

The 8th Month (31 to 34 weeks)

Things you can do:

- Think about how you are going to get to and from the hospital. Plan this ahead of time.
- Find child care if you have other children at home.
- Think about where your baby is going to sleep. See page 38 for tips.
- Start getting baby clothes together.
- Call your doctor if your face, hands, legs, or face is swelling.
- Avoid lying flat on your back. Laying on your back can be unsafe for the baby.
- Get the infant car seat. You must have your baby in an infant car seat anytime you travel by car. (This is a law.)
- Only you can decide how you feel about feeding. We know that breast feeding is best, but there are times when it may not be possible. Call Bright Start. They can help you sign up for WIC, offer breast feeding support, and help you get a breast pump.

Choose a pediatrician (a special doctor for children).

Ask family and friends for recommendations. Call Keystone First Member Services at **1-800-521-6860** (TTY **1-800-684-5505**) if you still need help.