with this information?" Remember your BRAIN acronym!

You can use this check list to keep track of the tests you've chosen to do and prompt conversations with your partner and health care provider.

The First Trimester

Bloodwork

- ☐ Human chorionic gonadotropin (HCG)
- ☐ Blood type and antibody screen aka Rh Factor
- ☐ Hematology profile/Complete Blood Count (CBC)
- ☐ Ferritin
- ☐ Thyroid Stimulating Hormone TSH *
- ☐ Sexually Transmitted Infections (STIs): syphilis, HIV, Hepatitis B, Hepatitis C)
- ☐ Ferritin
- ☐ Varicella titre *
- ☐ Rubella titre
- ☐ Hemoglobin A1C*
- ☐ Parvovirus/cytomegaly serology*
- ☐ Toxoplasmosis serology *
- ☐ Genetic Screening (aka SIPS, IPS, QUAD, NIPT)

Depending on your ethnic background & family history you may also be offered tests for cystic fibrosis , Tay-Sachs, sickle cell anemia, Thalessemia or other conditions.

Swabs

- ☐ Pap test (if due)
- ☐ Chlamydia and gonorrhoea

Ultrasound

- ☐ Dating ultrasound
- ☐ Fetal Nuchal translucency ultrasound (for people >35 undergoing genetic screening)
- ☐ Fetal nasal bone determination ultrasound

Urine

- ☐ Urine culture
- ☐ Chlamydia and gonorrhoea

The Second Trimester

Bloodwork

- ☐ Gestational Diabetes
- ☐ Repeat Blood type and antibody screen

Ultrasound

- ☐ Detailed Ultrasound 18-20wks

The Third Trimester

Bloodwork

- ☐ Complete Blood Count (CBC)

Swabs

- ☐ Group B streptococcus (GBS) bacteria

EVENTS AND IMPORTANT DATES

Please read the pages about your pregnancy and first, second, and third trimester before filling this page out.

[illegible]

Pregnancy To-do List

[illegible]

Pregnancy Shopping List

[illegible]

Pregnancy Diary

Use the following pages to keep track of your pregnancy and ADHD from your first to your third trimester.

WEEK BY WEEK

Pregnancy *and* ADHD

THE FIRST TRIMESTER

- ☐ Note the first day of your last period
- ☐ Start taking a prenatal vitamin with Folic acid, Vitamin B12, Vitamin D and essential fatty acids (DHA+EPA)
- ☐ Quit alcohol, recreational substances, smoking...if you need help reach out to your healthcare provider
- ☐ Try to move your body 30 min/day
- ☐ Pass off kitty litter changing duties
- ☐ Contact your health insurer to ask about coverage
- ☐ Choose a health care provider and ensure you have your first visit before 12 weeks
- ☐ Ask your health care provider about the pros, cons and alternatives of continuing on your ADD/ADHD medication
- ☐ Access tests (blood, urine, swabs and ultrasounds)
- ☐ Determine your Guess Day (aka Estimated Due Date)
- ☐ Get guidance on food safety and safety of the over-the-counter medications from your care provider
- ☐ Get guidance on environmental and occupational toxins and reduce exposures where you can
- ☐ Consider the flu vaccine (seasonal)
- ☐ Book a dentist appointment
- ☐ Think of who will take parental leave and how you fund it, look into work policies, employment insurance, etc.
- ☐ Connect with elders, family, spiritual leaders about cultural practices & traditions for pregnancy and birth
- ☐ Talk with your partner(s) and health care providers about your values for your care

Worksheet – The First Trimester

What are my goals for my first trimester?

How do I want to feel during my first trimester?
What do I need to do to achieve this goal?

Worksheet – The First Trimester

Who or what do I not want to have stress me out during my first trimester? How can I have really good boundaries with this thing or person?

What do I want to remember about my first trimester and how can I make memories?

What books, YouTube series, or other resources do I want to use during my first trimester?

Week One

From ___/___/___ **to** ___/___/___.

How am I feeling this week mentally?

How am I feeling this week physically?

What appointments do I have this week or coming up next week?

What ADHD symptoms do I notice this week?
How might I manage them?

What did I write down on my 'pregnancy to do list' for this month/this week? (Refer to page 8.)

Week One

Prenatal vitamins: M T W Th F Sa Su
 ☐ ☐ ☐ ☐ ☐ ☐ ☐

If I am using medication, am I noticing any side effects or issues?
Do I have concerns I want to bring to my doctor or midwife?*

***If so, write down in Remember To Ask section at back of workbook.**

What do I want or need to do this week (in general)?

Who can I delegate to or ask for help with some of these things?

What can I do to take care of myself this week?

What or who am I grateful for this week?

Week Two

From ___/___/___ **to** ___/___/___.

How am I feeling this week mentally?

How am I feeling this week physically?

What appointments do I have this week or coming up next week?

What ADHD symptoms do I notice this week?
How might I manage them?

What did I write down on my 'pregnancy to do list' for this month/this week? (Refer to page 8.)

Week Two

Prenatal vitamins: M T W Th F Sa Su
 ☐ ☐ ☐ ☐ ☐ ☐ ☐

If I am using medication, am I noticing any side effects or issues?
Do I have concerns I want to bring to my doctor or midwife?*

***If so, write down in Remember To Ask section at back of workbook.**

What do I want or need to do this week (in general)?

Who can I delegate to or ask for help with some of these things?

What can I do to take care of myself this week?

What or who am I grateful for this week?

Week Three

From ___/___/___ **to** ___/___/___.

How am I feeling this week mentally?

How am I feeling this week physically?

What appointments do I have this week or coming up next week?

What ADHD symptoms do I notice this week?
How might I manage them?

What did I write down on my 'pregnancy to do list' for this month/this week? (Refer to page 8.)

Week Three

Prenatal vitamins: M T W Th F Sa Su
 ☐ ☐ ☐ ☐ ☐ ☐ ☐

If I am using medication, am I noticing any side effects or issues?
Do I have concerns I want to bring to my doctor or midwife?*

***If so, write down in Remember To Ask section at back of workbook.**

What do I want or need to do this week (in general)?

Who can I delegate to or ask for help with some of these things?

What can I do to take care of myself this week?

What or who am I grateful for this week?

Week Four

From ___/___/____ **to** ___/___/____.

How am I feeling this week mentally?

How am I feeling this week physically?

What appointments do I have this week or coming up next week?

What ADHD symptoms do I notice this week?
How might I manage them?

What did I write down on my 'pregnancy to do list' for this month/this week? (Refer to page 8.)

