

## Bringing Your Baby Home

### Preparing Your Vehicle

Learn how to use your car seat in advance and bring it to the hospital for the trip home. By law, your baby must be in a properly installed, rear-facing, CMVSS-approved car seat, except in a taxi. See [Baby Safety](#) for more information on how to choose and safely use a car seat.



### Preparing Your Home

Ensure you have diapers, blankets, clothes and a safe, firm sleeping space (see [Sleep](#)).

### Preparing Your Family

Before the birth, think about how you'd like to include your family and friends in your first weeks at home. Be sure to plan for plenty of time to focus on rest, sleep and your baby.

Help prepare older children by:

- showing them extra love and attention
- reading books or watching videos together about pregnancy, being a sibling and what it will be like when the baby comes home
- having them practise staying with the family or friends they'll be with during the birth
- making big changes like toilet training several months before – or well after – the baby arrives
- giving them little jobs, like singing to the baby
- not worrying if they go back to baby-like behaviours for a short time



### FAMILY & FRIENDS

#### What You Can Do

- Call before you visit and keep your visit to a reasonable length.
- Don't visit if you're sick and don't kiss anyone if you have a cold sore.
- Wash your hands before touching the baby.
- Don't smoke or vape in the house.
- Bring a meal and ask if there's anything else you can do.
- Celebrate the new baby by honouring the family's cultural traditions.
- Consider getting a flu shot in advance.
- Consider getting a COVID-19 vaccine.



### WHAT YOU CAN DO

If possible, arrange to have time off work when the baby arrives. Not only will you be able to offer your partner extra support, but you'll have more time to bond with and enjoy your baby.

### Preparing Your Pets

Plan for someone to take care of your pets during your labour and decide who will look after them once there's a new baby in the house.

