



Preparing For the Birth

*CHERUBS – The Association of Congenital Diaphragmatic Hernia Research, Advocacy and Support
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- ✓ Learn as much as you can. Read, read, read!
- ✓ Talk to your baby and read to him/her, even though you're still pregnant.
- ✓ Keep a diary or start a blog.
- ✓ Prepare a nursery and have a baby shower, just as you would if the baby was healthy.
- ✓ Take pictures of your expanding belly.
- ✓ Talk about how you feel, cry, scream- do whatever you need to do to cope.
- ✓ Visit the hospital's NICU/PICU so that you can prepare yourself for what you will see.
- ✓ Make sure to plan delivery at a hospital with ECMO.
- ✓ Pack a bag (we have a list here in our Parent Reference Guide of suggested items to pack).
- ✓ Designate one family member or friend to keep everyone informed before and after the birth so that you're not overwhelmed with visitors and phone calls.
- ✓ Prepare other children for a long hospitalization for the baby and what will happen.
- ✓ Ask your doctor about steroid treatments to help the baby's lung growth.
- ✓ Talk to your partner about what is going on and might happen. You both need to be on the same page and to be a team for your baby.
- ✓ Try to get as much rest as you can.