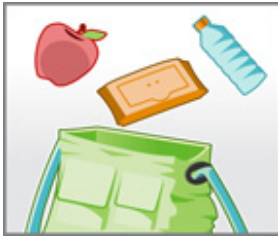


Guide to Firsts: Visiting your baby's doctor

The doctor's office is probably one of the first places you'll take your baby. Find out how to prepare.

1. ☐


Pack a full diaper bag: Bring diapers, wipes, extra clothes, and a blanket, plus water and a snack for you.

6. ☐


Ask all your questions: Don't worry about sounding clueless – the doctor's heard everything before!

2. ☐


Foil mommy brain: Create a list of all your questions and concerns ahead of time and take it with you.

7. ☐


Learn the after-hours policy: Find out who to call and what to do if your baby's sick or injured when the doctor's office is closed.

3. ☐

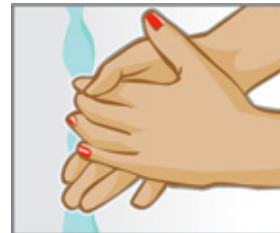

Gather documents: Find out what you'll need for the appointment, such as your insurance card and your baby's vaccination record.

8. ☐


Book the next visit: Before you leave, schedule your baby's next appointment.

4. ☐


Be ready to take notes: You'll want to jot down information and advice from the doctor.

9. ☐


Fight germs: Doctor's offices can be breeding grounds for bugs, so wash your hands on your way out or use hand sanitizer.

5. ☐


Minimize stress: Confirm directions to the office before leaving home, and allow plenty of time to get there.