Week Four

Prenatal vitamins: M T W Th F Sa Su
 ☐ ☐ ☐ ☐ ☐ ☐ ☐

If I am using medication, am I noticing any side effects or issues?
Do I have concerns I want to bring to my doctor or midwife?*

***If so, write down in Remember To Ask section at back of workbook.**

What do I want or need to do this week (in general)?

Who can I delegate to or ask for help with some of these things?

What can I do to take care of myself this week?

What or who am I grateful for this week?

Week Five

From ___/___/___ **to** ___/___/___.

How am I feeling this week mentally?

How am I feeling this week physically?

What appointments do I have this week or coming up next week?

What ADHD symptoms do I notice this week?
How might I manage them?

What did I write down on my 'pregnancy to do list' for this month/this week? (Refer to page 8.)

Week Five

Prenatal vitamins: M T W Th F Sa Su
 ☐ ☐ ☐ ☐ ☐ ☐ ☐

If I am using medication, am I noticing any side effects or issues?
Do I have concerns I want to bring to my doctor or midwife?*

***If so, write down in Remember To Ask section at back of workbook.**

What do I want or need to do this week (in general)?

Who can I delegate to or ask for help with some of these things?

What can I do to take care of myself this week?

What or who am I grateful for this week?

Week Six

From ___/___/___ **to** ___/___/___.

How am I feeling this week mentally?

How am I feeling this week physically?

What appointments do I have this week or coming up next week?

What ADHD symptoms do I notice this week?
How might I manage them?

What did I write down on my 'pregnancy to do list' for this month/this week? (Refer to page 8.)

Week Six

Prenatal vitamins: M T W Th F Sa Su
 ☐ ☐ ☐ ☐ ☐ ☐ ☐

If I am using medication, am I noticing any side effects or issues?
Do I have concerns I want to bring to my doctor or midwife?*

***If so, write down in Remember To Ask section at back of workbook.**

What do I want or need to do this week (in general)?

Who can I delegate to or ask for help with some of these things?

What can I do to take care of myself this week?

What or who am I grateful for this week?

Week Seven

From ___/___/___ **to** ___/___/___.

How am I feeling this week mentally?

How am I feeling this week physically?

What appointments do I have this week or coming up next week?

What ADHD symptoms do I notice this week?
How might I manage them?

What did I write down on my 'pregnancy to do list' for this month/this week? (Refer to page 8.)

Week Seven

Prenatal vitamins: M T W Th F Sa Su
 ☐ ☐ ☐ ☐ ☐ ☐ ☐

If I am using medication, am I noticing any side effects or issues?
Do I have concerns I want to bring to my doctor or midwife?*

***If so, write down in Remember To Ask section at back of workbook.**

What do I want or need to do this week (in general)?

Who can I delegate to or ask for help with some of these things?

What can I do to take care of myself this week?

What or who am I grateful for this week?

Week Eight

From ___/___/___ **to** ___/___/___.

How am I feeling this week mentally?

How am I feeling this week physically?

What appointments do I have this week or coming up next week?

What ADHD symptoms do I notice this week?
How might I manage them?

What did I write down on my 'pregnancy to do list' for this month/this week? (Refer to page 8.)

Week Eight

Prenatal vitamins: M T W Th F Sa Su
 ☐ ☐ ☐ ☐ ☐ ☐ ☐

If I am using medication, am I noticing any side effects or issues?
Do I have concerns I want to bring to my doctor or midwife?*

***If so, write down in Remember To Ask section at back of workbook.**

What do I want or need to do this week (in general)?

Who can I delegate to or ask for help with some of these things?

What can I do to take care of myself this week?

What or who am I grateful for this week?

Week Nine

From ___/___/___ **to** ___/___/___.

How am I feeling this week mentally?

How am I feeling this week physically?

What appointments do I have this week or coming up next week?

What ADHD symptoms do I notice this week?
How might I manage them?

What did I write down on my 'pregnancy to do list' for this month/this week? (Refer to page 8.)

Week Nine

Prenatal vitamins: M T W Th F Sa Su
 ☐ ☐ ☐ ☐ ☐ ☐ ☐

If I am using medication, am I noticing any side effects or issues?
Do I have concerns I want to bring to my doctor or midwife?*

***If so, write down in Remember To Ask section at back of workbook.**

What do I want or need to do this week (in general)?

Who can I delegate to or ask for help with some of these things?

What can I do to take care of myself this week?

What or who am I grateful for this week?

Week Ten

From ___/___/____ **to** ___/___/____.

How am I feeling this week mentally?

How am I feeling this week physically?

What appointments do I have this week or coming up next week?

What ADHD symptoms do I notice this week?
How might I manage them?

What did I write down on my 'pregnancy to do list' for this month/this week? (Refer to page 8.)

Week Ten

Prenatal vitamins: M T W Th F Sa Su
 ☐ ☐ ☐ ☐ ☐ ☐ ☐

If I am using medication, am I noticing any side effects or issues?
Do I have concerns I want to bring to my doctor or midwife?*

***If so, write down in Remember To Ask section at back of workbook.**

What do I want or need to do this week (in general)?

Who can I delegate to or ask for help with some of these things?

What can I do to take care of myself this week?

What or who am I grateful for this week?

Week Eleven

From ___/___/____ **to** ___/___/____.

How am I feeling this week mentally?

How am I feeling this week physically?

What appointments do I have this week or coming up next week?

What ADHD symptoms do I notice this week?
How might I manage them?

What did I write down on my 'pregnancy to do list' for this month/this week? (Refer to page 8.)

Week Eleven

Prenatal vitamins: M T W Th F Sa Su
 ☐ ☐ ☐ ☐ ☐ ☐ ☐

If I am using medication, am I noticing any side effects or issues?
Do I have concerns I want to bring to my doctor or midwife?*

***If so, write down in Remember To Ask section at back of workbook.**

What do I want or need to do this week (in general)?

Who can I delegate to or ask for help with some of these things?

What can I do to take care of myself this week?

What or who am I grateful for this week?

Week Twelve

From ___/___/___ **to** ___/___/___.

How am I feeling this week mentally?

How am I feeling this week physically?

What appointments do I have this week or coming up next week?

What ADHD symptoms do I notice this week?
How might I manage them?

What did I write down on my 'pregnancy to do list' for this month/this week? (Refer to page 8.)

Week Twelve

Prenatal vitamins: M T W Th F Sa Su
 ☐ ☐ ☐ ☐ ☐ ☐ ☐

If I am using medication, am I noticing any side effects or issues?
Do I have concerns I want to bring to my doctor or midwife?*

***If so, write down in Remember To Ask section at back of workbook.**

What do I want or need to do this week (in general)?

Who can I delegate to or ask for help with some of these things?

What can I do to take care of myself this week?

What or who am I grateful for this week?

Week Thirteen

From ___/___/___ **to** ___/___/___.

