



KNOWLEDGE TO EQUIP PEERS FOR EACH PREGNANCY STAGE

Module 3.2: Pregnancy

Module Summary

Module Purpose

This module provides knowledge about pregnancy stages, prenatal care, and substance use considerations to help peers support pregnant participants throughout their pregnancy journey. As a peer, you can play a vital role in helping participants through this critical period. Your lived experience, nonjudgmental presence, and practical support can make the difference between isolation and connection. By helping participants access care, reduce harm, build recovery capital, and feel less alone, you're contributing to healthier pregnancies and better futures for both parents and children.

Key Points

Substance Use and Pregnancy

- Pregnancy is divided into three trimesters, each with distinct physical and emotional changes.
- Regular prenatal care improves outcomes for both parent and baby regardless of substance use.
- Substance use testing during pregnancy varies by state and provider; participants have rights regarding testing and disclosure.
- Any positive change during pregnancy can improve health outcomes - harm reduction is valid approach.
- Guilt, fear, and shame about substance use during pregnancy are common and require compassionate support.

Critical Skills for Peers

- Understanding normal pregnancy changes versus warning signs requiring immediate medical attention.
- Helping participants plan how they will respond to substance use screening questions and testing they may encounter during prenatal care and delivery.
- Applying harm reduction principles to support pregnant participants at any stage of change; sharing that research supports use of MOUD during pregnancy.
- Helping participants document recovery efforts and build recovery capital.



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Essential Supports and Resources

- Access to items that can support a participant’s harm reduction goals (e.g., naloxone).
- Knowing where to look for resources to address nutrition assistance (WIC), housing, and pregnancy-related needs.

Practice Applications

- Help participants schedule and attend prenatal appointments consistently.
- Support participants in having candid conversations with providers about substance use.
- Celebrate and document any positive changes and actions – consider using the [Birth Planning Checklist](#).

Recommended Resources

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| Warning Signs of the Need for Immediate Medical Care |
| Centers for Disease Control and Prevention https://www.cdc.gov/hearher/maternal-warning-signs/index.html |
| Understanding Prenatal Care |
| Office on Women’s Health Prenatal care Prenatal Care and Tests |
| National Institutes of Health “What Happens during Prenatal Visits?” |
| American College of Obstetricians and Gynecologists (ACOG) Routine Tests During Pregnancy |
| Birth Planning Checklist to Support Plans of Safe Care |
| The Journey Recovery Project Birth Planning Checklist |



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Free Yoga and Meditation Resources to Help Manage Stress

Prenatal Yoga | 22-Minute Home Yoga Practice

[Prenatal Yoga with Adriene](#)

Full-Body Pregnancy Yoga Flow (25 Minute Prenatal Yoga Class for All Trimesters)

[Full Body Pregnancy Yoga Flow](#)

Pregnancy Meditation and Affirmations

[Pregnancy Meditation with Pregnancy Affirmations \(Pregnancy Relaxation\)](#)

Substance Use Testing During Pregnancy

[Understanding Prenatal Drug Exposure Reporting Requirements for Medical Professionals](#)

Pregnancy and Substance Use Harm Reduction Toolkit

Academy of Perinatal Harm Reduction

- [Pregnancy and Substance Use: A Harm Reduction Toolkit](#) (available in English and Spanish)
- [Harm Reduction communication flowchart](#)

Naloxone Resources

Get Naloxone Now

[Get Training](#): online training resources to respond to an opioid overdose emergency.

NEXT Distro

[Next Naloxone](#): Naloxone mailing program



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