

# I'm Having a Baby!

Here is a helpful checklist from Saint Elizabeth to make the whole process flow smoothly and lessen stress for you and your new family addition-to-be.



## During my pregnancy

### My first three months

- Pregnancy exam with my healthcare provider---or call TLC for a referral at 219-7000.
- Explore healthcare options, insurance coverage, schedule a tour of Saint Elizabeth Family Birth Center.
- Read or learn as much as you can about being pregnant and making sure both baby and you will be as healthy as possible.
- Start talking with your developing baby in soothing tones---reading to baby and playing comforting music is also recommended.

**Sign-up now for your prepared childbirth classes! They are popular and fill up fast.**

- Call 219-7000
- Or go online at: [SaintElizabethOnline.com](http://SaintElizabethOnline.com)

### My second three months

- Schedule your childbirth education classes—learn about prepared childbirth, infant care, breastfeeding, Pregnancy exercise, breastfeeding in the workplace, and more!
- Schedule Saint Elizabeth Perinatal Express nurse interview by calling 219-7000.
- Contact insurance company and “pre-certify” if needed (learned about this during Perinatal Express interview.)
- Continue visits to your doctor---baby’s health and yours may depend on these visits!
- Start thinking about, or arranging, child care options.
- Contact 219-7152 to discuss payment options for hospital fees.
- Take time for you! Make sure to schedule time to rest or take a nap to stay healthy and keep stress levels low.
- Buy birth announcements, address them and put stamps on in advance.
- Explore the flexibility available at your job during and after pregnancy and get details about their Family Leave options
- Start considering your options as to where to give birth.
- Examine your birth support options.
- Continue reading or learning as much as you can about being pregnant and making sure both baby and you will be as healthy as possible. Remember, your Saint Elizabeth newsletter and the Internet website have great information on tips for eating and exercise as well as information on the changes you and your baby are going through.
- Continue talking with, or reading to, your developing baby and playing comforting music.
- Start selecting names!

### My last three months

Make sure you:

- Have taken your Saint Elizabeth Perinatal Express (or other name?) nurse interview [Scheduled by calling TLC at 219-7000].
- Are pre-certified with your insurance company, if necessary.
- Signed-up for your childbirth education classes.
- Returned all of your hospital registration forms to Saint Elizabeth.
- Continue reading or learning as much as you can about being pregnant and making sure both baby and you will be as healthy as possible. Remember, your Saint Elizabeth newsletter and the Internet website have great information on what tips for eating and exercise as well as information on the changes you and your baby are going through.
- Select a pediatrician or medical caregiver for your child—call first to make sure they are accepting new patients
- Continue talking with, or reading to, your developing baby and playing comforting music
- Decide on a name!