

# To Do *List*



## Choose a Doctor for Your Baby

- Your baby's doctor will be a big part of your life for the next 18 years! [Click here to](#)



## Take Prenatal Classes

- We offer numerous virtual and in-person classes to prepare our families for pregnancy and the arrival of a [new baby](#). Our hospitalist team teaches a monthly class on how to care for a new baby and what to expect in the hospital. Please join us!



## Order Breast Pump through Insurance

- If you plan to breast feed your new baby, it is helpful to get a breast pump before you deliver your baby. Most insurance companies will provide a breast pump or reimburse you for the cost of purchasing a pump. Call your insurance company to find out what they can offer you.



## If You are Having a Boy, Decide on Circumcision

- Some families choose to have their new son's foreskin removed by circumcision while in the hospital. Other families leave the foreskin intact. Learn more about the option of circumcision [here](#).



## Install Your Car Seat

- Many local police departments and fire stations can assist with this. Learn about the options in your area so the car seat is installed before the baby arrives.



## Learn about what to expect in the hospital in [All About Baby](#).



## Items to Buy or Borrow for New Baby

Friends will often share a long list of all the things to get for a new baby. It can be very overwhelming... and expensive! We do have a few recommendations and encourage you to keep it simple until you get to know your baby.

What you need for a new baby:

- Diapers
- Wipes
- Place to change diapers (e.g. changing table or pad)
- Safe place for baby to sleep that is separate from parents bed (link for safe place: <https://www.healthychildren.org/English/ages-stages/baby/sleep/Pages/a-parents-guide-to-safe-sleep.aspx>)
- Onesies/sleepers for baby
- Swaddle blankets/sleep sacks
- Car seat
- A few newborn bottles and some formula (just in case)



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