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

• Choose a doctor for your baby, called a pediatrician, or a family doctor.
• 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 time it takes to get to a room to deliver your baby.
• 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 offer free or low cost car seats.
• 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.
• Put your baby to sleep alone, on their back in a crib. The mattress should be firm with a tight sheet on it. Do not put anything else in the crib. No toys, no blanket, no pillow. The baby should not sleep in your bed, but the crib can be in your bedroom for the first 6 to 12 months, if you wish.

• Pack your bag for the hospital and include an outfit for your baby.

• Plan child care for your baby if you plan to return to work. Many child care centers have long waiting lists.

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

• ضع طفلك لينام بمفرده، على ظهره في سرير الأطفال. ويرجى أن تكون المرتبة صلبة مع وجود ملاءة محكمة عليها. ولا تضع أي شيء آخر في السرير. لا ألعاب ولا بطانية ولا وسادة. ولا ينبغي للطفل أن ينام في سريرك، ولكن يمكن أن يكون سرير الأطفال في غرفة نومك لمدة من 6 إلى 12 شهرًا الأولى، إذا كنت ترغب في ذلك.

• حزمي حقيبتك للمستشفى وخذ ملابس لطفلك.

• خططي لتوفير سبل الرعاية أو الحضانة لطفلك إذا كنت تخططين للعودة إلى العمل. حيث إن العديد من مراكز رعاية الأطفال لديها قوائم انتظار طويلة.

• يُرجى التحدث إلى الطبيب أو الممرض/الممرضة إذا ساورتك أية مخاوف أو كانت لديك أية أسئلة.