

## Pregnancy Visit #9

- What Do I Need for a New Baby
  - Packing for the Hospital
    - Budgeting
    - Safe Sleep
  - Car Seat Safety



## Topics for Next Visit:

- What Should I Feed My Baby?
  - Latching/Pumping
  - Sex and Breastfeeding

## Packing for the Hospital

Here is a list of things you might want to take to the hospital. It's a good idea to be prepared by having your bag packed around the time you are 36 weeks pregnant!

### Self-Care

- ☐ Toiletries
  - Lip Balm
  - Hairbrush and hair ties
  - Toothbrush and toothpaste
  - Deodorant
- ☐ Hard candy or mints (for labor)
- ☐ Healthy snack for you and support person
- ☐ Magazine or book
- ☐ Relaxation items
  - Music
  - Pillow
  - Aromatherapy

### Clothes

- ☐ Warm socks or slippers
- ☐ Robe or nightgown
- ☐ Underwear
- ☐ Bras (Nursing bra or tight-fitting sports bra if formula feeding)
- ☐ Outfit for you and baby (going home and if professional photos are offered)



### Baby

- ☐ Camera (if not using cell phone for pictures)
- ☐ Baby book or journal
- ☐ Blanket for ride home

### Other Essentials

- ☐ Pre-registration forms, birth plan
- ☐ Picture ID and health insurance information
- ☐ Cell phone and chargers (or phone card with important phone numbers)
- ☐ Personal items for support person
- ☐ Car seat

### What else would you like to pack?

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## Getting to the Hospital

These questions can help you make a plan for getting to the hospital:

How will I get to the hospital? My car, a friend's car, a taxi?

*(If you're going to use your car, keep the gas tank full!)*

Who will my driver be?

Where will I park? Does it cost money to park there?

Where do I enter the hospital?  
What if it's after hours?

What is my backup plan in case my first plan doesn't work out?



# Baby Needs Checklist

Do you have what you need for your baby?

Clothes	
<input type="checkbox"/> 5-10 onesies or rompers	<input type="checkbox"/> 5-7 baby sleepers
<input type="checkbox"/> 1 cold weather sleeper (if needed)	<input type="checkbox"/> 5-7 pairs of baby socks
<input type="checkbox"/> 1-2 newborn hats (if needed)	<input type="checkbox"/> Dresser or bins for clothes storage
<input type="checkbox"/> Laundry bag or basket	

Diapers	
<input type="checkbox"/> 2 packs of disposable diapers      OR	<input type="checkbox"/> Enough cloth diapers for at least 2 days (up to 10 diapers per day)
<input type="checkbox"/> 1 pack disposable wipes      OR	<input type="checkbox"/> 10 cloth wipes
<input type="checkbox"/> Diaper rash cream	<input type="checkbox"/> Changing pad or table (if wanted)

Bath Time	
<input type="checkbox"/> 3-5 baby washcloths	<input type="checkbox"/> 1-2 hooded towels (if wanted – or just use adult towels)
<input type="checkbox"/> 1 bottle baby wash	<input type="checkbox"/> 1 bottle baby lotion
<input type="checkbox"/> Baby nail clippers	Follow cord care instructions included in your discharge instructions.

Bed Time	
<input type="checkbox"/> Crib or cradle	<input type="checkbox"/> Firm mattress for crib or cradle
<input type="checkbox"/> Waterproof mattress pad	<input type="checkbox"/> 3-4 fitted sheets for crib or cradle
<b>There should be nothing in the bed but the baby – no covers, no pillows, no bumper pads, no positioning devices and no toys.</b>	

# Baby Needs Checklist

Feeding	
<input type="checkbox"/> 10 burp cloths	<input type="checkbox"/> 5-8 bottles (if bottle feeding)
<input type="checkbox"/> Feeding pillow (If desired; follow safety instructions for use)	<input type="checkbox"/> Pump (if needed)
<input type="checkbox"/> Bottle rack (if bottle feeding)	<input type="checkbox"/> Bottle brush (if bottle feeding)

Soothing	
<input type="checkbox"/> Pacifiers	<input type="checkbox"/> Small plush toys or rattles
<input type="checkbox"/> Digital thermometer	<input type="checkbox"/> Nasal aspirator
<input type="checkbox"/> Infant acetaminophen (use only at the advice of your health care provider.)	

