



B3789-03

Preparing to Parent



LATE PREGNANCY — WEEKS 30 TO 40

Healthy pregnancy, healthy baby

Late in pregnancy you may have checkups every other week, then every week. If there is a problem, finding it early could be important.

Following this advice will help your pregnancy go to the full term.

Babies born very early or very small (less than 5 ½ pounds) tend to have more serious health problems.

Here are tips for the next few months:

Quit alcohol and other drugs.

If you are smoking, drinking alcohol, or taking drugs, now is the time to stop! No amount is safe. Quitting now will really help your baby.

Eat a healthy diet. And drink six to eight glasses of healthy liquids every day. Water, milk, and juice are good choices. Try to limit juice to one-half cup daily.

Be physically active. Try to go for a short walk each day.

Late pregnancy warning signs of problems

Call your doctor or nurse right away if you experience any of the following:

- Vaginal bleeding
- Vaginal fluid leaking
- Abdominal cramping or pain
- Severe headache and vision changes
- One-sided leg swelling
- Decreased fetal movement

Some things to think about now

Who will help you raise this child? Having others to help you after the birth can make a big difference. People are often thrilled to help if you just ask.

Are you friends with other parents? If not, childbirth or parenting classes can be a good way to meet and make friends with other parents.

How are your own family relationships? Do any relationships need to be repaired or built stronger?

Look for one more issue of *Preparing to Parent* before your baby is due.

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Car safety now and later

Protect your baby now by always wearing your seatbelt. Position the strap low across your lap. Put the shoulder belt across your chest. When driving, move the seat as far back as possible.

You will need a car safety seat to bring your baby home from the hospital. Never let your baby ride in a vehicle unless baby is in an infant car safety seat. Babies and toddlers should ride in a rear-facing car safety seat until they are two years old or until they reach the highest weight or height permitted by the car seat manufacturer.

Buy your safety seat from a store that will let you return it if it does not work in your car. Buying and using a car safety seat is not as easy as it sounds.

Buying a new car safety seat is best. Your health insurance may help pay for it.

Read the safety seat manual to learn how to install your car safety seat correctly and how to safely strap your baby into it.

If you use an old car safety seat, be sure it . . .

- **Is not too old, and has a sticker** with the model number and date of manufacture. Check with the manufacturer to find out how long it recommends using that model of car seat. Safe Kids USA recommends not using car seats that are more than five years old.

- **Has a manual with instructions.** If not, ask the manufacturer to provide appropriate instructions based on the model name and date on the sticker.
- **Has no cracks or missing pieces.**
- **Was never in a crash** — not even a minor one.
- **Has not been recalled.** To find out, call the **Auto Safety Hotline** toll-free at (888) 327-4236 weekdays 8 a.m. to 8 p.m. EST (Spanish help available). TTY: (800) 424-9153.

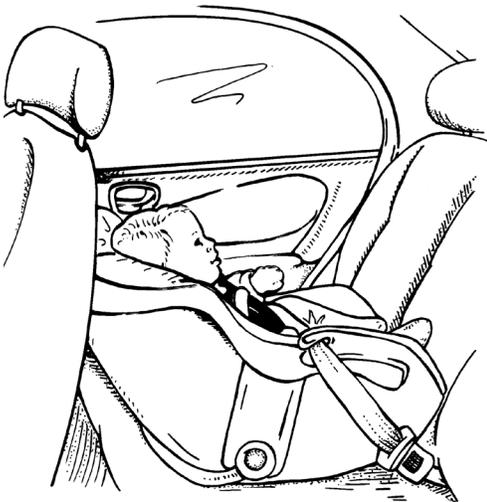
Many communities have car safety seat inspectors who can check yours for safety.

Learn more about car safety for baby and you from . . .

American Academy of Pediatrics
[www.healthychildren.org/
English/safety-prevention/
on-the-go/pages/Car-Safety-
Seats-Information-for-Families.
aspx?](http://www.healthychildren.org/English/safety-prevention/on-the-go/pages/Car-Safety-Seats-Information-for-Families.aspx)

National Highway Traffic Safety
Administration
(888) 327-4236 (Spanish help
available) www.nhtsa.gov

Safe Kids USA
[www.safekids.org/safety-
basics/babies/on-the-way/
carseat-safety-for-babies.html](http://www.safekids.org/safety-basics/babies/on-the-way/carseat-safety-for-babies.html)



Choosing quality child care

Choosing child care is one of parents' biggest decisions. Make this decision now if you will return to work or school after the baby is born.