How am I feeling this week mentally?

How am I feeling this week physically?

What appointments do I have this week or coming up next week?

What ADHD symptoms do I notice this week?
How might I manage them?

What did I write down on my 'pregnancy to do list' for this month/this week? (Refer to page 8.)

Week Thirteen

Prenatal vitamins: M T W Th F Sa Su
 ☐ ☐ ☐ ☐ ☐ ☐ ☐

If I am using medication, am I noticing any side effects or issues?
Do I have concerns I want to bring to my doctor or midwife?*

***If so, write down in Remember To Ask section at back of workbook.**

What do I want or need to do this week (in general)?

Who can I delegate to or ask for help with some of these things?

What can I do to take care of myself this week?

What or who am I grateful for this week?

Pregnancy *and* ADHD

THE SECOND TRIMESTER

- ☐ Try to move your body 30 min/day
- ☐ Sing, talk, and read to baby
- ☐ Look out for baby's first movements, aka Quickening (often 18-22wks)
- ☐ Review results of First trimester tests
- ☐ Access tests (blood, urine, swabs and ultrasounds)
- ☐ Consider the flu vaccine (seasonal)
- ☐ Sign up for prenatal classes, if you can't afford these, put together a reading list
- ☐ Start to consider where you want to give birth...birth centre, home, hospital. Pre-register if required.
- ☐ If you will have to travel to give birth, begin to make arrangements
- ☐ Consider how you want to give birth (vaginally, VBAC, caesarean birth)
- ☐ Think about who you want to support you during the birth (partner(s), doula, family)
- ☐ Interview doulas
- ☐ Think about how you want to feed baby? chest feeding? pumping and bottle feeding? formula? mixed?
- ☐ Look into pre-registering for daycare wait lists
- ☐ Talk with your partner(s) and health care providers about your values for birth

Worksheet – The Second Trimester

What are my goals for my second trimester?

**How do I want to feel during my second trimester?
What do I need to do to achieve this goal?**

Worksheet – The Second Trimester

Who or what do I not want to have stress me out during my second trimester? How can I have really good boundaries with this thing or person?

What do I want to remember about my second trimester and how can I make memories?

What books, YouTube series, or other resources do I want to use during my second trimester?

Week Fourteen

From ___/___/___ to ___/___/___.

How am I feeling this week mentally?

How am I feeling this week physically?

What appointments do I have this week or coming up next week?

**What ADHD symptoms do I notice this week?
How might I manage them?**

What did I write down on my 'pregnancy to do list' for this month/this week? (Refer to page 8.)

Week Fourteen

Prenatal vitamins:

	M	T	W	Th	F	Sa	Su
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**If I am using medication, am I noticing any side effects or issues?
Do I have concerns I want to bring to my doctor or midwife?***

***If so, write down in Remember To Ask section at back of workbook.**

What do I want or need to do this week (in general)?

Who can I delegate to or ask for help with some of these things?

What can I do to take care of myself this week?

What or who am I grateful for this week?

Week Fifteen

From ___/___/___ to ___/___/___.

How am I feeling this week mentally?

How am I feeling this week physically?

What appointments do I have this week or coming up next week?

**What ADHD symptoms do I notice this week?
How might I manage them?**

What did I write down on my 'pregnancy to do list' for this month/this week? (Refer to page 8.)

Week Fifteen

Prenatal vitamins:

	M	T	W	Th	F	Sa	Su
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**If I am using medication, am I noticing any side effects or issues?
Do I have concerns I want to bring to my doctor or midwife?***

***If so, write down in Remember To Ask section at back of workbook.**

What do I want or need to do this week (in general)?

Who can I delegate to or ask for help with some of these things?

What can I do to take care of myself this week?

What or who am I grateful for this week?

Week Sixteen

From ___/___/___ to ___/___/___.

How am I feeling this week mentally?

How am I feeling this week physically?

What appointments do I have this week or coming up next week?

**What ADHD symptoms do I notice this week?
How might I manage them?**

What did I write down on my 'pregnancy to do list' for this month/this week? (Refer to page 8.)

Week Sixteen

Prenatal vitamins:

	M	T	W	Th	F	Sa	Su
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**If I am using medication, am I noticing any side effects or issues?
Do I have concerns I want to bring to my doctor or midwife?***

***If so, write down in Remember To Ask section at back of workbook.**

What do I want or need to do this week (in general)?

Who can I delegate to or ask for help with some of these things?

What can I do to take care of myself this week?

What or who am I grateful for this week?

Week Seventeen

From ___/___/___ to ___/___/___.

How am I feeling this week mentally?

How am I feeling this week physically?

What appointments do I have this week or coming up next week?

**What ADHD symptoms do I notice this week?
How might I manage them?**

What did I write down on my 'pregnancy to do list' for this month/this week? (Refer to page 8.)

Week Seventeen

Prenatal vitamins:

	M	T	W	Th	F	Sa	Su
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**If I am using medication, am I noticing any side effects or issues?
Do I have concerns I want to bring to my doctor or midwife?***

***If so, write down in Remember To Ask section at back of workbook.**

What do I want or need to do this week (in general)?

Who can I delegate to or ask for help with some of these things?

What can I do to take care of myself this week?

What or who am I grateful for this week?

Week Eighteen

From ___/___/___ to ___/___/___.

How am I feeling this week mentally?

How am I feeling this week physically?

What appointments do I have this week or coming up next week?

**What ADHD symptoms do I notice this week?
How might I manage them?**

What did I write down on my 'pregnancy to do list' for this month/this week? (Refer to page 8.)

Week Eighteen

Prenatal vitamins:

	M	T	W	Th	F	Sa	Su
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**If I am using medication, am I noticing any side effects or issues?
Do I have concerns I want to bring to my doctor or midwife?***

***If so, write down in Remember To Ask section at back of workbook.**

What do I want or need to do this week (in general)?

Who can I delegate to or ask for help with some of these things?

What can I do to take care of myself this week?

What or who am I grateful for this week?

Week Nineteen

From ___/___/___ to ___/___/___.

How am I feeling this week mentally?

How am I feeling this week physically?

What appointments do I have this week or coming up next week?

**What ADHD symptoms do I notice this week?
How might I manage them?**

What did I write down on my 'pregnancy to do list' for this month/this week? (Refer to page 8.)

Week Nineteen

Prenatal vitamins:

	M	T	W	Th	F	Sa	Su
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**If I am using medication, am I noticing any side effects or issues?
Do I have concerns I want to bring to my doctor or midwife?***

***If so, write down in Remember To Ask section at back of workbook.**

What do I want or need to do this week (in general)?

Who can I delegate to or ask for help with some of these things?

What can I do to take care of myself this week?

