

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.

为宝宝的出生提前作计划

以下事项是在您生宝宝前 6 - 8 星期您可准备好的。

- 为宝宝挑选称为小儿科医生的宝宝医生或家庭医生。
- 请考虑参加分娩教育、母乳喂养和宝宝护理课程，为照顾自己的宝宝作好准备。
- 去医院参观。这会有助于您了解将在哪里分娩您的宝宝，并给您机会熟悉医院的程序和政策。
- 填写医院表格并将表格送交医院。这会在您临产时缩短入院程序。
- 将婴儿车座放入您的车里。让专业人员检查或安装。打电话给当地的消防站或卫生处，问他们是否提供车座检查。若没有婴儿车座，您不能将宝宝从医院带回家。如果您收入有限，请查询您的医生或诊所，看他们是否有免费或便宜的婴儿车座。
- 您住院时，请计划好请人照顾其他孩子。
- 请计划好在宝宝出生前一两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地方。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。

- 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.

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- 打包好住院要用的物品。
- 如果您准备重返工作，计划托儿安排。很多托儿中心都有很长的等候名单。

如有任何疑问或担心，请告知您的医生或护士。

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