Finding quality care can be hard. You may have to pay more than you would like or travel out of your way.

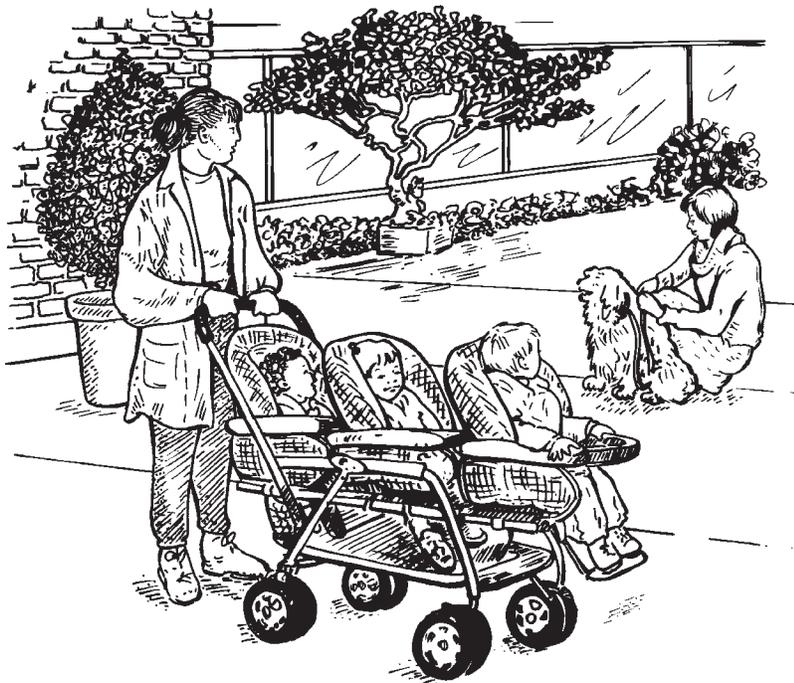
Call several care providers. Ask them to send you information on their schedule, fees, and policies. Decide which ones to visit. You can also ask some questions over the phone to help you decide.

To choose safe and healthy child care . . .

- Visit several potential caregivers, such as family child care homes or child care centers. Don't just pick the first place you see. Compare several to find the best care.

- Watch the person who would take care of your baby. Use the checklist on page 10 to help you watch.
- Talk to the caregiver and director using the checklist on page 10. Listen to how they talk about the children they care for. Watch what they do. Use your instincts.
- Consider what this home or center is like for a baby. Will your baby enjoy being here?

Changing caregivers is hard on a baby. Choose carefully now to find someone good. Choose someone who has worked at this care center for a while and plans to stay. Bring your partner, a friend, or a family member with you when you visit, and ask what they think.



Money matters

Car safety seat loan

If you cannot afford a new car safety seat, ask your tribal maternal and health care specialist, hospital, baby's doctor or nurse what they might suggest. Many communities have free car safety seats to loan.

Help in paying for child care

If you are living on a limited income, you may be eligible for help to pay for child care. To find the closest agency that can help you, call **Child Care Aware** weekdays toll-free at (800) 424-2246 (Spanish help available) or visit its website at www.childcareaware.org.

If you plan to continue breastfeeding after you return to work or school, see "Q and A" on pages 4-5. The WIC (Women, Infants, and Children) clinic may be able to provide you with a breast pump for little or no cost, as well as other help.



Baby's song

Some parents pick a song or nursery rhyme that is “their song” for their baby.

You can make up your own song. Sing it to your baby now and after birth. Even now, your baby can hear you when you talk or sing, and you might even notice kicking or wiggling!

When your baby arrives, you can sing the song and see how baby responds. Chances are, baby will recognize the song.

Q & A

“My aunt says that my breasts are too small to breastfeed my baby and that no one in my family has ever been able to make enough milk to feed a baby. I want to try to breastfeed my baby but I’m afraid my baby will starve! Is my aunt right?”

A lot of moms have the same worry. But the good news is that your body will make enough milk for your baby, no matter how big or small your breasts are.

