

baby's on the way... now what?



We know expecting a child can be information overload, so we have organized some lists for you, including what to do before your delivery, what to pack and what we provide during your stay with us.

Questions? Ask your physician or call us at 615-435-6283.



PRE-DELIVERY checklist:

- choose your pediatrician
- sign up for Childbirth Education Classes
 - at williamsonmedicalcenter.org
- pre-register 30 days prior to due date
 - Monday through Friday, 5:30 a.m. - 7 p.m.
 - bring insurance information and photo I.D.
 - bring paperwork provided to you by your OB
- insurance authorizations/add baby



During your stay WMC will provide:

- gowns for baby
- diapers and wipes
- cord care kit
- suction bulb & pacifiers
- swaddling blankets
- towels
- breast pump & accessories
- sanitary pads
- pillows
- blankets
- reusable water mug



HOSPITAL packing list:

- insurance cards and I.D.
- cell phones
- chargers with extension cords
- camera / video camera with memory card
- music player and headphones
- nightgowns / robe
- eyeglasses / contact lenses / supplies
- slippers
- snacks for coach
- focal point object
- massage oil
- tennis balls for back massage
- money for vending machines
- WMC folder from Education classes
 - if applicable
- extra undergarments
- nursing pads
- nursing bras / tank tops
- sanitary pads
- clothes and toiletries for partner
- hairbrush, headband, & hair elastics
- toothbrush / paste
- shampoo, soap
- deodorant
- lip balm
- clothes to wear home
 - in 7 months' pregnant size
- baby book for footprints
- picture outfit for baby
 - see back for more information on photography provided
- going home outfit for baby
- car seat with base
- important phone numbers



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WOMEN'S CHOICE AWARD[®]
AMERICA'S BEST HOSPITALS
OBSTETRICS

What baby needs...

Many of the items and gifts received prior to the arrival of your new baby usually aren't needed for several months. The two lists below should help you decide what items could wait for a while as you and your new baby settle in. Spend the few weeks prior to delivery concentrating on what is immediately needed for your newborn.

now:

- car seat with base
- crib
- mattress / waterproof mattress cover
- crib sheets and swaddle blankets
- car seat stroller
 - convertible or fold-up type
- nursery monitor with nightlight
- front carrier
- changing table
- infant seat / swing
- bottles
 - 3-4 to store milk, if nursing; 8-12 extra nipples, if bottle feeding
- rectal or ear thermometer
- diapers and wipes
 - 300-350 disposable, plus 2 dozen cloth; or 4 dozen cloth diapers
- diaper rash ointment
- breast pump
- infant nail scissors or clippers
- first-aid kit
- baby washcloths & hooded towels
- bathtub
- baby shampoo / soap
- clothes
 - onesies, hats, mittens, socks
- gentle laundry detergent
- burp cloths

later:

- play yard (travel / folding)
- umbrella stroller
 - good for an older baby who needs less neck support
- back carrier
 - babies rarely sit up well enough to use, at least for the first 6-7 months
- highchair
 - baby doesn't start eating solids until about 4 to 6 months
- feeding utensils, bowls, cups
- baby gate
 - needed at 7 to 9 months, when babies usually begin to crawl
- childproofing items
 - such as socket covers, drawer and cabinet locks, corner cushions (also for crawlers)
- baby sunblock
 - never use on a baby younger than 6 months of age
- teethingers



TIPS for keeping baby safe

source: American Academy of Pediatrics

- **To prevent possible suffocation**, and reduce the risk of sudden infant death syndrome (SIDS), your baby should always sleep on his or her back. Co-bedding is no longer recommended.
- **Put your baby in his or her own bed** to sleep on his or her back so your baby will learn to associate the bed with sleeping and both of you will sleep more soundly.
- **Don't place cribs under windows with hanging cords.** Remove toys, pillows, soft bedding and plastic materials from the crib. Be sure mattress fits tightly in crib.
- **Never carry your baby and hot liquids or foods at the same time.** Reduce the maximum temperature of your hot water heater to 120° F.
- **Make certain your baby's car seat is installed correctly.** Never put an infant in the front seat of a car with a passenger air bag. *Please visit your local fire or police agency prior to delivery to have it checked.
- **Do not leave your baby alone** on changing tables, beds, sofas, chairs or in a vehicle. Use gates on stairways and doors. Do not use a baby walker. Never leave your baby near any amount of water.
- **Keep safety caps on all medicines and toxic household products.** Keep poison hazards safely locked away.
- **Give your baby only age-appropriate, fire-retardant toys in good condition.** Check for loose parts, and keep them clean by wiping them down regularly.
- **Install smoke detectors and carbon monoxide detectors** on each level of your home and near sleeping areas. Test batteries at least once a year, changing them out during daylight saving times twice a year.
- **Properly use safety covers** on all unused electrical outlets and secure loose cords.

DID YOU KNOW?



Bella Baby Photography

We work with these specialty photographers to give you the option to capture the precious moments of your baby's first day. Pictures can be taken of baby and new parents and are later available for purchase through their website.



Room Service

We provide the opportunity to order room service from the comfort of your bed. A full menu is provided in each room.