

Pre-labor Checklist

- Pre-register with the hospital.** Go to www.EEHealth.org/OBpre-reg. You will need your insurance information and your doctor and baby's doctor information. If you have a question about your on-line pre-registration, call 630-527-3145.
- Meet all your OB doctors.** Try to schedule a visit with each of the doctors or midwives in your OB/Midwife group so you will be familiar with whoever might be on-call.
- Choose a doctor for your baby**—this should be a Pediatrician or a Family Practice doctor who is covered by your insurance plan, has privileges at the hospital where you will be giving birth, and is taking new patients. Your baby will need to be seen while in the hospital and usually within a few days of discharge. Most doctors' offices will have a "meet & greet" appointment prior to baby's birth. Need a doctor? Call Physician Referral Service at (630) 527-6363.
- Check on your insurance coverage.** Contact your health insurance company to let them know you are pregnant and to see when & what documentation they require to add baby to the policy—most recommend that you add baby as soon as possible but no later than 30 days after birth. If you and your partner/husband both have a health insurance policy, decide prior to labor which policy you will add baby to. Check to see if special care is included for baby (if baby comes early and is in NICU). Check to see how many days of hospitalization are covered for mom for a vaginal delivery or for a Cesarean. Most women who deliver vaginally with no complications will stay 2 nights in the hospital after birth. After a Cesarean Section, the usual stay is 3 nights. Check your insurance coverage for both vaginal and C-Section delivery.
- Buy a car safety seat for your newborn.** Remember, you will need a car seat to take your baby home from the hospital. Read the instructions for the car seat and for your car, and then install the car seat. Have it checked by a carseat safety technician (go to <http://cert.safekids.org/get-car-seat-checked> to find a location near you.)
- Decide if you will breastfeed your baby.** Breast milk contains many substances that help baby get off to a better start. If you are trying to weigh the pros and cons or are unsure if you can breastfeed due to a prior condition or medication, call our Breastfeeding Center at 630-527-3238 for a prenatal appointment to discuss these issues. If you are unsure about breastfeeding due to your return to work after baby is born, remember, ANY amount of breastmilk is beneficial to baby!
- Decide if you will have your baby boy circumcised.** Your OB doctor will be performing the circumcision, so discuss this topic with him or her prior to labor if you have questions. For information about circumcision go to www.kidshealth.org/parent/system/surgical/circumcision.html

- Decide who your support partner(s) will be**--someone with whom you feel very comfortable and who will provide emotional as well as physical support during your labor (not just someone who wants to see the birth or chat with you while you're in labor). You should discuss with them what you expect their role to be while you are in labor. ****Please see the most recent Visitation Policy flyer for the most up-to-date information about Care Partners and visitors.**

Post-Birth Checklist

After your baby is born, keep this list handy until you have completed everything. New parents often get caught up in taking care of their newborn and forget these important items!

- Baby's Birth Certificate.** You will fill out the birth certificate form in the hospital prior to discharge which the hospital will submit for you. You will also be given a form that you can mail in to request a copy of baby's birth certificate. After mailing in the form, it may take several weeks to obtain the birth certificate copy. If you need it sooner, see "How Can I Request a Copy of My Child's Birth Certificate?" at <https://www.eehealth.org/services/pregnancy-baby/faqs/> .
- Baby's social security card.** A box will be checked on the birth certificate form that the hospital turns in, requesting baby's social security number. The social security card will be mailed to your address approximately 12 weeks after birth. For more info, see the FAQ on the link above.
- Add baby to your health insurance.** Contact your health insurance company to add baby to your policy within 30 days of baby's birth (or sooner if possible). The longer you wait to add baby, the more difficult it is to get the insurance to pay for baby's hospital bill, so please add the baby as soon as possible.
- Consider joining a new mom support group.** See the handout for new mom support groups and consider joining a virtual group or attending in-person. A lot of moms wait until they are close to returning to work and miss out on great opportunities to meet with other new moms or hear great speakers on topics of interest to new parents. We also include breastfeeding support with these groups! If you would like more information, contact Susan.Bard@EEHealth.org.