



# Congratulations ON THE BIRTH OF YOUR BABY!



## Watch WEBMD TV NEWBORN CHANNEL

for video tips on everything baby and postpartum care!

PROUDLY PRESENTED BY:

english español

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, 2026 thru March 31, 2026

Efectivo desde el 1 de enero de 2026 hasta el 31 de marzo de 2026

english

español

Passcode:

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

Passcode:

To view more videos, visit:



# 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*