

# WHAT TO EXPECT: Your stay in hospital after birth



## MOM'S HEALTH

- ◆ WALKING AROUND
- ◆ PEEING
- ◆ BLEEDING IS OK
- ◆ PAIN CONTROLLED



## BABY'S HEALTH

- ◆ PEEING
- ◆ POOING
- ◆ WEIGHT IS OK



## BREASTFEEDING AND FEEDING PLAN

- ◆ LATCHING
- ◆ SUCKING
- ◆ SWALLOWING
- ◆ OTHER PLAN



## GETTING READY TO GO HOME

- ◆ CAR SEAT READY
- ◆ RIDE ARRANGED
- ◆ TEACHING DONE



## TESTS FOR BABY

- ◆ NEWBORN SCREEN
- ◆ JAUNDICE TEST
- ◆ HEARING TEST



## DOCTORS AND MIDWIVES

- ◆ MOM AND BABY  
CHECK UP
- ◆ FOLLOW UP VISIT  
PLANNED