The more often a woman breast-feeds her baby, the more milk her body makes.

So go ahead, give breastfeeding a try. Tell your doctor or nurse that you want to breastfeed. Ask them for information about classes you can take or a lactation consultant whom you can call with questions.

It really helps to have someone nearby to talk to, especially when you are first getting started. You can read more about breastfeeding in the next issue of this series.

“I want to breastfeed, but I’m afraid of what other people will think. Will they stare at me? What if they say something? I want to do what is best for my baby.”

Good for you for wanting to breastfeed! As you know, breastfeeding is best for your baby.

Sadly, some people make breastfeeding moms feel awkward. But plenty of other people think breastfeeding is great — even if they don’t tell you.

Once you and your baby have gotten used to each other, you will find it easy to breastfeed without people even noticing. It helps to wear loose clothing and a nursing bra or one you can easily unfasten.

You may want to drape a blanket over your breastfeeding baby. You may feel more comfortable breastfeeding in a private place. You can also pump breast milk and feed it to your baby from a bottle when you are out.

Find people who support your breastfeeding. Talk to them about your feelings. Just remember, you are doing what is best for your baby.



“Can I breastfeed if I plan on returning to school or work?”

Yes! Here is what you can do.

Ask questions. Get advice from experts and experienced mothers.

Learn more. Take a class or read books and pamphlets for moms who breastfeed after they go back to work or school.

Express breast milk. You can express breast milk to feed your baby when you are away. Some women can hand express breast milk, but most women find it easier with a pump.

You can buy or rent a breast pump for less than you would pay for infant formula. The WIC (Women, Infants, and Children) clinic may have a pump for little or no cost.

Some women choose to give their babies formula while they are at work. However, you may still need to pump or express milk if you are gone longer than 2 to 3 hours. Why? To keep your body making milk. If your baby usually breastfeeds every 3 hours, you may need to pump every 3 hours when you are away from your baby.

Freeze extra breast milk. About two weeks before you plan to return to work, pump some extra breast milk. A lot of moms find this easiest to do after the morning feeding. Freeze the breast milk in sterile breast milk storage bags or bottles, and label with the date they were frozen. Breast milk expands as it freezes so don't fill containers to the very top. The bags can be kept for two weeks in a refrigerator freezer (keep at the back of the freezer), or up to four months if kept solidly frozen in a self-contained freezer. This milk can be thawed overnight in the refrigerator and fed to your baby when you are away. Never thaw milk at room temperature.

Visit your baby. Maybe you can visit your baby during the day for breastfeeding. Maybe your baby can visit you at work. Or you may be able to work part-time, so you can be with your baby more.

Expect more breastfeeding at night and on days off. If you breastfeed your baby but also work or go to school, there may be times when your baby will need to be fed by a bottle. If this is the case you may find that your baby will spend more time breastfeeding to make up for time spent on bottle feedings. Can you ask for help cooking dinner? Running errands? Your baby will need to spend time with you.

Dad—You can help Mom continue to breastfeed and work by helping her take care of herself. Make sure that she eats well and drinks plenty of water, milk, and juice.

You can also help Mom with breastfeeding by helping around the house while she breastfeeds baby.



Your baby may be early

“We always take a list of questions to our doctor visits.”

—Karen and Brad,
expectant parents

About **one in eight** babies is born **preterm**—before the 37th week of pregnancy. About **one in 12** babies is born at **low birth weight**, or weighing less than 5 ½ pounds.

Being born early and at low weight can be harmful to baby. Many articles in these newsletters advise how to prevent premature birth.

Medical staff learn more every year about how to prevent preterm births and keep premature babies alive and well. The average preterm and low-birth-weight baby will stay in the hospital for about three weeks. Some babies stay longer.

If this happens, it will disrupt your life for a while. An early birth may catch you by surprise. You may be unprepared, and you won't be able to bring baby home right away.

If baby is born early or at low weight, arrange to be with baby at the hospital as much as you can, even if this means traveling between home and hospital every day. The nurses will show you helpful things to do with your baby, including holding your baby close and getting started breastfeeding.

Ask the nurses what you can do to help your baby gain weight and improve overall health more quickly. Practices proven to help premature babies include **infant massage** and **kangaroo care** — carrying baby chest-to-chest within your clothing.

These activities are good for you, too! They help you get to know your baby.

