

## Preparing for Baby

Congratulations! We are excited to help you prepare for your new addition! The Preparing for Baby Library can be accessed by scanning the QR code, below, or by going to: **www.NewbornChannelNow.com** Use Upland Hills Health password: **12816**. We have found that by watching all or some of the programs below, you will be better prepared when you meet with your health care provider and our birth center staff. To access a specific program that is listed below quickly, enter a few keywords into the search when you reach the Newborn Channel homepage.

### 12 WEEKS OF PREGNANCY

**12**  
WEEKS

- Mommy Don't Smoke
- Drug and Alcohol Use: Making safe choices and seeking help
- Cleaning and Healthy Air
- Pregnancy Symptoms: 1st Trimester
- Hyperemesis: Dealing With Severe Morning Sickness
- Vaccination During Pregnancy

### 15 WEEKS OF PREGNANCY

**15**  
WEEKS

- The Workplace and Pregnancy
- Pain Management Through Pregnancy
- Coronavirus and Pregnancy

### 20 WEEKS OF PREGNANCY

**20**  
WEEKS

- Understanding Preeclampsia
- Diabetes in Pregnancy
- Baby's Almost Here: Managing Risks as You Approach Delivery
- Partner's Role with Baby: Bonding with Baby
- Partner's Role with Baby: Partner and Caregiver
- Scheduling Well Baby Visits
- Pregnancy Symptoms: 2nd Trimester

### 24 WEEKS OF PREGNANCY

**24**  
WEEKS

- Building a Breastfeeding Support Network
- Making the Decision to Breastfeed
- The Benefits of Breastfeeding
- Safe Infant Sleep for Grandparents and Other Trusted Caregivers
- Baby's Almost Here: Advantages of Going Full Term
- Fetal Kick Counts: Measuring Fetal Movement
- Newborn Immunizations

### 30 WEEKS OF PREGNANCY

**30**  
WEEKS

- 10 Tips to Keep Your Baby Safe
- Choosing a Doctor for Baby
- Returning to Work After Birth
- Newborn Care: Breastfeeding Overview
- Newborn Care: The Benefits of Skin to Skin Contact
- Breastfeeding: Overcoming the Challenges of Breastfeeding
- Pain Management Through Labor and Delivery
- Pregnancy Symptoms: 3rd Trimester

### 36 WEEKS OF PREGNANCY

**36**  
WEEKS

- The First Hours: What Happens to Your Newborn After Birth
- Rooming In With Your Baby
- What Happens During Labor: Stage 1
- Symptoms of Postpartum Anxiety and Depression
- When Your Water Breaks: How to Know You're in Labor
- Understanding and Preventing Postpartum Hemorrhage



from The Wellness Network

**www.NewbornChannelNow.com**  
**Upland Hills Health Password: 12816**



All programming is available in English and Spanish.