What or who am I grateful for this week?

Week Twenty

From ___/___/___ to ___/___/___.

How am I feeling this week mentally?

How am I feeling this week physically?

What appointments do I have this week or coming up next week?

**What ADHD symptoms do I notice this week?
How might I manage them?**

What did I write down on my 'pregnancy to do list' for this month/this week? (Refer to page 8.)

Week Twenty

Prenatal vitamins:

	M	T	W	Th	F	Sa	Su
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**If I am using medication, am I noticing any side effects or issues?
Do I have concerns I want to bring to my doctor or midwife?***

***If so, write down in Remember To Ask section at back of workbook.**

What do I want or need to do this week (in general)?

Who can I delegate to or ask for help with some of these things?

What can I do to take care of myself this week?

What or who am I grateful for this week?

Week Twenty-One

From ___/___/___ to ___/___/___.

How am I feeling this week mentally?

How am I feeling this week physically?

What appointments do I have this week or coming up next week?

**What ADHD symptoms do I notice this week?
How might I manage them?**

What did I write down on my 'pregnancy to do list' for this month/this week? (Refer to page 8.)

Week Twenty-One

Prenatal vitamins:

	M	T	W	Th	F	Sa	Su
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**If I am using medication, am I noticing any side effects or issues?
Do I have concerns I want to bring to my doctor or midwife?***

***If so, write down in Remember To Ask section at back of workbook.**

What do I want or need to do this week (in general)?

Who can I delegate to or ask for help with some of these things?

What can I do to take care of myself this week?

What or who am I grateful for this week?

Week Twenty-Two

From ___/___/___ to ___/___/___.

How am I feeling this week mentally?

How am I feeling this week physically?

What appointments do I have this week or coming up next week?

**What ADHD symptoms do I notice this week?
How might I manage them?**

What did I write down on my 'pregnancy to do list' for this month/this week? (Refer to page 8.)

Week Twenty-Two

Prenatal vitamins:

	M	T	W	Th	F	Sa	Su
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**If I am using medication, am I noticing any side effects or issues?
Do I have concerns I want to bring to my doctor or midwife?***

***If so, write down in Remember To Ask section at back of workbook.**

What do I want or need to do this week (in general)?

Who can I delegate to or ask for help with some of these things?

What can I do to take care of myself this week?

What or who am I grateful for this week?

Week Twenty-Three

From ___/___/___ to ___/___/___.

How am I feeling this week mentally?

How am I feeling this week physically?

What appointments do I have this week or coming up next week?

**What ADHD symptoms do I notice this week?
How might I manage them?**

What did I write down on my 'pregnancy to do list' for this month/this week? (Refer to page 8.)

Week Twenty-Three

Prenatal vitamins:

	M	T	W	Th	F	Sa	Su
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**If I am using medication, am I noticing any side effects or issues?
Do I have concerns I want to bring to my doctor or midwife?***

***If so, write down in Remember To Ask section at back of workbook.**

What do I want or need to do this week (in general)?

Who can I delegate to or ask for help with some of these things?

What can I do to take care of myself this week?

What or who am I grateful for this week?

Week Twenty-Four

From ___/___/___ to ___/___/___.

How am I feeling this week mentally?

How am I feeling this week physically?

What appointments do I have this week or coming up next week?

**What ADHD symptoms do I notice this week?
How might I manage them?**

What did I write down on my 'pregnancy to do list' for this month/this week? (Refer to page 8.)

Week Twenty-Four

Prenatal vitamins:

	M	T	W	Th	F	Sa	Su
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**If I am using medication, am I noticing any side effects or issues?
Do I have concerns I want to bring to my doctor or midwife?***

***If so, write down in Remember To Ask section at back of workbook.**

What do I want or need to do this week (in general)?

Who can I delegate to or ask for help with some of these things?

What can I do to take care of myself this week?

What or who am I grateful for this week?

Week Twenty-Five

From ___/___/___ to ___/___/___.

How am I feeling this week mentally?

How am I feeling this week physically?

What appointments do I have this week or coming up next week?

**What ADHD symptoms do I notice this week?
How might I manage them?**

What did I write down on my 'pregnancy to do list' for this month/this week? (Refer to page 8.)

Week Twenty-Five

Prenatal vitamins:

	M	T	W	Th	F	Sa	Su
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**If I am using medication, am I noticing any side effects or issues?
Do I have concerns I want to bring to my doctor or midwife?***

***If so, write down in Remember To Ask section at back of workbook.**

What do I want or need to do this week (in general)?

Who can I delegate to or ask for help with some of these things?

What can I do to take care of myself this week?

What or who am I grateful for this week?

Week Twenty-Six

From ___/___/___ to ___/___/___.

How am I feeling this week mentally?

How am I feeling this week physically?

What appointments do I have this week or coming up next week?

**What ADHD symptoms do I notice this week?
How might I manage them?**

What did I write down on my 'pregnancy to do list' for this month/this week? (Refer to page 8.)

Week Twenty-Six

Prenatal vitamins:

	M	T	W	Th	F	Sa	Su
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**If I am using medication, am I noticing any side effects or issues?
Do I have concerns I want to bring to my doctor or midwife?***

***If so, write down in Remember To Ask section at back of workbook.**

What do I want or need to do this week (in general)?

Who can I delegate to or ask for help with some of these things?

What can I do to take care of myself this week?

What or who am I grateful for this week?

Edinburgh Perinatal/Postnatal Depression Scale (EPDS)

For use between **28–32 weeks** in **all** pregnancies and **6–8 weeks** postpartum

Name: _____ Date: _____ Gestation in Weeks: _____

As you are having a baby, we would like to know how you are feeling. Please mark “X” in the box next to the answer which comes closest to how you have felt in the **past 7 days**—not just how you feel today.

