## Checklist of things to do before your admission to the Birth Center.

	Choose a pediatrician or family practice physician to take care of your baby. Before you make a choice, make sure he/she is covered by your insurance company. You may want to make an appointment or a phone contact with your potential choices before you make a decision. If your baby physician is from out of town, the baby physician who is "on call" at St. John's will take care of your infant during his/her hospital stay.		Call your insurance company. Find out if you need any type of pre-certification and find out how long you can stay. Make sure to write down who you spoke with, the date, and what information they gave you.
			Have the following items ready at home: clothing, blankets, diapers and other essential baby layette items. It is always best to pre-wash any clothes/blankets before dressing your baby in them.
	<b>Make childcare arrangements</b> for any children left at home when you come to the hospital.		If you are planning to formula feed your baby, please make sure you have a supply of formula, bottles and nipples on hand for when you arrive back home. The hospital only provides formula for your baby during your hospital stay.
	Make arrangements for pet care, if needed.		
	If you are returning to work, find/hire a <u>licensed</u> day care provider for your baby.		
	Try a practice driving route to the Carol Jo Vecchie building (a map is provided on the back page). When you go into labor, please come to this building only (not the Emergency Department) for your admission. This entrance is open 24 hours a day, seven days a week.		Get a car seat for your baby. The seat should be less than six years old, have its instructions and all of its parts. If you are not the original owner you must know if the seat has ever been in a crash (a local fitting station can tell you if the seat is usable.) Bring the seat with its instructions to the hospital with you. Please do not add anything to the seat that didn't come with it in the box.
			After you have installed the car seat in your vehicle, make an appointment at one of our local fitting stations (all staffed by certified technicians) to double check that your seat is correctly installed. A list is included with this mailing. We strongly encourage you to have this done by your eighth month of pregnancy and definitely prior to your admission.
			A month before your baby is due, pack your bag for the hospital. A checklist is included.