

# Your Pregnancy Guide

The Baby Place®

## We're here to help.

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 for Women 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**



Register for an Early Pregnancy Class at  
**BabyPlaceAcademy.com**

### SECOND TRIMESTER



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



Complete your Birth Wishes form to customize your birth experience.  
**BabyPlaceResources.com**



Attend parent education and childbirth classes. Review available class offerings at  
**BabyPlaceAcademy.com**.



Pre-register for your delivery day at **BabyPlacePreReg.com**.

### THIRD TRIMESTER



Make a trial run to the hospital.



View the packing list at  
**BabyPlaceResources.com**.



Visit **BabyPlaceConcierge.com** to view our full menu.



Choose your baby's pediatrician. To find a provider, visit  
**FindMyPediatrician.com**.



Take your tour of your delivery location.  
**BabyPlaceTour.com**



Welcome your newest addition!

### FOURTH TRIMESTER



Schedule your OB follow-up appointment.



Schedule your baby's follow-up appointment.



Attend the Baby Bunch support group for new moms and babies. Learn more at  
**BabyPlaceAcademy.com**



Contact Lactation Services for questions or to schedule private lactation consultation  
Call: 407-303-7650



**Register for Parent Education Classes**  
The Baby Place Academy offers a variety of in person and virtual classes.



**Register for the Baby Place Academy App**  
Get access to parent education tools and resources in the palm of your hand with our complimentary App.

## Your Birth Experience Coordinators

Our Baby Place birth experience coordinators are registered nurses that serve as your connection between your provider's office and the hospital. They are ready to answer any labor and delivery or parent education questions to help put you and your family at ease. Your birth experience coordinator will help you with:

- Scheduling a tour
- Pre-registering for delivery day
- Signing up for parent education classes
- Scheduling a lactation consultation
- Selecting a pediatrician
- Completing Birth Wishes



### AdventHealth Altamonte Springs

Birth Experience Coordinator  
ALT.BirthExperience@AdventHealth.com  
407-303-5405



### AdventHealth Celebration

Birth Experience Coordinator  
CEL.BirthExperience@AdventHealth.com  
407-303-4284



### AdventHealth Winter Park

Birth Experience Coordinator  
WPK.BirthExperience@AdventHealth.com  
407-646-7200



### AdventHealth for Women — Orlando

Birth Experience Coordinator  
ORL.BirthExperience@AdventHealth.com  
407-303-7341

## Contact Us

Our team is just a click or phone call away. We're here to help you on your journey to motherhood.



### View additional resources

Download your Delivery Day Packing List, complete your Birth Wishes, and more!



### Join the Baby Place Moms Facebook Group

Join our private, women-only Facebook group for moms delivering at a Baby Place location. Scan the QR code to request access.



### Schedule a tour

We encourage all families to schedule a tour to review where to go and what to expect on delivery day.