



## Preparing for Your Baby

**BEFORE** your baby is born you must...

- Decide on a name for your baby.
- Complete a hospital pre-admit form.
- Make sure you have a ride home from the hospital.
- Buy or borrow a car seat to take your baby home from the hospital.
- Decide on your baby's doctor.
- Have a safe crib/bassinet/play pen for your baby to sleep.
- Choose a good method of birth control.

**AFTER** your baby is born you must...

- Give the birth certificate representative at the hospital your correct address so you can receive your baby's social security number in the mail.
- Call your Medicaid worker and tell them your delivery date and the name of your baby.
- Make an appointment with your baby's doctor within a few days after you leave the hospital, if you did not receive an appointment at the hospital.
- Contact the WIC office for a newborn appointment. Take your baby and your baby's crib card to the appointment with you.
- Call your Medicaid worker and give them your baby's social security number when you receive the number in the mail.
- Schedule a postpartum appointment with your DHCP.
- Plan for future pregnancies and use a good method of birth control.

If you have any questions or concerns, you can reach me at \_\_\_\_\_.

My name is \_\_\_\_\_. I am your Care Coordinator for

\_\_\_\_\_.

## **WARNING SIGNS**

Call your doctor or midwife if you experience any of these:

- Severe or continuous nausea or vomiting
- Fever of greater than 101 degrees and chills
- Pain or burning on urination
- Cramping or abdominal pain
- Bleeding or spotting from vagina
- Abnormal vaginal discharge- change in color or odor
- Sudden onset of swelling of hands, ankles, feet, and face
- Severe, continuous headache
- Dimness or blurred vision, flashes of light or dots before eyes
- Decreased fetal movement
- Leakage or gush of liquid from vagina
- Contractions