

WAC 110-145-2130 What types of health education must a facility offer to pregnant and parenting mothers? (1) You need to offer or arrange health education for pregnant and parenting mothers that includes the following areas:

- (a) Hygiene;
- (b) Suitable preparation for childbirth;
- (c) The physiological changes during pregnancy;
- (d) Examinations and childbirth procedures;
- (e) Postnatal and pediatric care;
- (f) Contraception and family planning;
- (g) Nutritional requirements for mother and child;
- (h) Child health and development; and
- (i) Psychological and emotional changes during and after pregnancy.

[WSR 18-14-078, recodified as § 110-145-2130, filed 6/29/18, effective 7/1/18. Statutory Authority: Chapters 13.34 and 74.13 RCW, RCW 74.15.030(2), 74.15.311(2), 74.13.032, 13.04.011, 74.13.020, 13.34.030, 74.13.031, 13.34.145, 74.15.311, 74.15.030, and 2013 c 105. WSR 15-01-069, § 388-145-2130, filed 12/11/14, effective 1/11/15.]