In the past 7 days:

- | | |
|---|--|
| 1. I have been able to laugh and see the funny side of things
0 <input type="checkbox"/> As much as I always could
1 <input type="checkbox"/> Not quite so much now
2 <input type="checkbox"/> Definitely not so much now
3 <input type="checkbox"/> Not at all | 6. Things have been getting on top of me
3 <input type="checkbox"/> Yes, most of the time I haven't been able to cope
2 <input type="checkbox"/> Yes, sometimes I haven't been coping as well as usual
1 <input type="checkbox"/> No, most of the time I have coped quite well
0 <input type="checkbox"/> No, I have been coping as well as ever |
| 2. I have looked forward with enjoyment to things
0 <input type="checkbox"/> As much as I ever did
1 <input type="checkbox"/> Rather less than I used to
2 <input type="checkbox"/> Definitely less than I used to
3 <input type="checkbox"/> Hardly at all | 7. I have been so unhappy that I have had difficulty sleeping
3 <input type="checkbox"/> Yes, most of the time
2 <input type="checkbox"/> Yes, sometimes
1 <input type="checkbox"/> Not very often
0 <input type="checkbox"/> No, not at all |
| 3. I have blamed myself unnecessarily when things went wrong
3 <input type="checkbox"/> Yes, most of the time
2 <input type="checkbox"/> Yes, some of the time
1 <input type="checkbox"/> Not very often
0 <input type="checkbox"/> No, never | 8. I have felt sad or miserable
3 <input type="checkbox"/> Yes, most of the time
2 <input type="checkbox"/> Yes, quite often
1 <input type="checkbox"/> Not very often
0 <input type="checkbox"/> No, not at all |
| 4. I have been anxious or worried for no good reason
0 <input type="checkbox"/> No, not at all
1 <input type="checkbox"/> Hardly ever
2 <input type="checkbox"/> Yes, sometimes
3 <input type="checkbox"/> Yes, very often | 9. I have been so unhappy that I have been crying
3 <input type="checkbox"/> Yes, most of the time
2 <input type="checkbox"/> Yes, quite often
1 <input type="checkbox"/> Only occasionally
0 <input type="checkbox"/> No, never |
| 5. I have felt scared or panicky for no very good reason
3 <input type="checkbox"/> Yes, quite a lot
2 <input type="checkbox"/> Yes, sometimes
1 <input type="checkbox"/> No, not much
0 <input type="checkbox"/> No, not at all | 10. The thought of harming myself has occurred to me
3 <input type="checkbox"/> Yes, quite often
2 <input type="checkbox"/> Sometimes
1 <input type="checkbox"/> Hardly ever
0 <input type="checkbox"/> Never |

Total Score

Talk about your answers to the above questions with your health care provider.

Translations for care-provider use available on PSBC website: perinatalservicesbc.ca.

The Royal College of Psychiatrists 1987. From Cox, JL, Holden, JM, Sagovsky, R (1987). Detection of postnatal depression. Development of the 10-item Edinburgh Postnatal Depression Scale. British Journal of Psychiatry. 150, 782–786. Reprinted with permission.

Edinburgh Perinatal/Postnatal Depression Scale (EPDS)

SCORING GUIDE

1. I have been able to laugh and see the funny side of things
 - 0 As much as I always could
 - 1 Not quite so much now
 - 2 Definitely not so much now
 - 3 Not at all
2. I have looked forward with enjoyment to things
 - 0 As much as I ever did
 - 1 Rather less than I used to
 - 2 Definitely less than I used to
 - 3 Hardly at all
3. I have blamed myself unnecessarily when things went wrong
 - 3 Yes, most of the time
 - 2 Yes, some of the time
 - 1 Not very often
 - 0 No, never
4. I have been anxious or worried for no good reason
 - 0 No, not at all
 - 1 Hardly ever
 - 2 Yes, sometimes
 - 3 Yes, very often
5. I have felt scared or panicky for no very good reason
 - 3 Yes, quite a lot
 - 2 Yes, sometimes
 - 1 No, not much
 - 0 No, not at all
6. Things have been getting on top of me
 - 3 Yes, most of the time I haven't been able to cope
 - 2 Yes, sometimes I haven't been coping as well as usual
 - 1 No, most of the time I have coped quite well
 - 0 No, I have been coping as well as ever
7. I have been so unhappy that I have had difficulty sleeping
 - 3 Yes, most of the time
 - 2 Yes, sometimes
 - 1 Not very often
 - 0 No, not at all
8. I have felt sad or miserable
 - 3 Yes, most of the time
 - 2 Yes, quite often
 - 1 Not very often
 - 0 No, not at all
9. I have been so unhappy that I have been crying
 - 3 Yes, most of the time
 - 2 Yes, quite often
 - 1 Only occasionally
 - 0 No, never
10. The thought of harming myself has occurred to me
 - 3 Yes, quite often
 - 2 Sometimes
 - 1 Hardly ever
 - 0 Never

EPDS Score	Interpretation	Action
Less than 8	Depression not likely	Continue support
9–11	Depression possible	Support, re-screen in 2–4 weeks. Consider referral to primary care provider (PCP).
12–13	Fairly high possibility of depression	Monitor, support and offer education. Refer to PCP.
14 and higher (positive screen)	Probable depression	Diagnostic assessment and treatment by PCP and/or specialist.
Positive score (1, 2 or 3) on question 10 (suicidality risk)		Immediate discussion required. Refer to PCP ± mental health specialist or emergency resource for further assessment and intervention as appropriate. Urgency of referral will depend on several factors including: whether the suicidal ideation is accompanied by a plan, whether there has been a history of suicide attempts, whether symptoms of a psychotic disorder are present and/or there is concern about harm to the baby.

References:

Cox JL, Holden JM, Sagovsky R. Detection of postnatal depression: Development of the 10-item Edinburgh Postnatal Depression Scale. *The British Journal of Psychiatry*. 1987; 150(6):782-786.

BC Reproductive Mental Health Program and Perinatal Services BC. (2014), *Best Practice Guidelines for Mental Health Disorders in the Perinatal Period*. Available at: <http://tiny.cc/MHGuidelines>

Pregnancy *and* ADHD

THE THIRD TRIMESTER

- ☐ Try to move your body 30 min/day
- ☐ Every day check in on baby's movements
- ☐ Review results of 2nd trimester tests
- ☐ Screen for anxiety/depression (take the Edinburgh Prenatal/Postpartum Depression scale)
- ☐ Access tests (blood, urine, swabs and ultrasounds)
- ☐ Get the Rhogam shot if your blood type is Rh-
- ☐ Consider the flu vaccine (seasonal)
- ☐ Consider the pertussis vaccine (aka Tdap, Adacel, Boostrix)
- ☐ Think about child care for older children and pet care for fur babies while you're birthing
- ☐ Prepare children for family changes
- ☐ Take a tour or virtual tour of the birth centre or hospital
- ☐ Make a transport plan for how you will get to the birth centre or hospital
- ☐ Ensure you know when to call your health care provider or place of birth in labour
- ☐ Think about how you are going to cope in labour, get informed about natural strategies and pain medications
- ☐ Pack a go bag for the birth centre or hospital
- ☐ Gather home birth supplies
- ☐ Gather the after care supplies you will need: pads, peri bottle, peri spray, nipple cream, nursing bras or tanks

Pregnancy *and* ADHD

THE THIRD TRIMESTER

- Gather baby supplies: car seat, safe place to sleep, diapers, wipes, clothes
- Get informed and make decisions about medication and testing options for baby
- Get some meals in the freezer
- Line up support for the early days postpartum
- Talk with your partner(s) and health care providers about your values for parenting

Worksheet – The Third Trimester

What are my goals for my third trimester?

