

Patient and Family Education  
[intermountainhealth.org](http://intermountainhealth.org)



# Be Ready

Before and after the  
birth of your baby



Intermountain Healthcare has created a series of videos to help you learn to care for yourself and your baby, before and after delivery. Use your mobile device to scan the QR code to link to the topics listed below.

### **Keeping baby safe**

Learn how to keep your baby safe, including CPR, choking rescue, and car seat safety.

<https://bit.ly/3mgACYh>



### **Breastfeeding baby**

Learn about the basics of breastfeeding and why it's so important for the health of your baby.

<https://bit.ly/3mhMzNj>



### **Caring for baby**

These videos will help you learn how to bathe your baby, manage diaper rash, calm their crying, and so much more!

<https://bit.ly/2Zm5Fsz>



### **Caring for yourself**

A big part of taking care of baby is learning how to care for yourself after baby comes. These videos will help you know what to do and when to call your doctor.

<https://bit.ly/3bdEPWj>



We are honored and excited to share this experience with you. If you have any questions, be sure to talk with your provider.

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