Traveling	
<input type="checkbox"/> Car seat	<input type="checkbox"/> Diaper bag
<input type="checkbox"/> Stroller (if wanted)	<input type="checkbox"/> Sling or front carrier (if wanted - always follow package directions for use.)

## Saving Money on Things for Baby

It can cost a lot to get ready for baby. Here are some ways to save money on the things you need:



### Borrow or Buy Used

Borrow what you can. Maternity clothes, baby clothes, strollers, highchairs, and other things could be borrowed. Ask friends or family if they can lend you things.

You can buy things used. Try second-hand stores, yard sales, or ask your nurse about other community resources. Later, you can sell things you no longer need. Be sure that used items meet safety standards. You can use the Internet to see if they have been recalled.



### Use cloth diapers

Using cloth diapers can save a lot of money. But they also create a lot of laundry. You'll need to choose between saving money and doing extra laundry.

### Breastfeed

Breastfeeding can save you money. You will not need to buy baby formula. You may need a breast pump and bottles if baby goes to daycare.



**If you have a baby registry, choose things you really need. Go with a list of must-have baby items.**





## Money-Saving Ideas

**Put a star beside items you already do. Underline items you'd like to try**

### Food

- Sign up for rewards at your grocery store.
- Try store brands or generic brands. They cost less. They are often just as good as name brands.
- Make a shopping list before going to the store. Use the weekly sale ads. Avoid impulse buying.
- When you make a meal, make more than you need. Freeze the extra food for another meal.
- Eat less meat. Get protein from beans and grains.
- Take a lunch from home instead of eating out.
- Use a crock-pot to make easy meals that don't cost a lot.



### Electric and Utility Bills



- Keep your house cooler in winter and wear extra layers of clothing. Keep the house warmer in summer.
- Set your water heater to 120° F.
- Take short showers instead of baths.
- Use compact fluorescent light bulbs. They cost more to buy, but last longer. This saves money in the long-term.
- Turn off lights when you leave a room.
- Get rid of phone services you don't use or need.
- Keep track of cell phone minutes. Don't use more than allowed on your plan. Extra minutes can cost a lot!

### Cleaning

- Use an all-purpose cleaner. It's good for almost all cleaning.
- Make your own cleaning products.
- Use rags for cleaning instead of paper towels.
- Try using old newspapers to clean windows.



# Money-Saving Ideas



## Entertainment

- Visit free parks and recreation centers. They're fun for kids and grown-ups, too!
- Get a community calendar. It will list free family events.
- Visit the local public library. There are lots of free activities there.

## Appliances

- Buy reliable brands. Check Consumer Reports magazines at the library to learn more.
- Compare brands and prices when you shop.
- Use your warranty if the appliance breaks.
- Buy used. Inspect carefully before you buy. It's only a bargain if it works!



## Clothing



- Buy kids' clothing a little too big. Allow room to grow!
- You can find bargains at thrift shops and yard sales.
- Start a clothes exchange with your friends. You could swap baby clothes and maternity clothing for things you need now.
- Buy clothing that can be worn year-round.
- Get a sewing kit. You can repair clothing to get longer use from it.

## Furniture

- Shop at yard sales. You can find great bargains.
- Learn to paint, varnish or refinish old furniture.

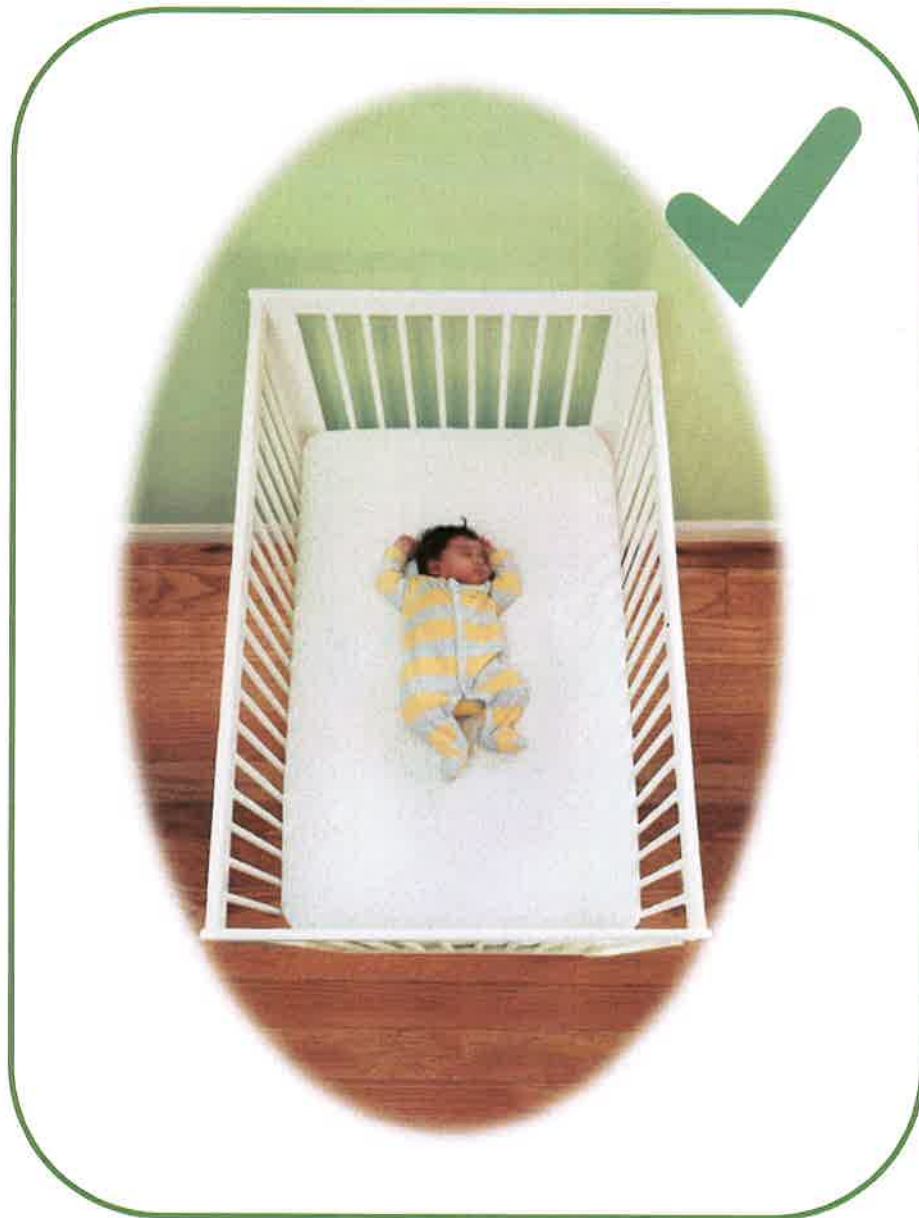
Sometimes items at yard sales have been recalled. Visit the U.S. Consumer Product Safety Commission website to check for recalled items. If you buy something that has been recalled, don't use it!





## **Baby's Sleep: Safe vs. Unsafe**

Sudden Infant Death Syndrome (SIDS) is not completely preventable, but there are steps you can take to lower your baby's risk. The best way to lower risk is by providing a **safe sleep environment** for your baby, as shown in the image below.



