

St. Francis Healthcare Campus

I'm Having a Baby!

Here is a helpful checklist from Saint Francis Healthcare Campus to make the whole process flow smoothly and lessen stress for you and your new family addition-to-be.

During my pregnancy

My first three months

- Pregnancy exam with my healthcare provider.
- Explore healthcare options, insurance coverage, schedule a tour of Saint Francis' Family Birthing Center.
- Read or learn as much as you can about being pregnant and making sure both baby and you will be as healthy as possible.
- Start talking with your developing baby in soothing tones---reading to baby and playing comforting music is also recommended.

My second three months

- Schedule your childbirth education classes—learn about prepared childbirth, infant care, breastfeeding, Pregnancy exercise, breastfeeding in the workplace, and more! Call 643-0161.
- Contact insurance company and "pre-certify" if needed.
- Continue visits to your doctor---baby's health and yours may depend on these visits!
- Start thinking about, or arranging, child care options.
- Contact 643-0312 to discuss payment options for hospital fees.
- Take time for you! Make sure to schedule time to rest or take a nap to stay healthy and keep stress levels low.
- Buy birth announcements, address them and put stamps on in advance.
- Explore the flexibility available at your job during and after pregnancy and get details about their Family Leave options
- Start considering your options as to where to give birth.
- Examine your birth support options.
- Continue reading or learning as much as you can about being pregnant and making sure both baby and you will be as healthy as possible.
- Continue talking with, or reading to your developing baby and playing comforting music.
- Start selecting names!

My last three months

Make sure you:

- Have turned in your St. Francis Birthing Plan. You can get it from our website.
- Are pre-certified with your insurance company, if necessary.
- Signed-up for your childbirth education classes. Call 643-0161.
- Returned all of your hospital registration forms to Saint Francis.
- Continue reading or learning as much as you can about being pregnant and making sure both baby and you will be as healthy as possible.
- Select a pediatrician or medical caregiver for your child—call first to make sure they are accepting new patients.
- Continue talking with, or reading to, your developing baby and playing comforting music.
- Decide on a name!