



Preparing for Baby

Preparing for childbirth can seem overwhelming, but it doesn't have to be. Here are some key steps to keep in mind:

- Attend a childbirth class to learn about labor and delivery
- Create a birth plan to ensure everyone is on the same page about your preferences
- Pack a hospital bag ahead of time
- Discuss your birthing partner's role in emotional support
- Follow a healthy diet and exercise routine to stay strong
- Practice relaxation techniques to ease labor pains

Tip Over Prevention

Just like how you wouldn't bring a newborn home from the hospital without a car seat or let your child ride a bike without a helmet, it's important to protect your children from the potential danger of TV and furniture tip-overs. Here are some tips to keep your little ones safe:

- **Secure TVs:** For flat-panel TVs, mount them to the wall. For older, box-style TVs (CRTs), place them on low, stable furniture that can carry the weight.
- **Attach furniture to the wall:** Use anti-tip brackets, braces, or wall straps to fasten furniture to the wall. Install stops on dresser drawers to prevent them from being pulled out fully.
- **Rearrange household items:** Store heavy objects on lower shelves or in lower drawers. Avoid putting remote controls, toys, or other items in places where kids might be tempted to climb up or reach for them.