- ✓ Baby is **sleeping alone**, on his **back**, laying on a **firm and flat sleep surface**.
- ✓ There are **no** crib bumpers, pillows, blankets, or toys in the sleep space.

Other tips to lower the risk of SIDS: breastfeed baby, avoid overheating baby with excess clothes, and no smoking around baby.

## Baby's Sleep: Safe vs. Unsafe

The images below show sleep environments that are **unsafe** for baby.

- ✗ Baby is not being placed on their back to sleep.
- ✗ There are loose blankets and stuffed animals in the sleep space.
- ✗ Chance of overheating is increased.



- ✗ There are loose blankets and pillow in the sleep space.
- ✗ Baby is not sleeping alone.
- ✗ Baby is not sleeping on his/her back.
- ✗ The sleep surface may not be firm enough.

## Where Does Baby Sleep?

Baby needs a safe place to sleep at night and at naptime. Use this checklist to make sure that your baby's sleep space is a **SAFE** place!

If baby sleeps in a crib...	If baby doesn't sleep in a crib...
<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Does mattress fit snugly?</b> There should be no more than two finger widths between frame and mattress.</li> <li><input type="checkbox"/> <b>Are crib bars no more than 2 3/8" apart?</b> (About the width of a soda can) This is to prevent arms, legs, or head from slipping between bars.</li> <li><input type="checkbox"/> <b>Do corner posts stick up above the side rail?</b> They can catch baby's clothes and be a risk for strangulation.</li> <li><input type="checkbox"/> <b>Are there cutouts or gaps in the headboard or footboard?</b> These can catch clothes and trap arms, legs or head.</li> <li><input type="checkbox"/> <b>Does the crib have drop-sides?</b> Drop-sides are unsafe.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Is baby sleeping on a firm, flat surface?</b> It is unsafe for babies to sleep on inclined or soft surfaces.</li> <li><input type="checkbox"/> <b>Can baby fall easily?</b> Don't leave baby on a raised surface to sleep.</li> <li><input type="checkbox"/> <b>Is baby safe from pets, pests, wind, and cold?</b> All of these can make it hard to fall asleep or stay asleep.</li> <li><input type="checkbox"/> <b>Is baby away from other children?</b> Because they do not know how to be careful consistently, baby should not be left alone with other children.</li> </ul>
No matter where baby sleeps...	
<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Are items hanging above or near sleep space?</b> Baby could grab strings and be at risk for strangulation. A mobile hung out of reach is okay. Remove it when baby starts pushing up on his/her hands and knees (usually around 4-6 months of age).</li> <li><input type="checkbox"/> <b>Are there cords baby can reach?</b> Baby should not be able to grab electrical cords, cords from window blinds, etc. as they are a strangulation risk.</li> <li><input type="checkbox"/> <b>Are there blankets, toys, pillows, sleep positioners or bumpers in the sleep space?</b> These items are a suffocation risk.</li> <li><input type="checkbox"/> <b>Is the sleep space next to any windows or radiator?</b> Baby can be uncomfortable from direct sunlight, excess direct heat, or drafts.</li> </ul>	

# Choosing a Car Seat

How do you choose the car seat that is right for you and your baby?

<b>Is the car seat safe?</b>	All U.S. car seats must pass federal crash tests. Even the lower cost new car seats have passed the safety tests. A higher priced car seat does not mean it is safer. Install the car seat correctly, and it will be safe.
<b>Does the car seat fit the baby?</b>	<p>All infants and toddlers should ride in a rear-facing seat for as long as possible, until they reach the highest weight or height allowed by the car seat's manufacturer. Most convertible seats have limits that will permit children to ride rear facing for 2 years or more.</p> <p>When your toddler outgrows the rear-facing weight or height limit for their convertible seat, then use a forward-facing seat with a harness for as long as possible – up to the height/weight allowed by the manufacturer.</p>
<b>Is the car seat easy to use?</b>	The seat must be installed correctly to protect your baby. Be sure you can install and use the car seat. Sometimes seats are hard to install. <a href="#">Click here</a> to find a car seat inspection station near you. At these stations, a technician can ensure the car seat is installed correctly.
<b>Does the car seat fit your vehicle?</b>	Not all car seats fit in every vehicle. Most stores will let you check the fit of the seat before you buy it. If not, be sure you can return the seat if it doesn't fit the vehicle.
<b>Has the car seat been recalled?</b>	<p>Complete the registration card when you purchase a new car seat so you can be informed if your car seat is ever recalled.</p> <p>If you have a used car seat, you must check for recalls. You can check for recalls <a href="#">here</a>.</p>