**How do I want to feel during my third trimester?
What do I need to do to achieve this goal?**

Worksheet – The Third Trimester

Who or what do I not want to have stress me out during my third trimester? How can I have really good boundaries with this thing or person?

What do I want to remember about my third trimester and how can I make memories?

What books, YouTube series, or other resources do I want to use during my third trimester?

Week Twenty-Seven

From ___/___/___ **to** ___/___/___.

How am I feeling this week mentally?

How am I feeling this week physically?

What appointments do I have this week or coming up next week?

What ADHD symptoms do I notice this week?
How might I manage them?

What did I write down on my 'pregnancy to do list' for this month/this week? (Refer to page 8.)

Week Twenty-Seven

Prenatal vitamins: M T W Th F Sa Su
 ☐ ☐ ☐ ☐ ☐ ☐ ☐

If I am using medication, am I noticing any side effects or issues?
Do I have concerns I want to bring to my doctor or midwife?*

*If so, write down in Remember To Ask section at back of workbook.

What do I want or need to do this week (in general)?

Who can I delegate to or ask for help with some of these things?

What can I do to take care of myself this week?

What or who am I grateful for this week?

Week Twenty-Eight

From ___/___/___ **to** ___/___/___.

How am I feeling this week mentally?

How am I feeling this week physically?

What appointments do I have this week or coming up next week?

What ADHD symptoms do I notice this week?
How might I manage them?

What did I write down on my 'pregnancy to do list' for this month/this week? (Refer to page 8.)

Week Twenty-Eight

Prenatal vitamins:

	M	T	W	Th	F	Sa	Su
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**If I am using medication, am I noticing any side effects or issues?
Do I have concerns I want to bring to my doctor or midwife?***

***If so, write down in Remember To Ask section at back of workbook.**

What do I want or need to do this week (in general)?

Who can I delegate to or ask for help with some of these things?

What can I do to take care of myself this week?

What or who am I grateful for this week?

Week Twenty-Nine

From ___/___/___ **to** ___/___/___.

How am I feeling this week mentally?

How am I feeling this week physically?

What appointments do I have this week or coming up next week?

What ADHD symptoms do I notice this week?
How might I manage them?

What did I write down on my 'pregnancy to do list' for this month/this week? (Refer to page 8.)

Week Twenty-Nine

Prenatal vitamins:

M	T	W	Th	F	Sa	Su
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**If I am using medication, am I noticing any side effects or issues?
Do I have concerns I want to bring to my doctor or midwife?***

***If so, write down in Remember To Ask section at back of workbook.**

What do I want or need to do this week (in general)?

Who can I delegate to or ask for help with some of these things?

What can I do to take care of myself this week?

What or who am I grateful for this week?

Week Thirty

From ____/____/____ **to** ____/____/____.

How am I feeling this week mentally?

How am I feeling this week physically?

What appointments do I have this week or coming up next week?

What ADHD symptoms do I notice this week?
How might I manage them?

What did I write down on my 'pregnancy to do list' for this month/this week? (Refer to page 8.)

Week Thirty

Prenatal vitamins: M T W Th F Sa Su
 ☐ ☐ ☐ ☐ ☐ ☐ ☐

If I am using medication, am I noticing any side effects or issues?
Do I have concerns I want to bring to my doctor or midwife?*

*If so, write down in Remember To Ask section at back of workbook.

What do I want or need to do this week (in general)?

Who can I delegate to or ask for help with some of these things?

What can I do to take care of myself this week?

What or who am I grateful for this week?

Week Thirty-One

From ___/___/___ **to** ___/___/___.

How am I feeling this week mentally?

How am I feeling this week physically?

What appointments do I have this week or coming up next week?

What ADHD symptoms do I notice this week?
How might I manage them?

What did I write down on my 'pregnancy to do list' for this month/this week? (Refer to page 8.)

Week Thirty-One

Prenatal vitamins:

M	T	W	Th	F	Sa	Su
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**If I am using medication, am I noticing any side effects or issues?
Do I have concerns I want to bring to my doctor or midwife?***

***If so, write down in Remember To Ask section at back of workbook.**

What do I want or need to do this week (in general)?

Who can I delegate to or ask for help with some of these things?

What can I do to take care of myself this week?

What or who am I grateful for this week?

Week Thirty-Two

From ____/____/____ **to** ____/____/____.

How am I feeling this week mentally?

How am I feeling this week physically?

What appointments do I have this week or coming up next week?

What ADHD symptoms do I notice this week?
How might I manage them?

What did I write down on my 'pregnancy to do list' for this month/this week? (Refer to page 8.)

Week Thirty-Two

Prenatal vitamins: M T W Th F Sa Su
 ☐ ☐ ☐ ☐ ☐ ☐ ☐

If I am using medication, am I noticing any side effects or issues?
Do I have concerns I want to bring to my doctor or midwife?*

*If so, write down in Remember To Ask section at back of workbook.

What do I want or need to do this week (in general)?

Who can I delegate to or ask for help with some of these things?

What can I do to take care of myself this week?

What or who am I grateful for this week?

Week Thirty-Three

From ____/____/____ **to** ____/____/____.

How am I feeling this week mentally?

How am I feeling this week physically?

What appointments do I have this week or coming up next week?

What ADHD symptoms do I notice this week?
How might I manage them?

What did I write down on my 'pregnancy to do list' for this month/this week? (Refer to page 8.)

Week Thirty-Three

Prenatal vitamins:

	M	T	W	Th	F	Sa	Su
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**If I am using medication, am I noticing any side effects or issues?
Do I have concerns I want to bring to my doctor or midwife?***

***If so, write down in Remember To Ask section at back of workbook.**

What do I want or need to do this week (in general)?

Who can I delegate to or ask for help with some of these things?

What can I do to take care of myself this week?

What or who am I grateful for this week?

Week Thirty-Four

From ___/___/___ **to** ___/___/___.

How am I feeling this week mentally?

How am I feeling this week physically?

What appointments do I have this week or coming up next week?

What ADHD symptoms do I notice this week?
How might I manage them?

What did I write down on my 'pregnancy to do list' for this month/this week? (Refer to page 8.)

Week Thirty-Four

Prenatal vitamins: M T W Th F Sa Su
 ☐ ☐ ☐ ☐ ☐ ☐ ☐

If I am using medication, am I noticing any side effects or issues?
Do I have concerns I want to bring to my doctor or midwife?*

*If so, write down in Remember To Ask section at back of workbook.

What do I want or need to do this week (in general)?

Who can I delegate to or ask for help with some of these things?

What can I do to take care of myself this week?

