

Planning Ahead for the Birth of Your Baby

The following are things you can do to get ready 6-8 weeks before your baby is due.

- Choose a baby doctor called a pediatrician or a family doctor for your baby.
- Take a hospital tour. This helps you know where you will deliver your baby and gives you the chance to learn about the hospital's routines and policies.
- Fill out hospital forms and send them to the hospital. This will shorten the admission process when you are in labor.
- Put the car seat in your car. Have it checked by a trained person. You cannot take your baby home from the hospital without a car seat. If you have limited income, check with your doctor or clinic to see if they have free or lower cost car seats available.
- Make plans for someone to care for your other children while you are in the hospital.
- Plan for help with housework and meals for a couple of weeks after your baby is born.
- Get the baby room, crib and other items ready for use. Prepare a place to care for your baby such as diaper changing spot on each floor of your home. Some parents put baby care items in a basket that can be carried from room to room.
- Plan childcare arrangements. Many day cares have long waiting lists.
- Pack your bag for the hospital.
- Think about taking childbirth education, breastfeeding and baby care classes to prepare you to care for your baby.

Talk to your doctor or nurse if you have any questions or concerns.