



Resources to Help You Prepare

Please review at 30 to 32 weeks gestation

This handout for expectant parents outlines ways you can prepare for your first days and weeks after giving birth.

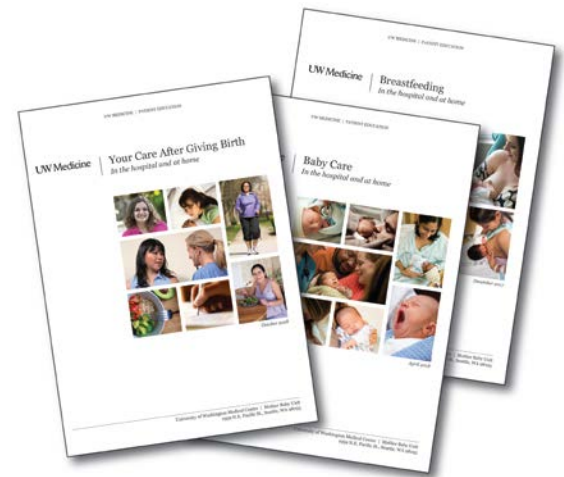
Before You Go to the Hospital

There is so much to learn about what happens after you give birth! But, you and your support people will be very tired after the big event. At that point, you may find it hard to focus on everything you need to do before you leave the hospital. This can be very stressful.

To help you have a more relaxed time in the hospital, we suggest you read these 3 booklets in the next couple of weeks: “Caring for Yourself After Giving Birth,” “Baby Care,” and “Breastfeeding.” You can find these booklets online at www.uwmedicine.org/preparing-for-your-stay.

By reading these booklets ahead of time, you will learn about the tasks that will need to be done after your baby is born. This helps you be prepared for how often staff will enter your hospital room. It also helps you know when you will need your support person, and when they can take a break.

Use this time before your baby is born to plan what you will do after the birth. As you read your booklets, be sure to ask us any questions you have at your clinic visits.



The 3 birth booklets

The booklets will also help you complete other tasks before you go the hospital, such as:

- Filling out your birth certificate worksheet
- Deciding about vaccines for you and your baby
- Deciding about birth control

Our website also has slideshows about your care team, keeping your baby safe in the hospital, visiting policies, and how to prepare for going home.

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

“Preparing for Your Hospital Stay” website:

www.uwmedicine.org/preparing-for-your-stay