What or who am I grateful for this week?

Week Thirty-Five

From ___/___/___ **to** ___/___/___.

How am I feeling this week mentally?

How am I feeling this week physically?

What appointments do I have this week or coming up next week?

What ADHD symptoms do I notice this week?
How might I manage them?

What did I write down on my 'pregnancy to do list' for this month/this week? (Refer to page 8.)

Week Thirty-Five

Prenatal vitamins: M T W Th F Sa Su
 ☐ ☐ ☐ ☐ ☐ ☐ ☐

If I am using medication, am I noticing any side effects or issues?
Do I have concerns I want to bring to my doctor or midwife?*

*If so, write down in Remember To Ask section at back of workbook.

What do I want or need to do this week (in general)?

Who can I delegate to or ask for help with some of these things?

What can I do to take care of myself this week?

What or who am I grateful for this week?

Week Thirty-Six

From ____/____/____ **to** ____/____/____.

How am I feeling this week mentally?

How am I feeling this week physically?

What appointments do I have this week or coming up next week?

What ADHD symptoms do I notice this week?
How might I manage them?

What did I write down on my 'pregnancy to do list' for this month/this week? (Refer to page 8.)

Week Thirty-Six

Prenatal vitamins:

	M	T	W	Th	F	Sa	Su
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**If I am using medication, am I noticing any side effects or issues?
Do I have concerns I want to bring to my doctor or midwife?***

***If so, write down in Remember To Ask section at back of workbook.**

What do I want or need to do this week (in general)?

Who can I delegate to or ask for help with some of these things?

What can I do to take care of myself this week?

What or who am I grateful for this week?

Week Thirty-Seven

From ___/___/___ **to** ___/___/___.

How am I feeling this week mentally?

How am I feeling this week physically?

What appointments do I have this week or coming up next week?

What ADHD symptoms do I notice this week?
How might I manage them?

What did I write down on my 'pregnancy to do list' for this month/this week? (Refer to page 8.)

Week Thirty-Seven

Prenatal vitamins:

	M	T	W	Th	F	Sa	Su
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**If I am using medication, am I noticing any side effects or issues?
Do I have concerns I want to bring to my doctor or midwife?***

***If so, write down in Remember To Ask section at back of workbook.**

What do I want or need to do this week (in general)?

Who can I delegate to or ask for help with some of these things?

What can I do to take care of myself this week?

What or who am I grateful for this week?

Week Thirty-Eight

From ___/___/___ **to** ___/___/___.

How am I feeling this week mentally?

How am I feeling this week physically?

What appointments do I have this week or coming up next week?

What ADHD symptoms do I notice this week?
How might I manage them?

What did I write down on my 'pregnancy to do list' for this month/this week? (Refer to page 8.)

Week Thirty-Eight

Prenatal vitamins:

	M	T	W	Th	F	Sa	Su
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**If I am using medication, am I noticing any side effects or issues?
Do I have concerns I want to bring to my doctor or midwife?***

***If so, write down in Remember To Ask section at back of workbook.**

What do I want or need to do this week (in general)?

Who can I delegate to or ask for help with some of these things?

What can I do to take care of myself this week?

What or who am I grateful for this week?

Week Thirty-Nine

From ___/___/___ **to** ___/___/___.

How am I feeling this week mentally?

How am I feeling this week physically?

What appointments do I have this week or coming up next week?

What ADHD symptoms do I notice this week?
How might I manage them?

What did I write down on my 'pregnancy to do list' for this month/this week? (Refer to page 8.)

Week Thirty-Nine

Prenatal vitamins:

	M	T	W	Th	F	Sa	Su
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**If I am using medication, am I noticing any side effects or issues?
Do I have concerns I want to bring to my doctor or midwife?***

***If so, write down in Remember To Ask section at back of workbook.**

What do I want or need to do this week (in general)?

Who can I delegate to or ask for help with some of these things?

What can I do to take care of myself this week?

What or who am I grateful for this week?

Week Forty

From ____/____/____ **to** ____/____/____.

How am I feeling this week mentally?

How am I feeling this week physically?

What appointments do I have this week or coming up next week?

What ADHD symptoms do I notice this week?
How might I manage them?

What did I write down on my 'pregnancy to do list' for this month/this week? (Refer to page 8.)

Week Forty

Prenatal vitamins:

M	T	W	Th	F	Sa	Su
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**If I am using medication, am I noticing any side effects or issues?
Do I have concerns I want to bring to my doctor or midwife?***

***If so, write down in Remember To Ask section at back of workbook.**

What do I want or need to do this week (in general)?

Who can I delegate to or ask for help with some of these things?

What can I do to take care of myself this week?

What or who am I grateful for this week?

Week Forty-One

From ___/___/___ **to** ___/___/___.

How am I feeling this week mentally?

How am I feeling this week physically?

What appointments do I have this week or coming up next week?

What ADHD symptoms do I notice this week?
How might I manage them?

What did I write down on my 'pregnancy to do list' for this month/this week? (Refer to page 8.)

Week Forty-One

Prenatal vitamins: M T W Th F Sa Su
 ☐ ☐ ☐ ☐ ☐ ☐ ☐

If I am using medication, am I noticing any side effects or issues?
Do I have concerns I want to bring to my doctor or midwife?*

*If so, write down in Remember To Ask section at back of workbook.

What do I want or need to do this week (in general)?

Who can I delegate to or ask for help with some of these things?

What can I do to take care of myself this week?

What or who am I grateful for this week?

Week Forty-Two

From ___/___/___ **to** ___/___/___.

How am I feeling this week mentally?

How am I feeling this week physically?

What appointments do I have this week or coming up next week?

What ADHD symptoms do I notice this week?
How might I manage them?

What did I write down on my 'pregnancy to do list' for this month/this week? (Refer to page 8.)

Week Forty-Two

Prenatal vitamins:

	M	T	W	Th	F	Sa	Su
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**If I am using medication, am I noticing any side effects or issues?
Do I have concerns I want to bring to my doctor or midwife?***

***If so, write down in Remember To Ask section at back of workbook.**

What do I want or need to do this week (in general)?

Who can I delegate to or ask for help with some of these things?

What can I do to take care of myself this week?

What or who am I grateful for this week?

LABOUR & DELIVERY

Hospital Checklist

Even if you're planning a homebirth it's a good idea to have a hospital birth bag packed just in case! What the hospital supplies for birthers and babes is a little different in each place, but here's a general list.

