



Name _____

Expected due date _____



At Today's Visit

- You and your health professional will have an opportunity to talk about how your pregnancy is going.
- Your health professional will ask you questions about your pregnancy and the preparations you've made for the new baby.
- You will have an opportunity to ask questions.

Things You May Want to Discuss During This Visit

- Excitement, nervousness about being a new mother/parent.
- Preparations you've made at home.
- Your physical and emotional well-being.
- Preparing your other children for the new baby.
- Questions about breastfeeding and bottlefeeding.
- Questions about circumcision.
- Plans for returning to work or school.
- Child care arrangements.
- Concerns about food or supplies for the new baby.
- Any other topics you may want to discuss.



Notes:



Name _____



Things to Keep in Mind Between Now and the Next Visit

- Install a rear-facing infant safety seat in the back seat of your car, following the vehicle owner's manual and manufacturer's instructions.
- Never place your baby's safety seat in the front seat of a vehicle with a passenger air bag.
- The back seat is the safest place for children of any age to ride.
- Set the hot water heater thermostat lower than 120°F.
- Make sure your crib is safe (slats no more than 2 3/8 inches apart).
- Put your baby to sleep on his back or side (back is preferred).
- Avoid the use of soft bedding (quilts, pillows, blankets) or soft toys.
- Keep your home and car smoke-free.
- Install smoke alarms in your home.
- Do not smoke or use drugs or alcohol.
- Keep your prenatal appointments.
- Attend childbirth and infant CPR classes.
- Expect changes in family relationships.
- Prepare your other children for the arrival of the new baby.
- Anticipate that you may feel tired sometimes or have the "baby blues" after your baby is born.
- Ask friends and family to help out when you need it.



How to Prepare for the Next Visit

- Be prepared to talk about family members' reactions to the new baby.
- Be aware of your own physical and emotional well-being and discuss any concerns you may have with the health professional.
- Bring in questions or concerns about breastfeeding or bottlefeeding.
- Have questions ready about safety (safety seats, cribs, your home).
- Keep a list of topics you would like to discuss at your next visit.

What to Expect at the Next Visit

- Your baby will have a physical examination.
- Your baby's hearing will be tested.
- Your baby will have a blood test.
- Your baby may receive an immunization.