

Preparing *for* Delivery

You are in the home stretch! We often think of the due date as when the baby will arrive, but the baby might arrive much earlier! It's good to start planning for delivery as you begin your third trimester.



To Do *List*



By the End of the Second Trimester:

- Register at your delivery hospital (you will need the name of the baby's doctor)
- Choose a doctor for the baby ([PAMF Newborn Navigator](#))
- Sign up for prenatal or newborn classes. See list below
- Discuss disability and family leave benefits with your employer

How to
check your
fetal kick
count after
week 28



By the End of the Third Trimester:

- Order a breastpump through your insurance
- If you are having a boy, decide if you would like him to have a circumcision
- Know when to call the doctor and when go to the hospital
- Review your birth preferences with your provider
- Pack a bag. [See recommended items.](#)
- Sign up for a Birth Center Tour or Orientation at your birth hospital



Register at your Delivery Hospital

We recommend that you register at your delivery hospital by at least 26-28 weeks gestation in case you deliver the baby early.

[Stanford Children's Hospital Registration](#)

[El Camino Hospital](#)

[Sequoia Hospital](#)

[Mills-Peninsula Hospital](#)



Prenatal Classes

Sutter offers many in-person and virtual classes to help understand pregnancy and prepare for your new baby. We also offer post-delivery support as well.

[Lactation Support](#)

[Prenatal Classes](#)

[Pregnancy Classes](#)

[Breastfeeding Classes](#)

[Newborn Care Class](#)— What to expect the first few days of life

[Fourth Trimester Parent-Baby Group](#) (via zoom)



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