

To assemble your coloring book:

1. Print pages.
2. Fold the first page in half along the dotted line.
3. Cut remaining pages along the line.
4. Stack pages and insert into folded book. Staple the booklet together.

Dear Parents,

An addition to the family is an exciting time for everyone, including siblings! I hope this coloring book can start discussions in your family about newborn health.

When our second baby was diagnosed with a life-limiting condition, I struggled to explain it to his two-year-old brother. Knowing books are an effective teaching tool, I searched for children's literature that simply explained medical procedures, and eventually created one. It is my hope that this book empowers your children to participate in the care of their new brother or sister.

Newborn screening saves lives. To learn more about screening procedures and specific tests offered in your state, please visit Baby's First Test, www.babysfirsttest.org.

Best wishes on your journey,
Sara, mom to James and Jonathan



Our New Baby: My Visit to the Hospital



Fold →

↓ Fold





Before our new baby comes home, I get to visit my mom and our baby in the hospital.



When I arrive at the hospital, I wash my hands and put on **hand sanitizer** so I don't spread my germs.



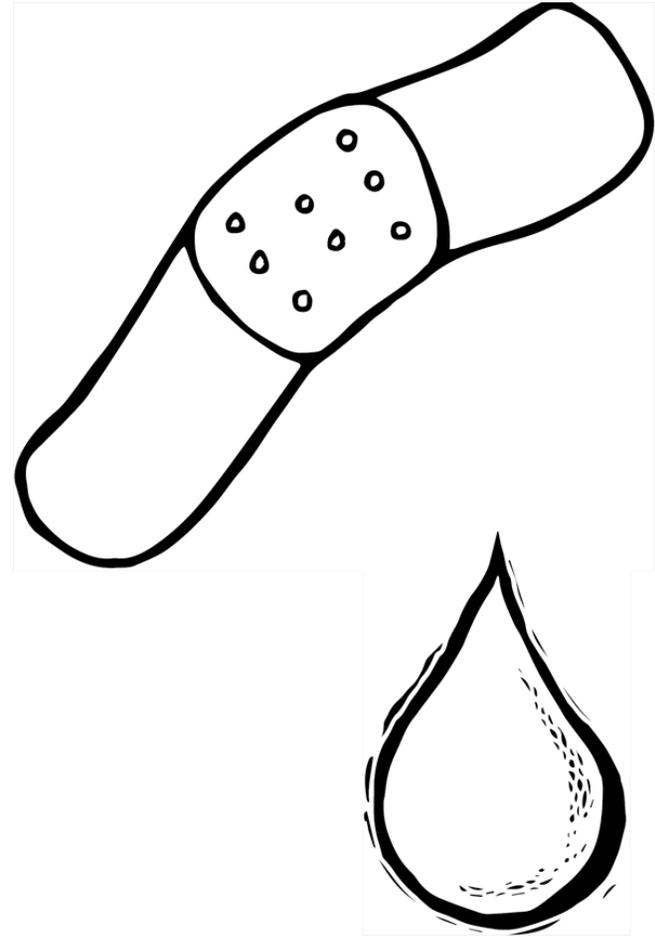
My family visits the **nursery** where the babies sleep.



Doctors and nurses weigh babies and listen to their hearts.



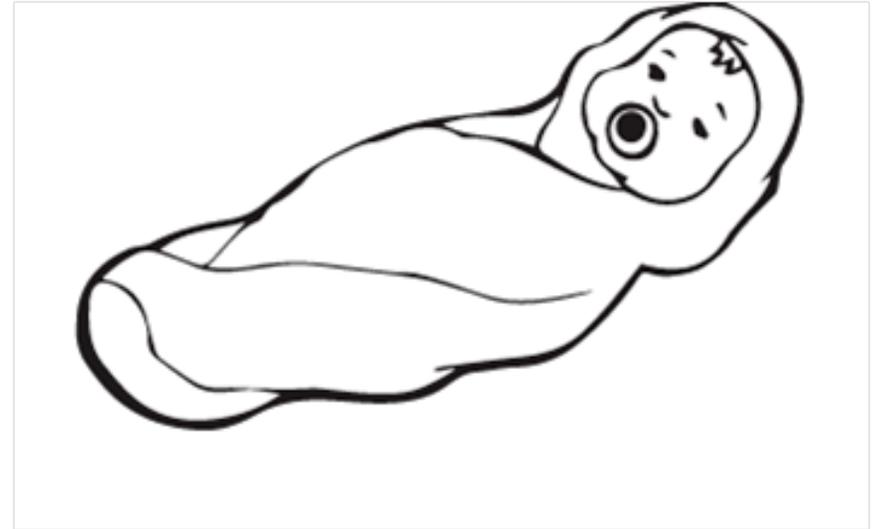
Before babies come home, doctors and nurses keep them safe and give them tests called a **newborn screening**.



They collect a drop of blood, called a **blood spot**, to see if the baby is sick with a **genetic or metabolic condition**.



The **hearing test** checks how well the brain collects information from the ears.



The **pulse oximetry monitor** shows us if our baby has a broken heart. Doctors call those **congenital heart defects**.



I can't wait to have our baby home with our family!

Glossary

Hand sanitizer: Gel we put on our hands to keep germs from spreading.

Nursery: In a hospital, doctors and nurses take care of babies in the nursery.

Doctors and nurses: People who went to school to learn how to help babies.

Newborn screening: A series of quick, simple tests that can detect potential life threatening conditions. Newborn screenings save lives.

Blood spot: A drop of blood is collected from a baby's heel so that tests can be done to determine if the baby has a condition that require follow up care.

Genetic or metabolic condition: Caused by a change in the genetic make up of the cells, these conditions can be deadly if not discovered and treated immediately.

Hearing test: Babies wear headphones and electrodes that determine how well the brain senses information from the ears.

Pulse oximetry monitor: A machine that painlessly uses a sensor to determine the amount of oxygen in a baby's blood.

Congenital heart defect: Issues with the structure of the heart. Surgeries and treatment are available for very complex heart defects, if they are detected in time.