Circumcision

Boy babies are born with skin that covers the end of their penis. Circumcision is a surgery that removes this foreskin and is usually done within a few days after birth.

This surgery offers some minor medical benefits. But doctors now believe that these benefits are not a good enough reason for circumcising all baby boys.

It's up to parents to decide whether to circumcise their sons. You may have religious or cultural reasons for circumcision. It may be your custom. If you choose circumcision, experts advise using pain medication during the surgery. Your baby may be offered sugar water during the procedure to keep him happy.

Discuss circumcision with your partner and with your baby's doctor or nurse before baby's birth.



Preparing for labor and delivery

Even if you have had other babies, you may be concerned about what this labor and delivery will be like. Every labor is different.

If this is your first baby, you are probably worried about what will happen. If you prepare more, you will worry less.

Learn about labor and delivery

Take a childbirth class. Take a tour of the hospital. Knowing more about the birth process makes it easier.

Learn about the risks and benefits of . . .

- different ways to relax during labor.
- different positions for birthing.
- drugs that can relieve pain.

Have someone with you while you give birth

Ask your husband, partner, mother, sister, or a friend to attend childbirth classes with you and provide support while you give birth.

You may also be able to find a doula near you. A **doula** has special training in helping women through labor and delivery, and in helping them afterward. For information on finding, choosing, and hiring a doula near you, call **Doulas of North America** at (888) 788-3662, or visit the organization’s website at www.dona.org.

The hospital nurses and your doctor will also help you, but won’t be with you all the time. So it is good to have someone providing continuous support. Consider making a birth plan to inform your caregivers of your preferences.

Partners— You are needed!

Even if you have never seen a birth, you can help with this one.

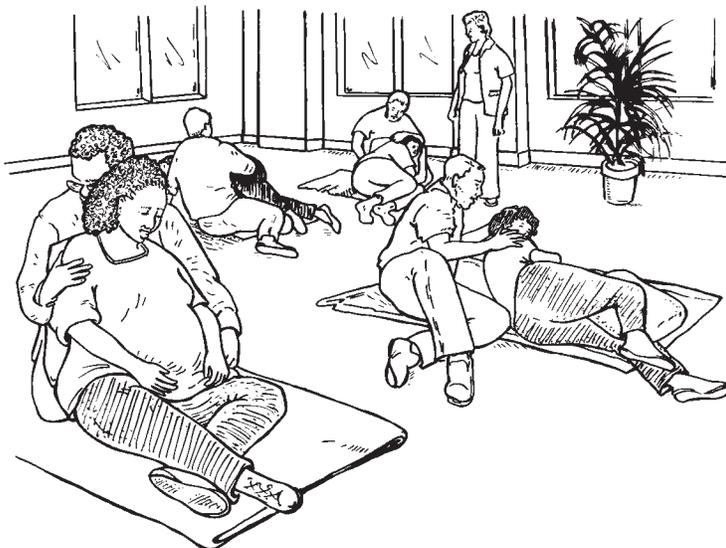
Talk with your partner and her doctor or nurse about how you can be helpful. Go with her to childbirth classes. Ask other parents about their experiences helping with birth.

“Knowing what to expect made me less afraid.”

— Shonta, mother of Danielle and Kendra

“My role during labor and delivery was to help my wife feel more comfortable and relaxed. She liked me to brush her hair. Even though she had some complications, we were able to stay calm. I think it was because we had read a lot before, and we had a doctor we were comfortable with.”

— Steven, dad to Alex



“When my daughter was born I was the first person who held her. I think that helped me feel more confident about being a dad right from the start. Each day I made sure I spent time with her, just the two of us. I would hold her, sing to her, or walk with her. Now she is three and we have a really great relationship. I think it is because I was a part of her life from the first day on.”

— Michael, father to Julia

Especially for fathers

These days more and more fathers are taking an active role in raising their children. This can be a scary thought if you have never spent time with a baby. Don't let that stop you. Being a good father is something you can learn. Start now by watching other dads with their children. You can also read and go to classes on infant care and parenting.

Some dads think they will become involved with their children later, that they will wait until their baby can talk or can throw a ball. But the longer you wait the harder it gets.

Parenting works best if you are there right from the start. Talk with your partner about the role you would like to play.

Make plans now to be home with your partner and your baby. Can you take extra time off from work? In some cases dads can take parental leave. (See “Working parents” in issue two of this series.)

What about your other activities? This would be a good time to take a break from things that keep you away from home. When your baby is born you will get on-the-job training in fathering. Hold your baby. Talk to your baby. Give your baby a bath. Read to your baby. Change diapers.

Pay attention to how your baby responds to what you do. Baby will let you know what she or he likes and doesn't like!



Siblings

If you have other children, you may want to talk with them about their new baby brother or sister. Keep in mind that young children may not understand how long it will take for baby to get here!

Here are some ways to help siblings get ready for baby

For now . . .

- Read them children's books about pregnancy and becoming a big brother or sister.
- Let them feel the baby kick.
- Show your children pictures or DVDs of when they were babies. They may think that baby is going to come out "kid-size" and ready to play!
- Decide whether anyone will need to switch bedrooms or beds. If so, it is best to do so now. This gives children a chance to get used to these changes before the new baby arrives.

For later . . .

- Prepare your children for the time you will be at the hospital. Tell them what will happen and where they will be staying while you are away.
- Take them with you when you tour the hospital.
- Talk to your children about the kinds of things they will teach their brother or sister. If the hospital offers one, take your children to a "big brother/big sister" class. Having a special role to play as a big brother or sister may help them accept the new baby.

Most important . . .

Let your children know that you are going to love them just as much when the baby arrives!



Planning your family

Before your baby comes, you might want to start thinking about how many children you want. Research shows that getting pregnant 12 months or less after giving birth greatly increases your risk of preterm birth. If you want more children, we recommend you wait more than 12 months before getting pregnant again.

Also, waiting a while to have another baby can make your life easier and help you be a better parent. Raising a baby is hard work. Imagine how much harder it would be with both a baby and small toddler needing your attention! If you wait until your baby is 2 or 3 years old before having your next baby, your child will be more independent and will handle the arrival of a new baby better, which will make it easier for you.

There are many safe ways to prevent pregnancy. Talk with your doctor, nurse, or midwife if you are interested in birth control. Many women want to talk over their choices with family members and spiritual advisors.

Checklist for choosing quality child care

Does the caregiver . . .

- Have child-rearing attitudes like yours?
- Have training in child development so he or she understands what infants and toddlers can do and want to do at different stages of growth?
- Know infant CPR (cardiopulmonary resuscitation)?
- Have experience caring for babies?
- Enjoy caring for babies?
- Respond quickly and gently when babies fuss and cry?
- Have enough time to look after all the children who are there?
- Seem willing to help you keep breastfeeding? Know how to safely handle expressed (squeezed out) breast milk?
- Provide you with the policies and rules of their home or center?

Does the home or center have . . .

- Toys, cribs, and highchairs that are safe and in good repair?
- A clean and comfortable look?
- A “no smoking” policy even when children are not present?
- A policy of holding babies while bottle-feeding?
- One person who cares for your baby every day? Babies do best when they have a stable, caring relationship with one primary caregiver.
- Few children per caregiver? Babies do better in groups of six or less, and with three infants or less per caregiver.
- Interesting things to play with, look at, and listen to?
- Limits on television and DVD watching? No TV or DVDs is best. Experts agree that babies and young children need real experiences, not TV or DVDs.
- Nutritious meals and snacks for older children?
- Ways for parents to get involved in daily child care?
- An open-door policy that allows you to drop in without calling?
- Safety in mind? Could an unauthorized person have access to your child?

- A license? Accreditation? Having these is good, but does not guarantee quality. Do you see anything that could be a hazard? Is the building in good repair inside and out? A child care home or center should not have any peeling or flaking paint.

What is this home or center like for a baby?

Do babies have a chance to . . .

- Be held, cuddled, rocked, smiled at, talked to?
- Listen to music, have books read to them, and watch interesting things, such as mobiles?
- Play with objects that develop their senses of touch, sight, and hearing, such as soft toys, mirrors, rattles?
- Relax and rest when they need to?
- Crawl and explore safely when they are older?
- Learn language? Does the caregiver talk to the baby, name things, describe what he or she is doing? Does the caregiver respond to each baby’s actions and sounds?

Care provider and date:

Care provider and date:

Care provider and date:

Paternity

Paternity means fatherhood. When parents are married, the husband is assumed to be the baby's father. When the baby's parents are not married, extra steps must be taken to legally name the father on the baby's birth certificate.

Why establish paternity?

Paternity gives your child certain legal rights and privileges.

Paternity may need to be established before you or your child can legally obtain child support, insurance, Social Security, or an inheritance.

Paternity must also be established before you can deal with issues such as custody and visitation.

Establishing paternity may help give your child a sense of identity. It may also be important to know the father's medical history and national or ethnic background.

Establishing paternity now will make it easier for you later if the relationship between you and your partner changes.

Paternity should be established even if . . .

- the father does not have money to support the child,
- the mother and father already have an informal arrangement to care for the child,
- the mother and father are not together as a couple.

“How do I establish paternity?”

The hospital can provide a form (the voluntary paternity acknowledgment form) for the father to fill out to acknowledge paternity. This means that he goes on record as being the father of your baby.

If the father does not want to do this, or if you are unsure about the father's identity, a court order or testing may be needed. For help with this, contact your county, state, or tribal child support agency. This number is listed under “Social Services” in the government pages of your phone book.

What will the baby look like?

If your baby doesn't have much hair, has short arms and legs, and has a head that looks too big, then your baby will look pretty normal!

Even though normal, baby may not look like you expected. Especially right after birth, babies don't always look cute like the babies in magazine photos or in your friends' family photo albums. Some parents love their new baby right from the first moment. Others have to get to know their baby better—that's normal, too.



Keep your family safe

Fire safety—Every home needs at least one smoke detector located outside the bedrooms. Having one in each bedroom and on each floor is a good idea. Test the smoke detectors on the first of each month and replace the batteries yearly. Practice an escape plan so everyone in the family will know what to do in case of a fire. Make sure someone is responsible for getting out young children. Decide on a place outside where everyone in your family will meet.

Carbon monoxide safety—Every home also needs a carbon monoxide alarm located near the bedrooms. Carbon monoxide (CO) is a deadly gas that is colorless and odorless, making it difficult for people to know they are being exposed. CO poisoning may occur when appliances used for heating malfunction or are not used properly. Always have a professional check your furnace and other fuel-burning appliances to make sure they are working correctly. Do not leave your car running in an attached garage. Symptoms of CO poisoning include headache, nausea, dizziness, mental confusion, vomiting, loss of consciousness, and finally death. If your CO alarm sounds or you experience any of these symptoms, get outside to fresh air immediately and call your emergency services from a neighbor's home. Contact your doctor for proper diagnosis and treatment.

Choosing toys for baby

Buying gifts for baby is a lot of fun and not just for you. Your relatives and friends may want to bring gifts when they come to meet your newborn.

Gifts for baby might be homemade or from a store. Here are a few tips to consider when deciding on a toy for baby.

- Babies love to look at brightly colored things and they like to grab and hold things. They can get really excited when they shake a rattle and it makes a sound.
- Babies can put things into their mouths, but they can't always take them out. Never give babies toys smaller than 1¾ inches across. See the circle below for size.
- Be sure toys don't have paint or small parts that could come off in baby's mouth, like the plastic eyes on stuffed animals or the squeakers in rubber toys.

- Babies sometimes hit themselves with anything in their hand. So stay away from any toy with sharp edges, points, or corners that could hurt baby's mouth or eyes.
- Watch out for stuffed toys or foam toys. Be sure baby can't tear or bite off pieces on which he might choke.
- Make sure all strings are too short to wrap around baby's neck or fingers.
- When people come to visit and make a big fuss over your new baby, an older child can sometimes feel a bit forgotten, even jealous. You can remind your friends to give some special attention to your older children or even bring them their own gifts.

NEVER let a baby play with anything smaller than this circle.

1¾ inch

Online resources

American Academy of Pediatrics

Offers books and advice on child health and development, immunizations, and safety.
www.aap.org

Child Care Aware

Offers help finding and paying for safe and healthy child care.
(800) 424-2246
www.childcareaware.org

Consumer Products Safety Commission

Offers safety alerts and recalls. Spanish help is available weekdays.
(800) 638-2772, www.cpsc.gov

Doulas of North America

Shows how to find, interview, and hire a doula with special training to help you during labor and delivery or afterwards.
(888) 788-3662, www.dona.org

La Leche League

Provides breastfeeding resources. Look here to find local mother-to-mother support, good books in English and Spanish, and breastfeeding advice in many languages.
www.la lecheleague.org

March of Dimes

Provides information on pregnancy health and on preventing birth defects. (914) 997-4488
www.marchofdimes.com
www.nacersano.org (Spanish)

WIC—Women, Infants, and Children

Provides nutritious food, advice on healthy eating, and referrals to health care for women, infants, and children up to age 5.
www.fns.usda.gov/wic or call directory assistance for the phone number of a local office.

MyPyramid for Moms

Helps you plan healthy meals for you and your baby.
www.choosemyplate.gov/mypyramidmoms/index.html

text4baby.org

This free mobile text messaging service provides information for pregnant women and new moms.

Centers for Disease Control and Prevention

Provides information on preventing problems during pregnancy
www.cdc.gov/ncbddd/pregnancy_gateway/during.html

Mayo Clinic website

Provides information for a healthy pregnancy and answers many questions you may have.
www.mayoclinic.com/health/pregnancy-week-by-week/MY00331

Most libraries have a computer you can use.

Wisconsin resources

Wisconsin Maternal & Child Hotline

Offers referrals to services and resources for families before, during, and after pregnancy.
(800) 722-2295

Public Health Information and Referral Services for Women, Children, and Families

Provides Resource House, a searchable database of more than 3,000 programs and services for women, children, and families.
www.mch-hotlines.org

Wisconsin Tobacco Quit Line

Presents free, practical guidance to help stop smoking.
(800) 784-8669
(877) 266-3863 (Spanish)
www.ctri.wisc.edu/quitline2.html

Wisconsin Women's Health Foundation First Breath Program

Gives information and support to help pregnant smokers quit smoking. (800) 448-5148
www.wwhf.org/pg_firstbreath_2.asp

Child Care Information Center

Offers free materials for parents on how to select and pay for child care. Available in English and Spanish.
(800) 362-7353
dpi.wi.gov/ccic/mat_parents.html

Supporting Families Together Association Child Care Resource & Referral Agencies

Helps parents find child care and assess child care settings.
(888) 713-4537
www.supportingfamilies.together.org/CCR_R.html

The Wisconsin Department of Health Services

Provides information on popular programs and websites.
www.dhs.wisconsin.gov

Development at 30 to 40 weeks

What does baby look like now?	What is baby doing now?	How is Mom feeling?	What can partners do?
Baby is getting big! At the beginning of your seventh month, baby may weigh three pounds. At nine months your baby may weigh six, seven, eight, or even nine pounds!	Baby may get the hiccups every now and then. This can feel really funny! Don't worry, baby is OK. Toward the end of your pregnancy, baby may be moving less because there is less room. If you are concerned about this, call your doctor.	Mom may be feeling pretty uncomfortable by now. Sleeping with a big belly can be hard! Mom may also be having backaches because of the extra weight. This part of pregnancy can be really hard for some women, but it is also exciting! Baby will be here before you know it!	By now Mom may be getting very tired of being pregnant. Take time to support her. Let her get some extra rest and time off of her feet. Help her get ready for baby. Take time to talk with each other. Enjoy this time together before your baby arrives.

Print resources

Denise and Alan Fields's *Baby Bargains* (2009) offers advice on what to buy and what not to buy.

Kathleen Huggins's *Nursing Mother's Companion* (2010) is a great breastfeeding resource.

