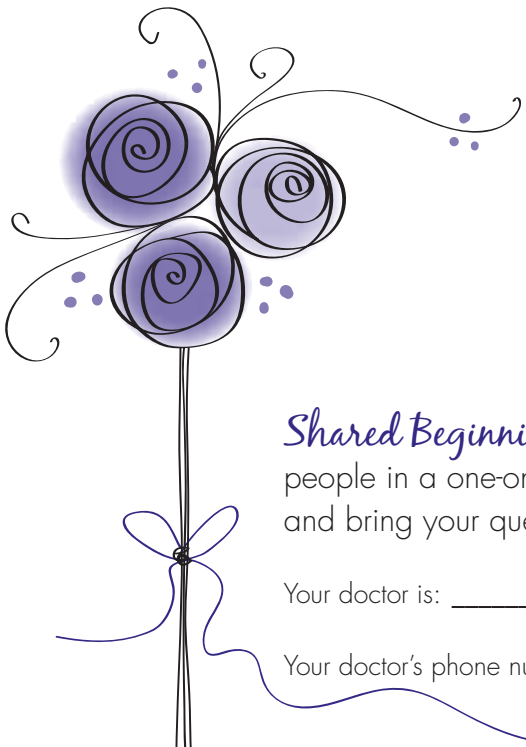




The
Gift of Motherhood
Pregnancy Calendar

Shared
Learn. Prepare. Support.
Beginnings
at Reid



A gift for you from



Shared Beginnings at Reid is designed to share information with mothers-to-be during pregnancy, along with fathers and/or other support people in a one-on-one setting with nurses from Mother-Baby Care Center. Your sessions with the nurse will be scheduled. Please keep a list and bring your questions to your appointment.

Your doctor is: _____

Your baby's doctor will be: _____

Your doctor's phone number: _____

Your baby's doctor's phone number: _____

Topics covered during one-on-one sessions:

The First Trimester

- Discomforts in Early Pregnancy
- Fetal Development
- Diet and Exercise During Your Pregnancy

The Second Trimester

- What is Happening to my Body
- Fetal Development
- Gestational Diabetes
- Breast or Bottle Feeding
- Choosing a Doctor for Your Baby

The Third Trimester

- Planning Your Birth Experience
- Preparing for Labor
- Postpartum Care
- Newborn Care

It's all about family

A birth helps create a family. It's the family who waits anxiously and celebrates the new arrival. If a birth had to come down to only one word, a good choice is simply: "family." Reid doctors, nurses, and staff members will work hard to make your birth experience a family affair. Our Mother-Baby Care Center features accommodations to enhance your stay, including private rooms with inspiring views and a homelike atmosphere, a pull-out couch, refrigerator and microwave in your postpartum room, a patient education/entertainment/internet system in every room, and a state-of-the-art infant security system.

If you have other questions about our prenatal programs, including childbirth, breastfeeding and sibling class, please call Shared Beginnings at Reid at (765) 935-8805, email at sharedbeginnings@reidhospital.org, or visit our link for Shared Beginnings on the Reid website, ReidHospital.org