



*a pregnancy check-list*

Congratulations! Now that you're pregnant, you may be wondering what to do next and when. The following information will help guide you in checking off some of the items on your "to do" list.

*first trimester*

- If you need a healthcare provider who delivers at St. Mary's Medical Center, call 561.882.9100 or check our online "Find a Physician" service.
- Ask your obstetrician for the packet of hospital information on your first prenatal visit.
- Education is an important part of the labor and delivery experience. Call The Birthplace at St. Mary's Medical Center, 561.882.9100, to learn more about our maternity services and the many exciting and helpful prenatal class opportunities available to you. St. Mary's Medical Center offers an array of perinatal education classes before and after delivery. Our classes include:

*Newborn Baby Care      Breast Feeding      Infant CPR      Daddy Bootcamp      Siblings Class*

*second trimester*

- Call early, preferably no later than 20-24 weeks, to register for childbirth classes. Even if you're planning for a medicated delivery, it will be important for you to know what to expect and to be prepared if things don't go exactly as you've planned.
- Contact Lactation Services at 561.881.2769 if you have special breastfeeding concerns
- Call 561.882.9100 to arrange a tour of The Birthplace at St. Mary's Medical Center. Children are welcome to accompany their parents on the tour.

*third trimester*

- Pre-register for your delivery during your 7<sup>th</sup> month. Check your packet for pre-registration information.
- Purchase a car safety seat for your baby and install it in your vehicle. If you aren't sure that the safety seat is properly installed, you may want to consult with a certified car seat safety technician. To find a certified technician located near you, visit the website for the National Highway Transportation and Safety Administration at [www.nhtsa.dot.gov](http://www.nhtsa.dot.gov). You can also attend the monthly Car Safety Seat check at the Children's Hospital at St. Mary's.
- For questions about our classes, birthing options or our maternity area, please call us at 561.882.9100.

We're here to help you!