

Coming Home with My Baby

What do I need the day I come home from the hospital?

- WIC papers for me
- WIC papers for my baby
- Clothes for me to wear
- Clothes for my baby to wear, baby's blanket
- Car seat for my baby for the ride home
- Money if I use a cab to ride home
- Method of birth control
- Documentation of baby's birth
- Someone to help me with my other children and house work

Who can I call to ask questions when I am home?

Caring for myself _____

Caring for my baby _____

Caring for my breasts _____

Breastfeeding my baby _____

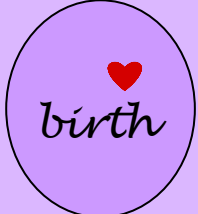
What do I need to do when I am home?

- Make a check-up appointment for my baby 2 or 3 days after leaving the hospital
- Make an appointment for my 6 week check-up



Phone: 929-220-8181



MY  PLAN

A guide to help me get ready to have my baby

Getting Ready for the Hospital

My due date is _____

My prenatal clinic is _____

The number to call at my clinic when I have questions:

During the day _____

At night or weekends _____

My delivery hospital is _____ Telephone _____

What to do if I have an emergency:

How will I know it is time to go to the hospital?

- Contractions are getting stronger. You will feel them throughout your whole uterus.
- Your contractions are regular (you feel them about every 5 minutes) and they are getting more painful.
- You have pink-colored or blood-streaked fluid from your vagina.
- Your water breaks. It may be a gush or a slow trickle from your vagina.

What will I need to take with me to the hospital?

- medical insurance card robe deodorant
- toothpaste and brush slippers money for TV or
- nightgown, pajamas comb & brush snacks



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*Working to improve the
birth outcomes experienced by
the women of the Bronx*

Albert Einstein College of Medicine
Ph.: 718-430-8620 Fax: 718-430-8816
Email: bxhealthystart@einstein.yu.edu

Who do I need to call before I go to the hospital?

My doctor/midwife _____

My delivery hospital _____

My support person/Doula _____

My ride _____

Baby-sitter for my other children _____

Other people I want to call _____

Where do I go to check in at the hospital?

Girls' names that I like for my baby

Boys' names that I like for my baby

Do I want my baby boy circumcised?

- no yes

How do I want to handle pain when I am labor?

- no medication pain medication not sure

Will my baby stay in my room or in the nursery at the hospital?

Will I breastfeed or bottle feed my baby?

Notes: