Preparing for the Birth of Your Baby

Information 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.

NEWBORN SCREENING
After your baby is born, your baby will have some routine screening that is recommended by the CDC or your pediatrician.

HERE TO HELP
Virginia has programs dedicated to helping young parents and parents-to-be.

NEWBORN TESTS & PROCEDURES
Shortly after your baby’s birth, hospital staff will complete a few routine tests and procedures with your baby.

Visit vdh.virginia.gov/preparing-for-birth/ for more information.

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