

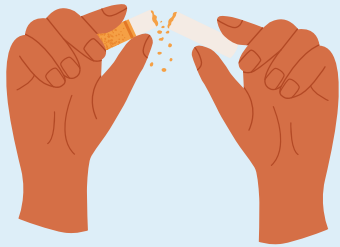
Before Baby Arrives

9 Important Things to Do Now to Prepare for Your Baby's Arrival



Expecting a baby can be both exciting and overwhelming. Here are a few resources to help you get ready to bring your baby home.

1



It Is Never Too Late to Stop Smoking or Vaping

Contact the Kansas Tobacco Quitline and your insurance provider for free coaching for you, or the people around you. Ask others to not smoke indoors or in vehicles where your baby will be to help protect your baby from second and thirdhand smoke exposure.
1-800-QUIT-NOW (784-8669)
7 days a week, 24 hours a day



2



Take Care of Your Mental Health

Pregnancy and a new baby can bring a range of emotions. Many women feel overwhelmed, sad or anxious during their pregnancy or after their baby is born. These feelings are not caused by something you are doing or not doing, and they can be treated if you seek help. Maternal Mental Health Hotline (HHS) – **833-9-HELP4MOMS**

3

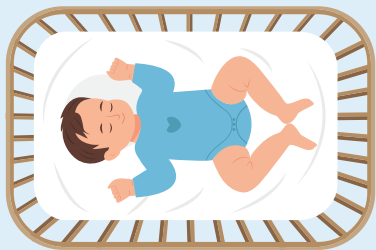


Sign Up for a Prenatal Class

Prenatal classes can help you and your family prepare for your baby's birth and know what to expect when you come home. Contact your local health department or hospital to find out what is offered in your community, or register online to attend a **Becoming a Mom®** prenatal education class near you.



4



Make a Safe Sleep Plan

Learn about the ABCs of Safe Sleep and how to create a safe sleep space for your baby. Scan the QR Code to find a Safe Sleep Instructor (SSI) or Community Baby Shower near you.



5



Get Breastfeeding Support

Breastfeeding is a healthy and natural way to feed your baby, but it's not always easy. Scan the QR Code for information and/or breastfeeding support.



6



Get Parenting Support Without Judgement

If you need support or help finding resources in your community, **1-800-CHILDREN** provides an outlet to discuss parenting questions 24 hours a day, 365 days a year by phone, app, website and email. Calls are free and confidential.

7



Choose a Pediatrician or Family Physician for Your Child

Babies need to go to the doctor for a "well-baby" visit 6 times before their first birthday to make sure they are healthy and developing normally. Whether you choose to use a pediatrician or your family physician, contact them about 3 to 4 months before your baby is due.

8



Get a Car Seat At Least Three Weeks Before Your Due Date

Learn how to properly install and use your baby's car seat by meeting with a certified Child Passenger Safety Technician (CPST) in your community. If you need a car seat but cannot afford one, you can request a seat through a car seat inspection station near you. Scan the QR Code to meet with a CPST or request a car seat.



Need quick access to car seat information? Scan the QR Code for practical tips to keep babies safe in cars.



9



Find a Child Care Provider

Ensure a smooth transition back to work by seeking high-quality child care for your little one as early as possible. Contact Child Care Aware of Kansas to begin your search and secure the perfect child care solution well before your baby arrives or call **877-678-2548** for expert assistance in finding the ideal care for your growing family.



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