

How to Select a Mobile.

A mobile is more than eye candy for a crying baby. It's a way of helping infants recognize objects and build motor skills. At one time, it was attached to a stroller or crib to keep a happy baby entertained and parents. Today, you'll find a wide variety of mobiles on the market, but you don't need to get complicated. Choose bright colors and visible shapes. Keep the mobile low. Always make it safe: take the mobile down from the crib once the baby can push herself up on her hands and knees – around 6 months. Before that, make sure that anything hanging into the crib is always out of the baby's reach. Check out clip-on mobiles for entertainment on the go. Most crib mobiles play music – anything from Bach to Baa Baa Black Sheep – to lull your baby to sleep. Some also come equipped with a remote control for putting baby back to sleep from afar. And for buying your more sleep.



How to Choose a Hospital.

Now spend some time on perhaps the most important decision of all: choosing the hospital where your baby will be born. Holy Cross Hospital delivers more babies than any hospital in Maryland or the District. Our expert obstetricians have offices throughout Montgomery and Prince George's counties, and are backed by highly skilled, specialized nurses. Twenty-four state-of-the-art labor and delivery rooms are equipped with the latest technology, and new families enjoy more private maternity suites than at any other hospital. We offer specialized care for high-risk pregnancies, and one-on-one birthing coaches are available. Should you need it, our neonatal intensive care unit treats critically ill newborns, and is the largest in the state.



Call 301.754.8800 or visit holycrosshealth.org for a *Smart Choices* kit, and we'll send you advice for choosing a doctor and a list of OB/GYNs, tips on making smart choices for your baby and a discount card for the baby store *Great Beginnings*.



HOLY CROSS HOSPITAL

[Experience Matters.]