


Deaconess


Expectant Parents

Congratulations! Welcome to the beautiful journey that is pregnancy into parenthood. Whether you are a first time or experienced parent, use this guide to help prepare for baby's arrival! 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. 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 that you begin taking a daily prenatal vitamin, whether it is over-the-counter or prescribed by your doctor. This vitamin will provide nutrients for you and your baby.

OH BABY! MATERNITY PROGRAM

 Enroll in our program when you're approximately 12-16 weeks pregnant. In this program, our Maternal Care Advisors will guide you on your journey through pregnancy by answering questions and helping you prepare your medical chart for delivery. We will be your resource every step of the way, making your hospital stay and delivery as easy and stress-free as possible! Enroll NOW by asking your doctor for a referral, signing up online at deaconess.com/maternity or calling **812-842-4170**.

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. 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 to complete your registration form.



LINE UP CHILDCARE

If you are planning on returning to work after baby is born, research child care facilities or plan care with family and friends. It is never too early to start planning, as most child care providers fill up quickly. A great resource to help you get started is 4C of Southern Indiana.



LEARN

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 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.