safercar.gov



# CAR SEAT INSTALLATION CHECKLIST

## For rear-facing and forward-facing car seats

### ☐ Get the right car seat.

Make sure you're using the right car seat for your child's age, weight, **and** height. Read your car seat's instructions for size limits.

### ☐ Register your seat right away.

This is so the manufacturer can notify you in the event of a safety recall. Mail in the registration card that came with the seat, or go to [www.safercar.gov/parents/Car-Seat-Recalls-Registration.htm](http://www.safercar.gov/parents/Car-Seat-Recalls-Registration.htm).

### ☐ Read the instructions.

The instructions for both your vehicle **and** the car seat will help you install the seat correctly.

### ☐ Install your car seat correctly.

Make sure your seat is:

- ☐ **In the back seat.** All children under age 13 should ride in the back seat, so install car seats in the back seat whenever possible.
  - ☐ Never install a rear-facing car seat in front of an active passenger seat air bag; it can cause severe injury or death to rear-facing infants.
- ☐ **Facing the correct direction.** Remember to keep your child rear-facing as long as allowed by the car seat manufacturer. Don't hurry to turn your child forward-facing, as research shows that young child passengers are safest when riding rear-facing.
- ☐ **Reclined at the correct angle.** Some seats have an adjustable recline feature. Check your car seat manufacturer's instructions to be sure your car seat is properly reclined.
- ☐ **Installed using either the seat belt or lower anchors.** Remove twists or slack from the seat belt or lower anchor straps, and check your car seat manual to make sure you've threaded the seat belt or lower anchor straps through the correct path on the car seat. Note: some seats have two separate paths. If you use a seat belt, make sure the belt is "locked." Some car seats have a "lock-off" feature that holds the seat belt in place. For a forward-facing car seat, connect the seat's tether strap (located on the top of the seat) to your vehicle's tether anchor and tighten.
- ☐ **Installed tightly.** The car seat shouldn't move side-to-side or front-to-back more than 1 inch at the belt path.

### ☐ Buckle your child in the car seat, every time.

Remember that buckling your child in correctly is just as important as installing the seat correctly.

Be sure to check:

#### ☐ The position of the harness straps.

##### **Rear-Facing**

Straps should be routed through the harness slots at or just **below** your child's shoulders.



##### **Forward-Facing**

Straps should be routed through the harness slots at or just **above** your child's shoulders.



- ☐ **The fit of the harness.** The harness straps should be snug and free of twists. You shouldn't be able to pinch excess webbing at your child's shoulders.
- ☐ **The harness buckle.** Make sure buckle pieces are fully inserted and secure.
- ☐ **The chest clip.** Buckle the chest clip at your child's armpit level.



# How To Use a Car Seat Harness



## What Is a Harness?

A car seat harness keeps a child properly restrained in the event of a crash and spreads crash forces across the strongest areas of the child's body (hips and chest).