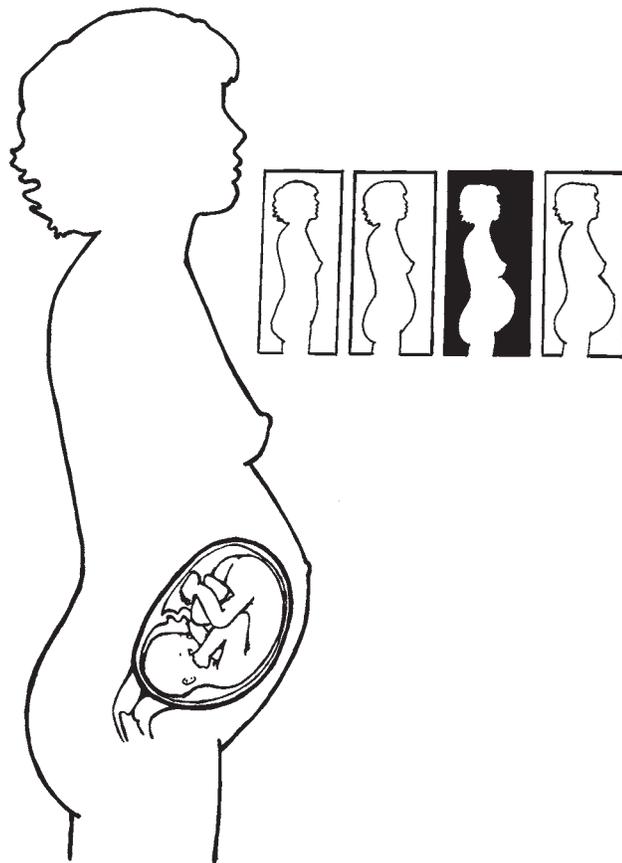
Arlene Eisenberg's *What to Expect When You Are Expecting* (also available in Spanish) covers various topics relating to early pregnancy (2008).

Penelope Leach's *Your Baby and Child: From Birth to Age Five* (also available in Spanish) covers health and child development from the start of life (2010).

La Leche League International's (www.lalecheleague.org) *Womanly Art of Breastfeeding* (2010) presents friendly, easy-to-read, factual information (also available in Spanish).

Mayo Clinic Guide to a Healthy Pregnancy (2004) provides information on pregnancy, childbirth, and your newborn.

American Academy of Pediatrics, *Caring for Your Baby and Young Child: Birth to Age 5* (2009).





Clip-and-save phone list

Poison Control _____

Baby's doctor or nurse _____

Mother's doctor or nurse _____

Clinic or health department _____

Clinic after-hours/weekends _____

Lactation consultant (breastfeeding advice) _____

La Leche League (breastfeeding support) _____

WIC (Women, Infants, and Children) clinic _____

Parent support hotline or group _____

Home visitor _____

Family or parent resource center _____

Community call line to learn about services
(for example, United Way) _____

Relatives _____

Neighbor _____

Friend _____

Friend _____

Friend _____

Taxi, bus, friend with a car _____

Police— Nonemergency _____

University-Extension office (parenting,
healthy eating, managing money) _____

Keep this by your phone or on your refrigerator

Credits

Authors: Marguerite (Peg) Barratt, dean and professor, Columbian School of Arts & Sciences, George Washington University, Washington, D.C.; Kari Morgan, assistant professor of child & family studies, University of Wyoming; David A. Riley, professor of human development and family studies, University of Wisconsin-Madison and UW-Extension, and Carol Ostergren, child development specialist, University of Wisconsin-Extension. The authors thank an anonymous donor to the Child Abuse Prevention Fund of Milwaukee, whose support contributed to the production of this publication. Cooperative Extension publications are subject to peer review.

Advisory committee: Michelle Bailey, public health nurse, Burnett County Department of Health; Bev Baker, family living educator, Racine County UW-Extension; Laura Berger, public health nurse, Madison Department of Public Health; Colleen Cantlon, Wisconsin Bureau of Family and Community Health; Michael Collins, assistant professor, Department of Consumer Science, University of Wisconsin-Madison; Mari E. Douma, associate professor, Department of Pediatrics, Michigan State University; Lee Dresang, associate professor of family medicine, University of Wisconsin-Madison; Sara E. Gable, Department of Human Development and Family Studies, University of Missouri; Kate Gillespie, maternal/perinatal nurse consultant, Wisconsin Division of Public Health; Mary Gothard, Joseph Schirmer, Reghan Walsh and Anthony Zech, Wisconsin Department of Health Services; Patti Herman, family living educator, Columbia County UW-Extension; Michelle Johnson, associate outreach specialist, Nutritional Science Department, UW-Madison/Extension; Kelli Jones, public health nurse consultant, Southeast Regional Department of Health and Family Services; Dori Schattel, health writer, Madison, Wis.; Rachel Schiffman, associate dean and professor, College of Nursing, UW-Milwaukee; Michelle Snyderman, pediatrician, All Saints HealthCare, Racine, Wis.; Deborah Strong, executive director, Michigan Children's Trust Fund.

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Preparing to Parent—Late pregnancy



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