

[10 Questions]

For Every Pondering Parent

1. How long should it take me to get pregnant?

- For those who are trying to get pregnant, many wonder at what point they should have infertility concerns. Some experts say you should contact your doctor after trying unsuccessfully for a year. If you are over 35, it is recommended to contact your doctor after trying for 6 months.
- Did you know your weight, age, and even your previous choice of contraception, can affect your fertility? Click [here](#) to learn more.
- [Understanding your ovulation](#) cycle can also help improve your chances of conceiving.
- If you struggle with infertility, there are many resources to turn to for help and information. [Learn more here](#).

2. What time of year are you hoping to have your baby?

- While every woman's pregnancy is different, there are some symptoms commonly associated with the stages of your pregnancy. Consider these symptoms and the time of year in which you might experience them.
 - First Trimester (1 to 13 weeks)** – Nausea, fatigue, headaches, constipation, morning sickness, frequent urination, blurry vision.
 - Second Trimester (13 – 27 weeks)** – Leg cramps, heartburn, and increased appetite.
 - Third Trimester (28 – birth)** – Increased body temperature, fatigue, and general discomfort. Some doctors also advise limited to no travel towards the end of your pregnancy. The CDC also has recommendations for pregnant travelers [here](#).



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For Every Pondering Parent (cont.)

3. What is the maternity leave policy at your job?

You and your partner should be sure you understand the leave policies where you work to know how much time you will have off with your baby after he/she is born. Can you use vacation and sick time? Is your leave paid or unpaid? Answers specific to you will come from your employer. For general information about maternity leave and other types of leave, [click here](#).

4. Will you need childcare?

In other words, who will you trust with your little one when/if you need to return to work? Discuss whether or not you will need childcare and what type of childcare will work for your family. Many daycare centers have long waiting lists and the search for the right nanny can take quite some time. It's good to get a jump on it. Some helpful childcare checklists can be found [here](#).

5. How much will it cost to have a baby?

It is difficult to put a number to this as it depends on your insurance coverage. One study states that the cost can vary from \$2,000 to \$12,000. Be sure you and your spouse understand your insurance coverage and the costs for child birth.

6. Can you create a “support team?”

For new parents, support can be invaluable. Consider your family and friends, and those who might be able to lend a hand, if you begin feeling overwhelmed or just plain exhausted. Speaking of support, did you know Emory Decatur Hospital offers a number of support classes for before and after your baby is born? [Click here](#) to learn more.

7. Are you ready to give up a little “me” time?

Two's company... and three or more adds complexity? You and your significant other will experience a significant dip in the amount of time you get to spend together alone. Consider planning a date night or scheduling some alone time at home. For some great date night ideas for new parents, [click here](#).

8. Do you know your family health history?

Many people have never considered their family health history. Learning more about your family's medical background can give you some insight into your baby's health before he or she is even born. Click [here](#) to learn more.

9. Is your current home “baby safe?”

From electrical sockets to staircases, there are a lot of items to consider when making your home safe for your new baby. There are many checklists out there to help you cover all of your bases. Here are a few from [WomensHealth](#), [BabyCenter](#), and [Childproofing Experts](#).

10. Do you have an OB provider who thinks like you do?

It's important to have a relationship with an obstetrician you know and trust during your pregnancy. You and your doctor should discuss your birth plan ahead of your delivery date to ensure you are on the same page when it comes to planning your baby's arrival.

Looking for an obstetrician? Click [here](#) to see a list of our experienced OBs and midwives.

Call us at 404.596.7497 to learn more about the benefits
of having your baby at Emory Decatur Hospital.