

Your Pregnancy Guide

The Baby Place® at AdventHealth Heart of Florida

Expect More When Expecting

Right now, you are probably overwhelmed with learning about pregnancy and the thought of becoming a new parent. To help put you at ease, The Baby Place at AdventHealth Heart of Florida has created this “roadmap” as a guide of things to do to help prepare for your new arrival.

FIRST TRIMESTER



Visit your OB/GYN to confirm your pregnancy.



Attend prenatal visits and complete lab work.



Register for the Baby Place Academy® App to get access to parent education in the palm of your hand.
BabyPlaceAcademyApp.com



Schedule your Baby Place tour with our birth experience team at **HeartofFloridaBabyPlace.com**.

SECOND TRIMESTER



Tour The Baby Place with our birth experience team.



Complete your Birth Wishes form to customize your birth experience.



Pre-register for your delivery day.



Visit **HeartOfFloridaBabyPlace.com** for all of these 2nd trimester experiences.



Register to attend available parent education and childbirth classes.

THIRD TRIMESTER



Make a trial run to the hospital.



Explore cord-blood banking options.



Choose your baby's physician. To find a pediatrician or family medicine provider, visit:
PolkFamilyCare.com



Pack your hospital bag.



Welcome your newest addition!

FOURTH TRIMESTER



Schedule your OB follow-up appointment.



Schedule your baby's follow-up appointment.

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