

Planning Ahead for the Birth of Your Baby

The following are things you can do to get ready 6 to 8 weeks before your baby is due.

- Choose a baby doctor called a pediatrician or a family doctor for your baby.
- Think about taking childbirth education, breastfeeding and baby care classes to prepare you to care for your baby.
- Take a hospital tour. This helps you know where you will deliver your baby and gives you the chance to learn about the hospital's routines and policies.
- Fill out hospital forms and send them to the hospital. This will shorten the admission process when you are in labor.
- Put the car seat in your car. Have it checked or installed by a trained person. Call your local fire station or health department to see if they do car seat inspections. You cannot take your baby home from the hospital without a car seat. If you have limited income, check with your doctor or clinic to see if they have free or lower cost car seats available.
- Make plans for someone to care for your other children while you are in the hospital.
- Plan for help with housework and meals for a couple of weeks after your baby is born.
- Get the baby's room, crib and other items ready for use. Prepare a place to care for your baby such as diaper changing station on each floor of your home. Some parents put baby care items in a basket that can be carried from room to room.

出産前にしておくこと

出産予定日の 6～8 週間前までに以下の準備をしておきましょう。

- 赤ちゃんのかかりつけの小児科医またはホームドクターを選びましょう。
- 赤ちゃんの世話を備えて出産、母乳育児、育児指導などのクラスに参加することも検討しましょう。
- 病院の下見をしましょう。下見をしておくことで、出産する環境、また病院の日常業務やポリシーについて知ることができます。
- 病院の必要書類に記入して、病院に提出します。こうすることで、陣痛があったときの入院手続きがスムーズに進みます。
- 車にチャイルドシートを取り付けておきましょう。また、取り付けたら専門家に確認してもらいましょう。地元の消防署や保健所に電話をして、チャイルドシートの検査を頼めるか確認してください。病院から赤ちゃんを連れて自宅に帰るとき、チャイルドシートのない車に乗せることはできません。所得が少ない場合は、かかりつけ医または病院にチャイルドシートの無料貸し出しや低価格での提供をしていないか確認してみましょう。
- 入院中に他の子どもたちの世話を誰かに頼めるように準備しておきましょう。
- 出産後数週間の家事や食事の支度を誰かに手伝ってもらえるように準備しておきましょう。
- 赤ちゃんの部屋、ベビーベッド、その他の必要品をすぐ使えるように準備しましょう。オムツ交換など赤ちゃんの世話ができるスペースを各階に用意しましょう。赤ちゃんのお世話に必要なものをかごに入れて、部屋を移動するときに持ち運ぶのもよいでしょう。

- Pack your bag for the hospital.
- Plan childcare for your baby if you plan to return to work. Many childcare centers have long waiting lists.

Talk to your doctor or nurse if you have any questions or concerns.

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- 入院の準備をして、必要なものをかばんにつめておきましょう。
- 多くの保育所が多数の待機児童を抱えています。復職される予定であれば、赤ちゃんの保育計画を立てておきましょう。

質問や不明な事項については、主治医または看護師にご相談ください。

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