

Preparing for **B****A****B****Y**

Congratulations! We're excited to help you prepare for your new addition! Preparing for Baby Library will help you prepare and care for your newest family member.



12 WEEKS OF PREGNANCY



- Register for your week-by-week emails at bundoo.com/pregnancy
- Babyproofing
- Cleaning and Healthy Air
- Drug and Alcohol Use: Making Safe Choices and Seeking Help
- Mommy Don't Smoke
- Keeping Baby Clean
- Pain Management Through Pregnancy
- Secrets to Breastfeeding Success
- The Workplace and Pregnancy
- Trimesters of Pregnancy
- Zika 101

20 TO 24 WEEKS OF PREGNANCY



- Baby's Almost Here: Managing Risks as You Approach Delivery
- Circumcision: What You Need to Know
- Newborn Care: Sleeping
- Partner's Role with Baby Series
- Understanding Gestational Diabetes
- Well Baby Visits



- Baby's Almost Here: Advantages of Going Full Term
- Building a Breastfeeding Support Network
- Newborn Care: Car Seat Safety
- Newborn Immunizations
- Making the Decision to Breastfeed
- Safe Infant Sleep for Grandparents and Other Trusted Caregivers
- The Benefits of Breastfeeding

30 TO 36 WEEKS OF PREGNANCY



- 10 Tips to Keep Your Baby Safe
- Breastfeeding: Overcoming the Challenges of Breastfeeding
- Choosing a Doctor for Baby
- Juggling Your Work and Family
- Newborn Care: Breastfeeding Overview
- Newborn Care: The Benefits of Skin to Skin Contact
- Pain Management through Labor



- Preventing Shaken Baby Syndrome
- Coping With the Baby Blues
- Infant CPR
- Newborn Screening: Saves Babies One Foot at a Time
- Rooming In With Your Baby
- Stages of Labor

To access the *Preparing for Baby Library*:

- Visit www.TheHealthClips.com
- Enter passcode
- Search for programs under *Preparing for Baby*

healthclips®

from The Wellness Network

All programming is available in English and Spanish.