

Pointers For *Parents-To-Be*

Getting Ready For Childbirth

by Dr. Barbara Deming

(NAPSA)—Are you an expectant mother? You can prepare yourself for the unexpected by taking a few baby steps now before baby arrives. Keep these tips in mind before heading to the hospital.

- **Get packing**—Decide what items you and your baby will need during your hospital stay and for the trip home. Put these items in a suitcase, and leave them locked in the trunk of your car until you head to the hospital. Also, remember to bring important documents and information such as prenatal records, copies of informed consents, insurance cards and the name of your baby's pediatrician.

- **Childproof before baby arrives**—Whether it be taking a class, making sure the nursery is safe or choosing the best car seat, there is a lot to consider even before your baby is born.

- **Prepare for the first six weeks**—Be sure to consider the basics: a safe crib; diapers, baby wipes and ointment; a secure car seat; basic clothing; and a stroller.

- **Get information**—Once a year, Discovery Health Channel airs an informative program called "Birth Day Live!" It is a live-televised event broadcasting 10 hours of birth. Expectant and new mothers can also tune in to other Discovery Health Channel birth and baby programming, including "Babies: Special Delivery," "Amazing Births," and "Birth Day."



Dr. Barbara Deming advises expectant mothers to prepare for baby's arrival before heading to the hospital.

- **Learn about feeding**—Remember that your baby will need to be fed every three hours, so expect to feel tired until you become adjusted to the new schedule. Also, some babies take longer than others to grasp the concept of sucking, so be patient. Your little one will catch on eventually.

For more information, please visit www.discovery.com/health. The Web site features the following: more than 1,000 diseases and conditions; a pregnancy video gallery; a pregnancy forum, where women can take part in live chats; physicians' ratings; and signs of ovulation.

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