5-point adjustable harness



## Where Do The Harness Straps Go?



### Rear-facing seats

Straps should originate **AT or BELOW** the child's shoulders



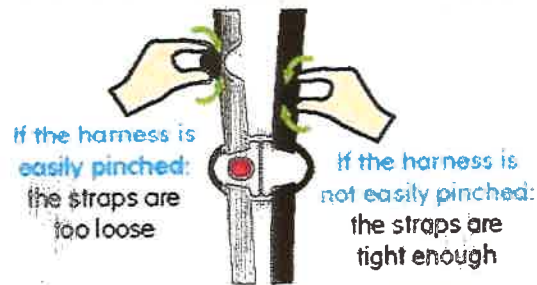
### Forward-facing seats

Straps should originate **AT or ABOVE** the child's shoulders

## How Tight Should The Harness Be?

The harness should pass the 'pinch test': when pinching the harness webbing vertically at the shoulder with the thumb and forefinger, your fingers should slide off easily and you should not be able to pinch any webbing between them.

The harness should lie flat, and fit snugly (not uncomfortable) at the child's shoulders and hips.



## Where Does the Chest Clip Go?

The chest clip should be placed at the child's armpit level.



U.S. Department of Transportation  
National Highway Traffic Safety  
Administration

[NHTSA.gov/therightseat](http://NHTSA.gov/therightseat)



13165-9001-20

## Is a Used Car Seat Safe?

1.	Do you know the history of the seat?	<input type="checkbox"/> Yes – Continue	<input type="checkbox"/> No – DESTROY
2.	Does the seat have a label with date of manufacture and model name/number?	<input type="checkbox"/> Yes – Continue	<input type="checkbox"/> No – DESTROY
3.	Is the car seat expired?	<input type="checkbox"/> Yes – Destroy	<input type="checkbox"/> No – Continue
4.	Does the seat have a label showing that it meets all Federal Motor Vehicle Safety Standards?	<input type="checkbox"/> Yes – Continue	<input type="checkbox"/> No – DESTROY
5.	5a. Has the seat been recalled for safety defects?	<input type="checkbox"/> Yes – Continue to 5b	<input type="checkbox"/> No – Continue to 6
	5b. Has the defect been corrected?	<input type="checkbox"/> Yes – Continue to 6	<input type="checkbox"/> No – Do not use until seat is fixed or DESTROY
6.	Has the seat been involved in any vehicle crash (even a minor one)?	<input type="checkbox"/> Yes – DESTROY	<input type="checkbox"/> No – Continue
7.	Are there any cracks, bends or breaks in the plastic shell?	<input type="checkbox"/> Yes – DESTROY	<input type="checkbox"/> No – Continue
8.	Has the metal frame rusted, bent or broken?	<input type="checkbox"/> Yes – DESTROY	<input type="checkbox"/> No – Continue
9.	Do you have a copy of the manufacturer's instructions?	<input type="checkbox"/> Yes – Continue	<input type="checkbox"/> No – Get new ones and continue or DESTROY
10.	Does the seat have all its parts?	<input type="checkbox"/> Yes – Continue	<input type="checkbox"/> No – Get new ones and continue or DESTROY
11.	Are the harness straps worn or frayed?	<input type="checkbox"/> Yes – Get new ones and continue or DESTROY	<input type="checkbox"/> No – Continue
12.	Does the buckle or any other metal part show signs of rust?	<input type="checkbox"/> Yes – Get new ones and continue or DESTROY	<input type="checkbox"/> No – Continue
13.	When buckled, does the mechanism lock securely? Does it remain locked?	<input type="checkbox"/> Yes – <b>Use the Seat!</b>	<input type="checkbox"/> No – Get new ones and continue or DESTROY

# Acadia, Lafayette, St. Landry, St. Mary, and St. Martin Parishes



**Acadia Parish**  
**Eunice Police Department**  
300 S. Second St.  
Eunice, LA 70535  
Sgt. Jessica Tezeno  
337.457.2626  
jvidrine@eunicepd.com  
• Thursdays: 2–6 pm

**SWLA Center for Health Services**  
526 Crowley Rayne Highway  
Crowley, LA 70526  
Alisa Stevens  
Nasheika Malbreaux  
337.912.8515  
337.936.0114  
astevens@swlahealth.org or  
nmalbreaux@swlahealth.org  
• Appointment only

