



Congratulations – You’re Pregnant!

Finding out you are pregnant is an exciting and emotional time. But amidst the celebrations there are some practical things new parents can do early to help ensure a stress free start to this important journey. Here is our checklist of to do items that might help give you peace of mind in the lead up to meeting your new arrival.

- Choosing where you want to have your baby and who you want to help you deliver it are paramount on your to do list at this stage. These two decisions are usually linked as hospitals have a dedicated list of doctors who provide them with Obstetric services. One of the most important factors in both of these decisions is ensuring that you feel comfortable both with the environment you will be birthing in and the Obstetrician who will guide you through the experience. North West Private works with a range of experienced male and female obstetricians and you can view their profiles [here](#)
- Once you have chosen your hospital it’s a good idea to attend a tour of the maternity unit to familiarise yourself with the ward before your little one arrives. Attending antenatal classes is also a good way to prepare yourself and your partner for what labour and birth experience will involve. You can find out more about North West Private’s classes [here](#) and take a virtual tour of our maternity accommodation [here](#)
- Your body will be going through a lot of changes over the next nine months and as your baby grows there will be increased pressure on your lower back, hips, knees and ankles. It can pay to start doing some gentle prenatal exercise to keep you moving and alleviate tension. Try swimming, walking, pregnancy yoga and pilates classes or specialist classes run by physiotherapists. Talk to your GP about what might be suitable for you.
- Your dietary needs can also change through your pregnancy. Consider taking a multi vitamin especially formulated for pregnancy and preparing your body for breastfeeding. Ask your doctor before starting any supplements and be sure to let them know of any other medications you may be taking.
- Take the time out during your pregnancy to learn about what options you might prefer for your birth plan. Discuss your preferences with your partner and doctor and check what facilities your hospital’s [birth suites](#) offer. It’s also a good time to consider who will support you during your birth and make sure they are aware of your wishes.
- The Australian government offers a period of paid parental leave to the primary carers of newborns. To receive the payments you must meet certain criteria and complete an application. This can take some time so it’s a good idea to apply well before your baby is due. For more information about paid parental leave visit www.humanservices.gov.au
- If you are wanting to breastfeed your new baby it’s a good idea to do some research and prepare for breastfeeding success. Consider attending a class run by the Australian Breastfeeding Association and even write up a “Breastfeeding Plan”. You’ll find lots of information and resources at www.breastfeeding.asn.au



- Having a baby is an amazing experience but it can also be an expensive one. Plan a budget for major baby care items such as your cot, car seat, change table, pram or baby carrier to try and ease the financial burden. Do your research and ask friends and family what items have worked for them. Check that your items meet Australian standards and remember - your baby doesn't care what brand you buy!
- Ensure you have your choice of car seat purchased and fitted well before your due date – we suggest before 35 weeks. You can't leave hospital without it!
- Pack a hospital bag for you and baby and try to leave it packed! It should include mother care basics such as maternity pads, breastfeeding bra and nursing pads, comfortable under wear, sleepwear and casual clothes for hospital. At North West Private we supply your baby basics such as nappies, wipes, singlets and wraps so you only need to bring a going home outfit or two for baby and any other additional extras you wish to.
- If you're lucky enough to have family and friends who are offering their support make sure you take it! Realistically you will need help for the first 6 weeks, especially if you have had a caesarean birth, so try to coordinate a roster of helpers to lighten the load. Before the baby arrives is a good time to stock up the freezer with easy meals to keep you and your partner going in those early weeks.