

Deaconess

Expectant Parents

Congratulations! Welcome to the beautiful journey that is pregnancy into parenthood. Whether it's your first time being a parent or you've already been down this road before, use this guide to ensure that you're on the right track to bring your newest addition into the world. For more information, visit deaconess.com/pregnancy.



MAKE AN APPOINTMENT

Making an appointment with your obstetrician or primary care physician should be among the first steps you take after finding out you're pregnant. Not sure where to start? No problem! By visiting deaconess.com/find-a-doctor, you can find information on choosing a doctor to care for you and your newborn through pregnancy.



OH BABY! APP

Download the free, Oh Baby! pregnancy app developed by The Women's Hospital. This app will guide you through your journey from belly to baby, and beyond. View important growth milestones, learn from local experts, register for classes and events, find a doctor, count kicks, contractions and more! Available for Apple and Android devices.



PRENATAL VITAMINS

It is vital to you and your baby to begin taking a daily prenatal vitamin whether it is over-the-counter or prescribed by your physician. This vitamin will provide nutritional care for your baby.



LINE UP CHILDCARE

Believe it or not, it's time to start thinking about daycare options early in pregnancy. If you are planning on returning to work after baby is born, be sure to research and put your name on numerous waiting lists or plan care with family and friends. A great resource to help you get started is 4C of Southern Indiana.



SELECT A PEDIATRICIAN

Your Obstetrician will aid you in taking care of your baby while pregnant, but once baby arrives she will need her own doctor to care for her. You can talk with different doctors to see who may be the best choice for you and your baby. Visit deaconess.com/find-a-doctor or use the **Oh Baby!** app to find a doctor for your baby.



PATIENT REGISTRATION FORM

Complete the online patient registration form prior to your pre-admission appointment to ensure that your contact and insurance information is up-to-date. Visit [deaconess.com/registration](https://www.deaconess.com/registration) to complete your registration form.



PRE-ADMISSION

Schedule your pre-admission appointment to meet with a Maternal Care Advisor who will gather your personal information to begin your medical chart. Call **812-842-4170** when you are approximately 21-24 weeks to schedule your appointment. You can also schedule this appointment online by visiting [deaconess.com/preadmission](https://www.deaconess.com/preadmission).



LEARN

Be prepared for baby's arrival with our Building a Healthy Baby program. The Women's Hospital offers a variety of classes including From Pregnant to Parent, Breastfeeding and Beyond, Big Brother/Big Sister, Dude Camp, Prenatal Yoga and much more! We also offer online childbirth and breastfeeding courses. It is recommended that you complete all classes by the eighth month of pregnancy. Call **812-842-4275** or visit [deaconess.com/healthybaby](https://www.deaconess.com/healthybaby) for more information and to register for classes.



CAR SEAT FITTING

Make an appointment to learn how to properly install your baby's car seat by calling **812-842-4655**. It is recommended to have this appointment by your eighth month of pregnancy.



LACTATION SERVICES

Now is the time to start thinking about how you plan to feed your baby. Our professional Lactation staff at The Women's Hospital is here to help. Our goal is to provide education, guidance, and support to mothers when choosing how to feed your baby. Visit our Great Beginnings shop for your breastfeeding products. Call **812-842-4239** if you have any questions pertaining to breastfeeding your baby.



INSURANCE

After your delivery and baby has arrived, remember to add baby to your insurance. It is best if this is done quickly, as most insurance companies allow thirty days after birth to add coverage. For questions, contact your employer or insurance provider.