We're Prepared!

Learn best practices. Decide what you want. Tell your care team your wishes. Being prepared helps you and your new baby have a great hospital stay.

| Signature | | |
|---|---|---|
| ssion to the hospital staff to alert my care providers (marked below) when I leave the hospital. | | |
| My Champion(s): My Hospital: My Doctor/Midwife: My Baby's Doctor: My WIC: My Home Visitor: Other: | SED | POSTPARTUM APPOINTMENTS DATE DATE DATE DATE DATE |
| PRACTICES MY HOSPITAL OFFERS | | |
| Let Labor Begin on its Own Comfort During Labor | | |
| | | |
| Skin-to-Skin Right After Birth Magical First Hour Without Interruptions Help with Baby's First Feed Delayed Routine Procedures | | |
| | | |
| Keep My Baby in the Room with Me Continued Skin-to-Skin My Quiet Hours: FROM;AM TO;AM | | |
| 5 IM D I 0 | | |
| Comfort My Baby | | |
| | | |
| Help Learning How to Breastfeed Help Learning How to Hand Express | | |
| | | |
| No Pacifiers or Bottles No Formula (Unless Medically Necessary) | | |
| | My Champion(s): My Hospital: My Doctor/Midwife: My Baby's Doctor: My WIC: My Home Visitor: PRACTICES MY HOSPITAL OFFERS Let Labor Begin on its Own Comfort During Labor Skin-to-Skin Right After Birth Magical First Hour Without Interruptions Help with Baby's First Feed Delayed Routine Procedures Keep My Baby in the Room with Me Continued Skin-to-Skin My Quiet Hours: FROM | My Champion(s): My Hospital: My Doctor/Midwife: My Baby's Doctor: My Wic: My Home Visitor: My Home Visitor: MY HOSPITAL OFFERS Let Labor Begin on its Own Comfort During Labor Skin-to-Skin Right After Birth Magical First Hour Without Interruptions Help with Baby's First Feed Delayed Routine Procedures Keep My Baby in the Room with Me Continued Skin-to-Skin My Quiet Hours: FROM AM |

Care Team: Your Role

Learn more about these evidence-based practices and specific ways you can use free tools to help families prepare and succeed.

Families: Learn More with a Free App!

Digital learning made easy with:

- · Lots of photos & easy how-to's
- · Benefits for each practice above
- · Info for dads and other family and friends





Your Steps to Success



BUILD

Build a team to support you.

Tell them what you want!



LEARN

Learn what to expect and what you can do at the hospital.



SHARE

Share what you want with your care team.



SUCCEE

When you go in prepared, you'll be ready to fall in love.

Every Family Deserves a Great Start

The research is clear – you can get a great start when you're prepared! The topics listed on this checklist will help you do just that. When you come to the hospital prepared and ready, you're more likely to reach your goals. Ask your family and others who will be part of your team to learn all they can, too. That way you'll have a team of support as you welcome your new baby!



Learn More with a Free Mobile App

Find out more about all of these topics on the free Coffective mobile app. It's easy! Use the QR Code to download and start learning today! Coffective is trusted by many because it's:

- · Written by experts
- · Based on current research
- · Filled with beautiful photos
- Has info required by the Baby-Friendly Hospital Initiative
- Shows fathers and other family members their role



Surround Yourself with Support

Community Resources

There are many people and organizations that can help families prepare for the hospital.

- New parent classes at your hospital
- Moms' groups
- · Lactation consultants
- Doulas

PHONE

Local health department

| Women, Infants & Children (WIC | C) | /1(| ۷ | V | (1 | 1 | n | e | r | d | ı | ١i | :h | C | ጼ | ts | an' | nf | . In | 'n | 1e | m | O | Ν | ١ |
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WIC has many services for pregnant, breastfeeding, and non-breastfeeding postpartum women as well as for infants and children up to age five.

- Nutritious foods
- · Nutrition education
- Breastfeeding support
- · Referrals to other local resources

In 2022, a family of four can qualify with an income of about \$49,000/year.

| DUONE | | | |
|-------|--|--|--|

Home Visiting Programs

Many communities have programs that can help pregnant women and new families with:

- · Support in your home
- · Better health
- Helping your child be ready for school (in some programs)
- Referrals to other local resources

| PHONE | |
|-------|--|
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Coffective FREE MOBILE APP!