

# 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.

# Planificación del nacimiento de su bebé

Las siguientes son cosas que puede hacer para prepararse de 6 a 8 semanas antes de la fecha prevista para el parto de su bebé.

- Elija a un médico de bebés, llamado pediatra, o a un médico de familia para su bebé.
- Considere tomar clases de preparación para el parto, amamantamiento y cuidado del bebé para prepararse para cuidarlo.
- Haga un recorrido por el hospital. Esto la ayudará a saber dónde dará a luz a su bebé y le dará la oportunidad de informarse de las rutinas y políticas del hospital.
- Llene los formularios del hospital y envíelos al hospital. Esto acortará el proceso de admisión cuando esté en trabajo de parto.
- Coloque el asiento de seguridad en su automóvil. Haga que lo revise o instale una persona capacitada. Llame a su estación de bomberos o departamento de salud local para averiguar si hacen inspecciones de asientos de seguridad. No puede llevarse a su bebé a casa desde el hospital sin un asiento de seguridad para automóvil. Si tiene ingresos limitados, consulte con su médico o clínica para ver si disponen de asientos de seguridad para automóvil gratuitos o a costo reducido.
- Planifique que alguien cuide a sus otros hijos mientras usted se encuentre en el hospital.
- Planifique que la ayuden con las tareas domésticas y las comidas durante un par de semanas después de que nazca su bebé.
- Tenga listos la habitación del bebé, la cuna y otros artículos. Prepare un lugar donde atender a su bebé, como un lugar para cambiar pañales en cada piso de su casa. Algunos padres colocan los elementos de cuidado del bebé en una canasta que pueden llevar de una habitación a otra.

- 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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- Haga su maleta para el hospital.
- Haga arreglos para la guardería de su bebé si piensa volver a trabajar. Muchas guarderías tienen listas de espera largas.

**Hable con su médico o enfermera si tiene alguna pregunta o duda.**

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Planning Ahead for the Birth of Your Baby. Spanish.