

Preparing for Childbirth

Make time to prepare for your baby’s arrival. The more prepared you are, the more confident and relaxed you will be when it comes time for delivery.

When to go to the hospital?

- **Contractions**
 - Every 5 minutes for 1 hour if this is baby #1
 - Every 10 minutes for 1 hour if you’re a repeat C/S or you have done this before!
- **Baby moving less**
 - Kick Counts: 10 movements in 2 hours
- **Vaginal bleeding**
- **Did my water break?**



What to bring to the hospital

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| <ul style="list-style-type: none"> • For Mom <ul style="list-style-type: none"> – Nursing bra – Toiletries – Slippers – Pajamas and loungewear – Cotton “Granny” underwear | <ul style="list-style-type: none"> • For Delivery <ul style="list-style-type: none"> – Camera – iPod – Cord Blood Banking Kit – Baby Book |
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What to bring to the hospital

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| <ul style="list-style-type: none"> • For Support Person <ul style="list-style-type: none"> – Toiletries – Change of clothing – Something to keep warm – Things to keep busy – Snacks | <ul style="list-style-type: none"> • For Baby <ul style="list-style-type: none"> – “Going Home” outfit – Swaddling blankets – Socks – Mittens – Hats – Car seat |
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Contact Us

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