

Dear Parent(s),

Congratulations on the birth of your baby.

We know you received a lot of information during your hospital stay. We hope you find this checklist useful during your first week at home.

Your newborn checklist:

- Verification of Birth:** If you need a Verification of Birth and did not receive one at the hospital, please contact the Birth Registrar at 410-740-7597.
- Birth Certificate:** If you completed your Birth Certificate Worksheet (it was included in your admission packet) in the hospital, you will receive a Birth Registration card in the mail in approximately 7-9 weeks. At that time, check the form for errors. If you find errors, contact the HCGH Birth Registrar at 410-740-7597 to get further information on how to proceed. If you did not complete the form at the hospital, contact the Maryland Division of Vital Records at 410-764-3038 or visit www.vsa.state.md.us.
- Social Security Card:** The Social Security card is mailed to you 3-4 weeks after the birth of your baby. The process is initiated from the hospital and there are no separate documents that need to be submitted. For assistance, call the Social Security office at 1-800-772-1213.
- Adding Newborn to Insurance:** Contact your insurance company and/or employer to add your newborn to your insurance plan. Do so within a week of discharge to avoid delays in obtaining insurance coverage for your baby. If you do not have insurance or need financial assistance, call our Financial Counselor at 410-740-7675.
- Follow-up appointment with your pediatrician:** Schedule this appointment within a week of your baby's birth, or as suggested by your child's pediatrician.
- Follow-up appointment with your obstetrician:** Contact your obstetrician/midwife within 2-3 weeks of your delivery, or as directed by your provider.
- Lactation Support:** HCGH offers a Breastfeeding Support Group twice a week. For additional information, call 410-740-7830.
Mondays and Wednesdays (choose one), 12:30-1:30 pm
HCGH Wellness Center, 10710 Charter Drive, Suite 100, free, drop-in.
- Wellness Classes:** HCGH provides outreach and education classes. You can register for classes by calling 410-740-7601 or search for classes at hcggh.org/classes.

Thank you for choosing Howard County General Hospital for your birth experience.