



*Congratulations*  
**ON THE BIRTH  
OF YOUR BABY!**



*Watch* **WEBMD TV NEWBORN CHANNEL**

*for video tips on everything baby and postpartum care!*

**PROUDLY PRESENTED BY:**

**TURN TO CHANNEL**



**BABY BASICS**

**Lo esencial sobre el bebé**

12:00am/pm | 4:00am/pm | 8:00am/pm

**BREASTFEEDING TIPS**

**Consejos para la Lactancia Materna**

2:00am/pm | 6:00am/pm | 10:00am/pm

**BABY'S HEALTH**

**La Salud del Bebé**

12:30am/pm | 4:30am/pm | 8:30am/pm

**STARTING BREASTFEEDING**

**Inicio de la Lactancia**

2:30am/pm | 6:30am/pm | 10:30am/pm

**GOING HOME WITH BABY**

**Llevando al bebé a casa**

1:00am/pm | 5:00am/pm | 9:00am/pm

**TAKING CARE OF MOM**

**Cuidando a mamá**

3:00am/pm | 7:00am/pm | 11:00am/pm

**NEWBORN CARE**

**Cuidado del Recién Nacido**

1:30am/pm | 5:30am/pm | 9:30am/pm

**WHAT TO EXPECT IN THE HOSPITAL**

**Qué va a Suceder en el Hospital**

3:30am/pm | 7:30am/pm | 11:30am/pm

*Effective January 1, 2025 thru March 31, 2025*

*Efectiva desde el 1 de enero de 2025 hasta el 31 de marzo de 2025*

**Passcode:**

**THERE'S SO MUCH TO LEARN WITH A NEW BABY!**  
For more trusted tips on newborn care from this facility, visit

**To view more videos, visit:**

*español*

**Passcode:**



# Am I DOING THIS RIGHT?

**AS A NEW PARENT, IT'S NORMAL TO HAVE A LOT OF QUESTIONS.**  
*Not all answers are equal, but luckily we've got answers you can trust.*

Visit the website listed on the front of this guide for videos and articles on a variety of topics from **newborn and postpartum care to breastfeeding, infant safety and parenting.\***

## Please ASK QUESTIONS!

*Be sure you know the answers to these common questions before you leave the hospital.*

- Are there any activities I should avoid?**
- Who do I call in case of an emergency?**
- When should I schedule a follow up visit?**
- When should baby see the doctor?**
- Who do I call if I have questions about breastfeeding?**

*List your questions:*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

*\*Not available in all hospitals*