

## NEWBORN SCREENING

After your baby is born, your baby will have some routine screenings that are recommended by the American Academy of Pediatrics and required for all babies born in Virginia.

This might include:

- Dried Blood Spot
- Newborn Hearing
- Critical Congenital Heart Disease (CCHD)
- Other screening as needed, such as: Congenital Cytomegalovirus (cCMV)

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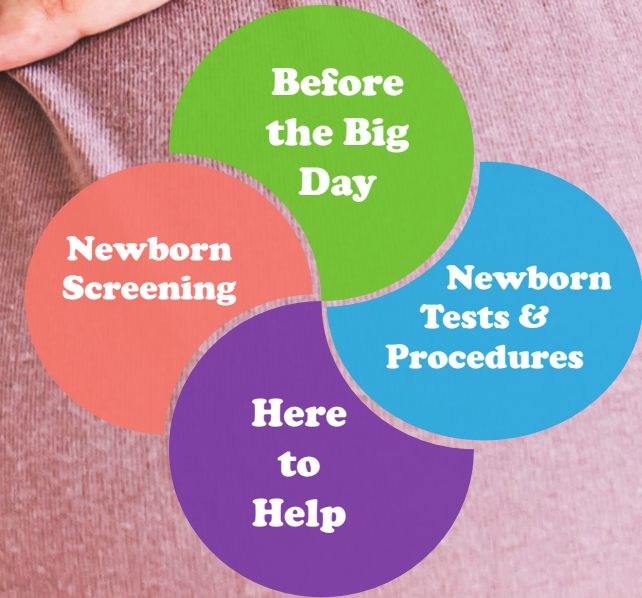
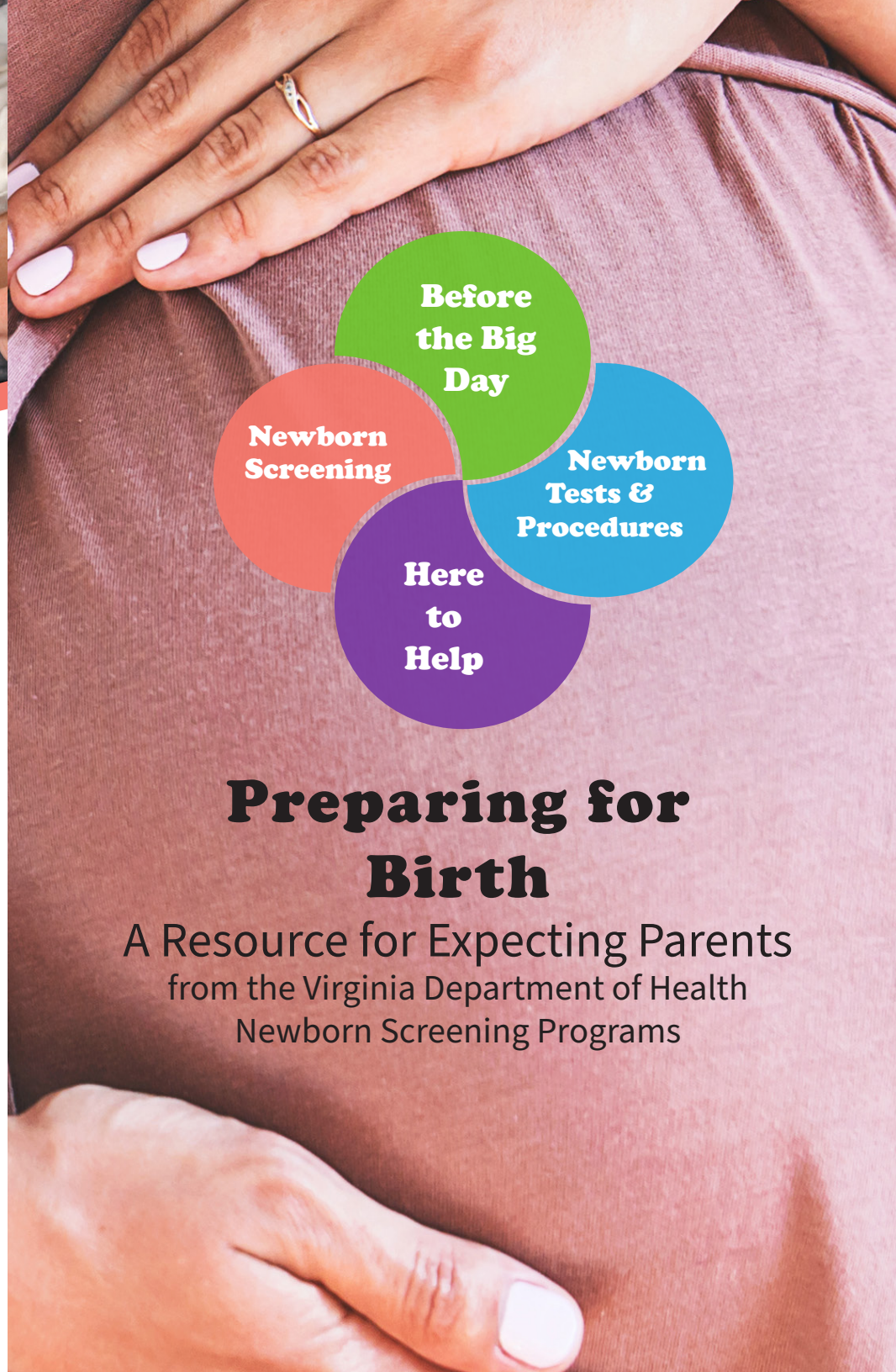


## HERE TO HELP

Virginia has programs dedicated to helping young parents and parents-to-be, including:

- Support for Families of Children with Disabilities or Special Healthcare Needs
- Medicaid
- Mental Health Services
- WIC and Nutrition
- Breastfeeding Support
- Other Community Support Services

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# Preparing for Birth

A Resource for Expecting Parents  
from the Virginia Department of Health  
Newborn Screening Programs

## BEFORE THE BIG DAY

In just a few weeks, your baby will enter the world. There is a lot you can do now to plan for their arrival, such as:

- Choosing your child's primary care provider (PCP)
- Choosing your preferred birthing birth center
- Developing your birth plan with your OB/GYN
- Learning about baby safety (including car seat selection/ installation and safe sleep practices)

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## NEWBORN TESTS & PROCEDURES

Shortly after your baby's birth, hospital staff will complete a few routine tests and procedures with your baby, such as:

- Eye ointment
- A Hepatitis B vaccine
- Vitamin K
- APGAR score

LEARN MORE



**VDH** VIRGINIA  
DEPARTMENT  
OF HEALTH

Visit [vdh.virginia.gov/preparing-for-birth/](https://vdh.virginia.gov/preparing-for-birth/)  
for more information.



**Early Hearing  
Detection &  
Intervention**



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