

Planning Ahead for the Birth of Your Baby

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

- Choose a baby doctor called a pediatrician or a family doctor for your baby.
- Think about taking childbirth education, breastfeeding and baby care classes to prepare you to care 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 or installed by a trained person. Call your local fire station or health department to see if they do car seat inspections. 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's room, crib and other items ready for use. Prepare a place to care for your baby such as diaper changing station on each floor of your home. Some parents put baby care items in a basket that can be carried from room to room.

아기 낳기 전 준비

아기 낳기 6~8주 전에 아래와 같은 준비를 해두는 것이 좋습니다.

- 아기 전문의 즉 소아과 의사나 가정의를 선택한다.
- 임신 중에 분만 클래스, 수유, 아기 관리 클래스에 참여를 생각해 본다.
- 출산할 병원을 미리 구경한다. 자신이 어디서 아기를 낳는지 확인하고 병원의 절차와 방침 등을 미리 익힌다.
- 병원에서 필요한 서류들을 미리 기입해서 보낸다. 이렇게 하면 진통이 있을 때 빨리 입원할 수 있다.
- 유아용 카시트를 차에 설치해 놓는다. 숙련된 사람에게 검점을 받거나 설치를 맡긴다. 동네 소방대나 보건소에 전화 하여 카시트 검증을 해주는지 물어본다. 카시트를 설치하지 않으면 병원에서 아기를 데리고 올 수 없다. 소득이 제한적이라면 무료 제공되거나 저렴한 가격에 살 수 있는 카시트가 있는지 의사나 병원에 문의한다.
- 출산 때문에 병원에 있는 동안 집에서 다른 자녀들을 돌 볼 사람을 구한다.
- 산후 2주일 동안 집안일이나 음식을 해줄 사람을 구한다.
- 아기가 있을 방에 침대나 그밖에 필요한 물건들을 준비해 둔다. 각 층에 아기를 돌보는 공간 즉 기저귀 갈아주는 공간 등을 마련해 둔다. 아기 용품들을 바구니 안에 담아서 이 방 저 방으로 들고 다니는 것도 편리하다.

- Pack your bag for the hospital.
- Plan childcare for your baby if you plan to return to work. Many childcare centers have long waiting lists.

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

2005 – 2/2011 Health Information Translations

Unless otherwise stated, user may print or download information from www.healthinfotranslations.org for personal, non-commercial use only. The medical information found on this website should not be used in place of a consultation with your doctor or other health care provider. You should always seek the advice of your doctor or other qualified health care provider before you start or stop any treatment or with any questions you may have about a medical condition. The Ohio State University Medical Center, Mount Carmel Health System, OhioHealth and Nationwide Children's Hospital are not responsible for injuries or damages you may incur as a result of your stopping medical treatment or your failure to obtain medical treatment.

- 병원에 갈 준비를 해둔다.
- 출산 후 직장으로 복귀해야 하면 아기 맡길 곳을 미리 알아본다. 많은 탁아소들은 대기자 명단에 미리 올려야 한다.

질문이나 문제가 있으면 의사나 간호사와 상담하십시오.

2005 – 2/2011 Health Information Translations

Unless otherwise stated, user may print or download information from www.healthinfotranslations.org for personal, non-commercial use only. The medical information found on this website should not be used in place of a consultation with your doctor or other health care provider. You should always seek the advice of your doctor or other qualified health care provider before you start or stop any treatment or with any questions you may have about a medical condition. The Ohio State University Medical Center, Mount Carmel Health System, OhioHealth and Nationwide Children's Hospital are not responsible for injuries or damages you may incur as a result of your stopping medical treatment or your failure to obtain medical treatment.

Planning Ahead for the Birth of Your Baby. Korean.