



Ready, set, baby!

Everything you need to know about pregnancy, childbirth, and baby care

Join us for a free, informational, interactive, and fun event!

**Saturday, September 14,
2024**

9:00 a.m. - 11:30 a.m.
Hospital lobby

See more details on the back.

To register, go to
stonespringshospital.com/readysbaby or
call **855.226.7344**.



**StoneSprings
Hospital Center**
HCA Virginia Health System



You'll receive valuable information at each of the following stations:

Pregnancy

- Role of Obstetrician
- Role of OB Hospitalist
- Pain management/anesthesia
- Midwifery
- High risk pregnancy
- Prenatal Classes

Baby Care

- How to change a diaper
- Swaddling
- Bathing tips
- Safe sleep

Labor and Delivery

- What to expect from your hospital stay
- Nursing care
- Food and nutrition – celebratory dinner
- NICU
- Lactation
- Doula support

Post-Partum

- Post-partum care for mom and baby
- Self-care and mental health
- Pediatric care

Meet our providers and listen to presentations on the following topics:

- Pain control options during labor
- What is an OB Hospitalist
- What to expect for baby's first 24 hours after birth
- Perinatal and postpartum mood and anxiety concerns



Infant car seat checks by a member of the Purcellville Rescue car seat install team

Other vendors:

- Family/baby photography
- Pelvic Floor PT Specialists
- Infant CPR demonstration with resources for classes
- Cord blood banking

Hospital bag checklist, refreshments, tour of the Women's & Children's Unit and more!

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