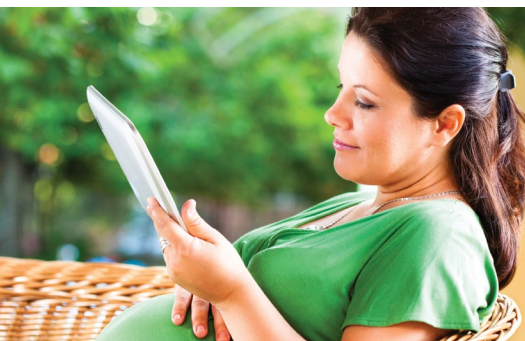


Preparing for **B****A****B****Y**

Congratulations! We're excited to help you prepare for your new addition! *Preparing for Baby* Library will help you prepare and care for your newest family member.



12 WEEKS OF PREGNANCY

12
weeks

- Mommy Don't Smoke
- Drug and Alcohol Use: Making safe choices and seeking help
- Cleaning and Healthy Air
- Pregnancy Symptoms: 1st Trimester
- Hyperemesis: Dealing With Severe Morning Sickness
- Vaccination During Pregnancy

15 WEEKS OF PREGNANCY

15
weeks

- The Workplace and Pregnancy
- Pain Management Through Pregnancy
- Coronavirus and Pregnancy

20 WEEKS OF PREGNANCY

20
weeks

- Understanding Preeclampsia
- Understanding Gestational Diabetes
- Baby's Almost Here: Managing Risks as You Approach Delivery
- Partner's Role with Baby: Bonding with Baby
- Partner's Role with Baby: Partner and Caregiver
- Scheduling Well Baby Visits
- Pregnancy Symptoms: 2nd Trimester

24 WEEKS OF PREGNANCY

24
weeks

- Building a Breastfeeding Support Network
- Making the Decision to Breastfeed
- The Benefits of Breastfeeding
- Safe Infant Sleep for Grandparents and Other Trusted Caregivers
- Baby's Almost Here: Advantages of Going Full Term
- Fetal Kick Counts: Measuring Fetal Movement
- Newborn Immunizations

30 WEEKS OF PREGNANCY

30
weeks

- 10 Tips to Keep Your Baby Safe
- Choosing a Doctor for Baby
- Returning to Work After Birth
- Newborn Care: Breastfeeding Overview
- Newborn Care: The Benefits of Skin to Skin Contact
- Breastfeeding: Overcoming the Challenges of Breastfeeding
- Pain Management Through Labor and Delivery
- Pregnancy Symptoms: 3rd Trimester

36 WEEKS OF PREGNANCY

36
weeks

- The First Hours: What Happens to Your Newborn After Birth
- Rooming In With Your Baby
- Stages of Labor
- Symptoms of Postpartum Anxiety and Depression
- When Your Water Breaks: How to Know You're in labor
- Understanding and Preventing Postpartum Hemorrhage

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Search for programs under *Preparing for Baby*

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