- ☐ ID, insurance card, pre-admission paperwork
- ☐ birth plan
- ☐ bathrobe
- ☐ socks / slippers / flip-flops
- ☐ lip balm
- ☐ eye mask / ear plugs
- ☐ pyjamas
- ☐ sweater
- ☐ comfortable, full-coverage underwear
- ☐ maternity pads
- ☐ nursing tanks / bras
- ☐ hair bands / elastics
- ☐ toiletries
- ☐ prescription medications & vitamins
- ☐ glasses / contact lenses & solution
- ☐ phone and charger
- ☐ snacks and drinks

Optional to create ambience/help cope:

- ☐ music and a small speaker
- ☐ faux candles
- ☐ unscented massage oil and massage tools (even a tennis ball or rolling pin)
- ☐ affirmations or photos
- ☐ TENS machine
- ☐ hand mirror
- ☐
- ☐

For baby:

- ☐ outfits in several sizes
- ☐ diapers and wipes
- ☐ carseat
- ☐ blanket
- ☐
- ☐
- ☐

Homebirth Checklist

For your support people:

- ☐ phone & charger, camera / video camera
- ☐ clothes
- ☐ toiletries
- ☐ prescription medication & vitamins
- ☐ glasses / contact lenses
- ☐ pillow and sleeping bag
- ☐ food and drinks
- ☐
- ☐

Homebirth supplies:

- ☐ 5+ large towels for the birther
- ☐ 2 face cloths
- ☐ 5+ small towels / receiving blankets for baby
- ☐ 2 fitted sheets (one you don't mind throwing out)
- ☐ shower curtain / painting drop sheet / plastic or paper mattress liner
- ☐ waterproof absorbent pads (e.g. puppy training pads)
- ☐ 2 garbage bags (1 garbage, 1 laundry)
- ☐ hydrogen peroxide (to remove stains)
- ☐ 2 ziploc bags (for placenta)

- ☐ peri bottle
- ☐ mesh underwear or large comfortable underwear
- ☐ maternity pads
- ☐ diapers and wipes
- ☐ straws
- ☐ postpartum medications (ibuprofen and acetaminophen)
- ☐ electrolyte drink (e.g. labour ade, emergenC, gatorade, pedialyte)
- ☐ make frozen padsicles

If planning waterbirth:

- ☐ inflatable birth pool
- ☐ tarp
- ☐ emergency blanket
- ☐ fish net
- ☐ thermometer
- ☐ food grade hose
- ☐ tap adaptor
- ☐
- ☐

Homebirth Checklist

Optional to create ambience / help cope:

- ☐ hot water bottle / heating pad
- ☐ music and a small speaker
- ☐ faux candles
- ☐ unscented massage oil and massage tools (even a tennis ball or rolling pin)
- ☐ affirmations or photos
- ☐ TENS machine
- ☐ hand mirror
- ☐
- ☐

For peri care / hemorrhoid care at home:

- ☐ arnica 30C pellets
- ☐ lavender essential oil
- ☐ epsom salts
- ☐ sitz bath herbs
- ☐ witch hazel and cotton pads
- ☐ sitz bath
- ☐

**What do I need to make sure my
doctors, midwives, and nurses know?**

What questions do I have?

Remember:

When being asked to undergo any medical procedures you're not sure about, use the acronym BRAIN.

B

Benefits

What are the benefits to this procedure?

R

Risks

What are the risks to this procedure?

A

Alternatives

What are the alternatives to this procedure?

I

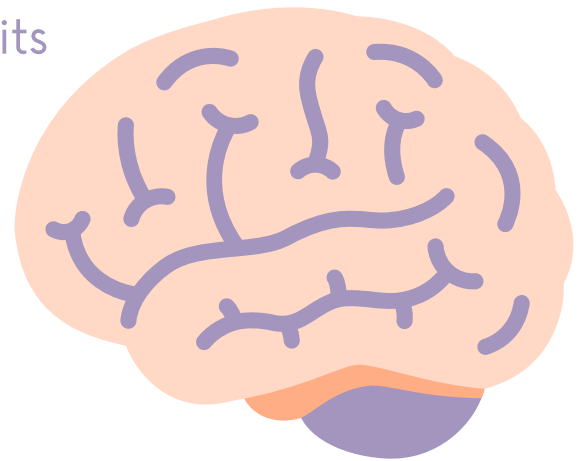
Interval of time

When does this decision need to be made?

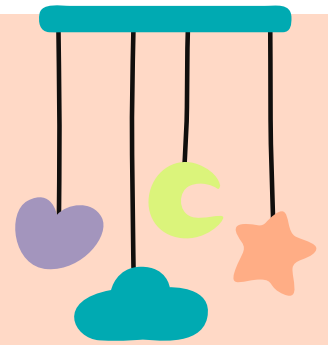
N

No

What will happen if I say no?



Pregnancy *and* ADHD



MY BIRTH PLAN

MY BIRTH PLAN

What if my birth doesn't go according to plan?

Please see pages 29 to 32 on emotional dysregulation management.

What is in my control?

Who can help me?

What keeps me calm?

MY BIRTH PLAN

What things in my birth plan am I most willing to change?

What things in my birth plan are the most important to me to keep the same, if possible?

About Dusty Chipura



Dusty Chipura is an AACC certified ADHD Coach specializing in coaching pregnant people with ADHD. Dusty lives in Abbotsford, British Columbia, Canada and coaches people from all walks of life with ADHD. Dusty's interest in supporting people with ADHD during pregnancy began when she realized there were little to no resources that addressed the experience of having ADHD during pregnancy outside of confusing medical literature about medication, and that many physicians did not agree about the use of stimulant-based medications during pregnancy or breastfeeding, and that this was leading to further distress on the part of pregnant people with ADHD. Whether you and your doctor have decided that continued medication use during your pregnancy is what's best for you or not, you will likely have some unexpected ups and downs navigating all the challenges of having a pregnant body with ADHD and new parenthood. For this reason, Dusty has created this workbook to support you and also offers group and one-on-one coaching for pregnant people and new parents.

About Alix Bacon



Alix Bacon, RM, (BMW, BSc)

Alix is a Registered Midwife and settler living and working on the traditional and unceded territories of the Squamish, Musqueam and Tsleil-Waututh peoples. Her favourite part of midwifery is when the babies she's caught join in prenatal visits and help with her belly checks for their siblings. Alix is passionate about the vital role midwives play in promoting the sexual and reproductive health and rights of birthing people. She is the President of the Canadian Association of Midwives, past President of the Midwives Association of BC, and has worked with UN on projects to help strengthen midwifery associations in east Africa. When she isn't catching babies or advocating for the rights of midwives and birthing people Alix enjoys daily dance offs with her son, Juba, singing harmonies and playing rhythm with the Hillbettys, and kayaking

Photo by Taya Photography.

Questions for My Doctor or Midwife

What do I want to remember to ask my doctor/midwife/doula? (Check off when finished.)

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