**Lafayette Parish**  
**Independent Station – Lafayette**  
Tracy LeMaire  
337.288.9937  
lemairetracy@yahoo.com  
• Appointment only

**Louisiana State Police Troop I \*CARFIT\***  
121 E. Pont Des Mouton  
Lafayette, LA 70507  
Thomas Gossen  
337.262.5880  
• Wednesdays  
• 8 am–Noon

**Lafayette Parish Sheriff's Office \*CARFIT\***  
110 Grissom Dr.  
Lafayette, LA 70508  
Amy Daigle  
William Ritchey  
337.456.6596 or 337.739.2696  
• Monday–Friday  
• 8 am–4:30 pm  
• Appointment only

**Ochsner–Lafayette General**  
1214 Coolidge St.  
Lafayette, LA 70503  
Dana Ortego  
337.289.7482  
dana.ortego@ochsner.org  
• Appointment only

**The Family Tree**  
1602 W. Pinhook Rd.  
Suite 100A  
Lafayette, LA 70508  
337.981.2180  
• Appointment only

**Blasé Inzina Injury Attorneys**  
(Habla Espanol)  
415 South Pierce St.  
Lafayette, LA 70501  
Reyna Velasquez  
337.347.7177  
Reyna@blaseinzina.com  
• Contact for appointment  
on Fridays

**Broussard Police Department**  
414 E. Main St.  
Broussard, LA 70518  
Tyler Daigle  
337.837.6259  
tdaigle@broussardpolice.com  
• Appointment only

**The Extra Mile \*CARFIT\***  
720 St. John St.  
Lafayette, LA 70501  
Tiffany Carroll  
337.652.9665  
Anttif09@yahoo.com  
• Appointment only

**SWLA Center for Health Services**  
500 Patterson St.  
Lafayette, LA 70501  
Alisa Stevens  
Nasheika Malbreaux  
337.912.8515  
337.936.0114  
astevens@swlahealth.org or  
nmalbreaux@swlahealth.org  
• Appointment only

**Youngsville Police Department**  
304 Fourth St.  
Youngsville, LA 70592  
Reginald Mosely  
337-856-5931  
reginald.mosely@youngsvillepd.org  
• Monday–Friday  
• 8 am–4 pm or  
by appointment

**St. Landry Parish**  
**Opelousas General**  
539 E. Prudhomme St.  
Opelousas, LA 70570  
Lauryn Allgood  
337.594.3982  
LaurynAllgood@opelousasgeneral.com  
• Appointment only

**St. Landry Parish Sheriff's Office**  
1592 E. Prudhomme St.  
Opelousas, LA 70570  
Lt. Ashley Boudreaux  
337.948.6516  
aboudreaux@slpssheriff.com  
• Appointment only

**St. Mary Parish**  
**Berwick Police Department**  
400 Canton St.  
Berwick, LA 70342  
Billy Chapman  
985.384.7710  
bchapman@townofberwick.org  
• Appointment only

**St. Mary Parish Sheriff's Office**  
500 Main St.  
Franklin, LA 70538 or  
1455 Railroad Ave.  
Morgan City, LA 70380  
337.828.1960  
Blake Giroir  
giroir@stmaryso.com or  
Chad Ledet  
ledet@stmaryso.com  
• Appointment only

**Chitimacha Tribal Police Department**  
211 Coushatta Dr.  
Charenton, LA 70523  
Sara Labiche or Tonya Ware  
337.923.4964  
Sara@chitimacha.gov or  
Tonyab@chitimacha.gov  
• Appointment only

**St. Martin Parish Sheriff's Office**  
1815 Terrace Highway  
St. Martinville, LA 70582  
William Green  
wgreen@stmartinsheriff.org  
337.394.2672  
• By appointment

Visit us at  
[facebook.com/buckleuplouisiana](https://facebook.com/buckleuplouisiana)