

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.

为你宝宝的出生提前作计划

以下事项是在你的宝宝预产6-8星期前你可准备好的。

- 为你的宝宝挑选一位称为小儿科医生的宝宝医生或一位家庭医生。
- 去医院参观一次。这会有助于你了解将在哪里分娩你的宝宝并给你机会熟悉医院的例行程序和政策。
- 填写医院表格并将表格送交医院。这会在你临产时缩短入院程序。
- 将儿童车座放入你的车里。让一位专业受训人员检查一下。若没有儿童车座，你不能将宝宝从医院带回家。如果你收入有限，请查询你的医生或诊所，看他们是否有免费或便宜的儿童车座。
- 你住院时，请计划好请人照顾你的其他孩子。
- 请计划好在你的宝宝出生后的一个星期有人帮忙做家务及料理餐饮。
- 将宝宝房间、婴儿床和其他用品预备好以便使用。准备一个护理宝宝的地方，如在家中每一层楼中都设一个换尿布的场地。有一些家长把宝宝护理用品放入一个可以从一个房间拿到另一房间的篮子里。
- 计划托儿安排。很多日托所都有很长的候补名单。
- 打理好住院要用的袋子。
- 请考虑上分娩教育、母乳喂养和宝宝护理课程，以为照顾你的宝宝作好准备。

如有任何疑问或关注事宜，请告知你的医生或护士。

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