

## Stork's Nest

Offered by the the Zeta Phi Beta Sorority and the March of Dimes, this **FREE** incentive program encourages women to receive appropriate prenatal care and childbirth education. Here's how it works: When you get care and education, you earn points to spend like cash on items such as diapers, baby clothes and breastfeeding supplies at "nests" throughout the Lowcountry on specified dates. Pick up a Stork's Nest registration card at your doctor's office. **For more information please call 843-522-5570.**

## Car Seat Installation

Ensure your child's car seat is properly installed so you can get your "special delivery" home safe and sound. Thanks to the two partners below, you can have a certified child passenger safety technician assist you with car seat installation.

**Beaufort County EMS – Call EMS at 843-255-5368 for a free appointment.** Appointments are offered the first Friday of each month.

**The City of Beaufort/Town of Port Royal Fire Department** – The Fire Department will have a certified car seat technician at our monthly Birthing Center tour. You can also have your seat checked at any City of Beaufort/Town of Port Royal fire stations. **Call 843-525-7055 for a free appointment.**

## www.Text4baby.org

**Are you expecting?** Get **FREE** health and safety tips on your phone. Text the word **BABY** (or **BEBE** for Spanish) to 511411 to receive free text messages each week. The messages are coordinated with your due date or your baby's birth date and continue through pregnancy and up until the baby's first birthday. Text **STOP** to discontinue messages or **HELP** for help.

## Infant CPR

The American Heart Association's Infant CPR Anytime® personal learning program offers instruction in relieving a choking infant and performing infant CPR to anyone who does not need a course completion card.

**Call 800-233-1230 or visit [www.cpranytime.org](http://www.cpranytime.org) to order a kit.**

## Hospital Discharge

When you and your baby are ready for the trip home, BMH staff will escort you to your car. Be sure to have your new car seat installed so you can get your "special delivery" home safe and sound.

## Insurance

Don't forget to notify your insurance company of your upcoming birth as soon as possible to comply with any precertification requirements. Then contact it again within two days of delivery to add your child to your insurance plan.

## LifeFit Prenatal Membership

**990 Ribaut Road, Beaufort**

Combat excessive weight gain and support a healthy pregnancy with exercise.

**LifeFit Prenatal Wellness Bundle: \$50 Includes:**

- One month membership to LifeFit Wellness Center
- Dietary Consultation with Registered Dietitian
- Fitness consultation with a wellness coach
- Exercise Prescription for prenatal exercises

# Baby University



## Infant and birth education

Welcoming generations of Beaufort families



**We know you want to be good parents, and we are here to help!**



**Beaufort Memorial HOSPITAL**  
Collins Birthing Center