

提前规划, 迎接宝宝的出生

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 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.

在您的宝宝预产期前 6-8 周, 您需要做好以下准备。

- 为宝宝选择一位医生, 即儿科医生或家庭医生。
- 考虑参加分娩教育、母乳喂养和婴儿护理课程, 为照顾宝宝做好准备。
- 参观医院。这有助于您了解分娩场所, 并让您有机会了解医院的常规和政策。
- 填写医院表格并将其送回医院。这将有助于缩短您获得分娩所需产房的时间。
- 在车上安装安全座椅。由受过培训的人员检查或安装。致电当地的消防局或卫生部门, 询问他们是否检查汽车安全座椅。否则, 您就不能从医院带宝宝乘坐未安装安全座椅的汽车回家。如果您的收入有限, 请咨询您的医生或诊所, 询问他们是否提供免费或低成本的安全座椅。
- 您在医院期间可能需要别人帮忙照顾您的其他孩子, 因此请提前制定计划。
- 在宝宝出生后的几周内, 为家务和膳食方面需要的帮助做好计划。
- 准备好婴儿的房间、婴儿床和其他物品。
 - 设置照顾宝宝的台面, 比如在您家的每一层都设置换尿布台面。有些父母将婴儿护理用品均置于一个篮中, 方便从一个房间带到另一个房间。

- 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.
 - 让宝宝躺在婴儿床上独自睡觉。床垫应结实，并铺有一张牢固的床单。切勿在婴儿床中放置其他物品，如玩具、毯子和枕头。宝宝不应睡在您的床上，但如果您愿意，您可选择将婴儿床置于您卧室内 6-12 个月。
 - 收拾好前往医院的待产包，并为您的宝宝准备一套衣服。
 - 如果您打算重返工作岗位，请为您的宝宝做好育儿计划。很多儿童托育中心的学位均需提早较长时间预定。
- 如有任何疑虑，请咨询医生或护士。**

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